
Digitized by the Internet Archive
in 2013

http://archive.org/details/ladieshomejourna103julwye

For Reference

Every person who maliciously cuts, defaces, breaks or injures any book, map, chart, picture, engraving, statue, coin, model, apparatus, or other work of literature, art, mechanics or object of curiosity, deposited in any public library, gallery, museum or collection is guilty of a misdemeanor.

**Penal Code of California**
**1915, Section 623**

July 1986



3 9042 01504368 7

Celebs speak out: "What's great about America"

# Journal



**LY 4th**
**OOKBOOK**
**erry pie,**
**ed chicken,**
**ocolate**
**ip cookies,**
**d 'e**



BURLINGAME
JUL 7 1986
LIBRARY

*********5-DIGIT 94010
91-BRLPRM-480995 S2 97CBY
JUN87 ED 16000 02
BURLINGAME PUB LIB
480 PRIMROSE RD
BURLINGAME CA 94010



**• Diana's fifth anniversary • Her 25th birthday • Her new role as the royal matchmaker**

## DIANA
**Super photos of her and the newest princess**

## MEDICAL MAKEOVER
**4 weeks to a lifetime of health**

## SEXUAL TEMPTATION
**When you're attracted to another man**

## 25 REAL-LIFE AMERICAN HEROINES

## Special report
## BABIES FOR SALE

0 02098 07
285565


1986 CLAIROL INC

"EVEN EUROPE NEVER MADE SHADES MORE BEAUTIFUL THAN LUSTROUS, LUMINOUS...

# ULTRESS"

Linda Evans

Ultress is Clairol's newest. Delicate blondes...rich auburns...browns, black.

The unique Ultress gel formula gives real control. And extra conditioner keeps hair feeling wonderful.

Try Ultress...your hair's greatest chance to look really fabulous!

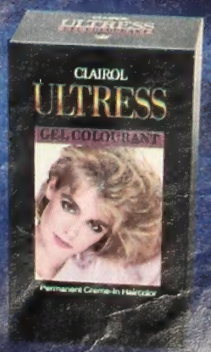


BE THE BEST YOU'VE EVER BEEN!

## ULTRESS®
## GEL COLOURANT

By CLAIROL.

*Fabulous!*



LADIES' HOME Journal®

MYRNA BLYTH
EDITOR-IN-CHIEF

Tamara Schneider
ART DIRECTOR

Jan Goodwin
EXECUTIVE EDITOR

Mary Mohler
MANAGING EDITOR

ARTICLES
Margery D. Rosen, Beth Weinhouse, Roberta Anne Grant, senior editors
PAMELA S. GUTHRIE, DIANE SALVATORE, ERIC SHERMAN, associate editors
RACHEL HAGER JEANNE CURRY

BOOKS AND FICTION
Mary Lou Mullen, editor
SOFIA MARCHANT

SERVICE COPY
Randi Blaun, director

BEAUTY AND FASHION
Lois Joy Johnson, editor

FOOD AND EQUIPMENT
Jan Turner Hazard, editor
SUSAN J. SARAO
DIANE DILALO HOLTAWAY
ELIZABETH A. MARKS BEVERLY STEPHENS
MARGOT ABEL BERNICE MITTMAN

DECORATING AND DESIGN
Marilyn Diane Glass, editor
SALLY J. JONES

EDITORIAL PRODUCTION
Nina Keilin, editor
JANE FARRELL, KAREN JACOBSON, copy editors
LINDA GLASSBERG

EDITOR-AT-LARGE
Sondra Forsyth Enos

PUBLIC AFFAIRS
Margaret Hickey

READER SERVICE
Lietta Dwork

ART DEPARTMENT
Jane Wilson, design director
Stephanie K. Birdsong, associate art director
ELLEN R. GEISELMAN DEBRA F. LEWIS
JAMES M. FRANCO, photo researcher

ART PRODUCTION
Ellen G. Lander

Paul Sawyer, graphic system manager

EDITORIAL BUSINESS MANAGER
Marion Davies

ASSISTANT TO THE EDITOR-IN-CHIEF
Alberta Harbutt

Contributing Editors
LAWRENCE BALTER, Ph.D.
KATHERINE BARRETT MARGARET DANBROT
DOROTHY CAMERON DISNEY
SONYA FRIEDMAN, Ph.D. CLIFF JAHR
CONSTANCE LEISURE ARNOLD PALMER
RITA ROONEY JEFF ROVIN
MICHAEL J. WEISS (WASHINGTON, D.C.)
NANCY J. WHITE

ROBERT D. THOMAS
PUBLISHER

A Meredith Publication
Robert A. Burnett
President & CEO
Jack D. Rehm
Executive Vice President

# EDITOR'S JOURNAL

## SPECIAL WOMEN

*By Myrna Blyth*

Last year Jan Goodwin, the *Journal*'s intrepid executive editor, went to Cambodia and Afghanistan to write a special series for the magazine. Her powerful and moving two-part article, "War Torn," told the stories of two women whose lives had been devastated by their countries' wars. One woman lived in a camp for Vietnamese refugees in Cambodia, the other in a refugee camp in Pakistan on the Afghanistan border.



**Jan Goodwin and her friend Thu**

We thought the articles were remarkable, and I'm pleased to tell you that Jan received a Newswomen's Club Front Page Award for them. But what made Jan happy was not just winning the award but that Thu, one of the women she wrote about, was there to watch her receive the prize.

After meeting Thu in Cambodia, Jan was determined to help her come to this country. And Jan, who can certainly get things done, did just that. Now Thu lives in Atlanta with her adopted eight-year-old daughter, Kim Lien. Thu and Kim's whirlwind weekend visit to New York included a luxury suite at the Grand Hyatt Hotel and a visit to F.A.O. Schwarz (where Kim picked out a doll), Chinatown and Marble Collegiate Church. At the *Journal*, we're thankful we were able to help give one woman who has known so much suffering a chance for a free and happy life.

Other special women in this issue are "The 25 Most Important Women in American History" on page 83. Editor-at-Large Sondra Forsyth Enos consulted with Patricia King, director of the Schlesinger Library, at Radcliffe College; Marjorie Lightman, executive director of the Institute for Research in History, in New York; and Esther Katz, the Institute's deputy director, to come up with our selection of women. Read and be inspired!



**Left to right: Marjorie Lightman, Myrna Blyth, Patricia King, Sondra Enos and Esther Katz**

But then there are so very many reasons for us to feel proud—and thankful—as we celebrate the birthday of our great nation. Have a glorious Fourth!

© 1986 Meredith Publications, Inc. All rights reserved. "Never Underestimate the Power of a Woman" is a trademark of Meredith Publications, Inc. registered at U.S. Patent Office. Title "Ladies' Home Journal" registered at U.S. Patent Office and foreign countries.

Ladies' Home Journal ® (ISSN 0023 7124) July 1986, Vol. CIII, No. 7. Published monthly by Meredith Publications, Inc., 5455 Wilshire Boulevard, Suite 1815, Los Angeles, CA 90036. Principal office: 3 Park Avenue, New York, NY 10016. Back-issue copies available. Subscription prices U.S. and Possessions, 1 yr. $20.00; Canada, 1 yr. $26.00; all other countries, $28. Second Class postage paid at Los Angeles, CA, and at additional mailing offices. Authorized as second-class matter at Post Office Department, Ottawa, Canada, and for payment of postage in cash. **POSTMASTERS: Send address changes to Ladies' Home Journal, P.O. Box 10895, Des Moines, IA 50336-0895.**

**Send all subscription correspondence and change of address (include latest mailing label and allow 8 weeks for change) to P.O. Box 10895, Des Moines, IA 50336-0895.**

Robert D. Thomas, SVP/Publisher
Robert Kelly, Advertising Director
James C. Whitelaw, New York Manager
Frederick W. Becker III, Eastern Manager
Mary Morgan, Prime Showcase
Jack Sackley, Midwestern Manager
Paul Bade, West Coast Manager
Sharon Rogers, San Francisco Manager
Terry Giella, Sales Administration Manager

Myrna Blyth, SVP/Editor
Jeremy Grayzel, SVP/Operations
Carole Mandel, SVP/Circulation Director
Mitch Lurin, VP/Marketing Services
Esther Laufer, VP/Promotion Director
John W. Condit, VP/Manufacturing
Michael C. Senior, Newsstand Sales Director
Michael I. Cook, Business Manager

The Journal cannot process unsolicited manuscripts or art material, and the Publisher assumes no responsibility whatsoever for their return.

Just when you think you've gotten it all together by tting in shape, the realization hits: You're going to have keep working hard to stay in shape. So to make it a le easier, put the calcium in dairy foods to work for you. Calcium builds strong bones that actually shape your dy. Helps keep it moving beautifully. And you can get at calcium naturally from dairy foods like yogurt.

## STAY IN SHAPE, STAY WITH CALCIUM.

Here's why calcium is so critical: Your bones are constantly anging. In fact, your body is continually replacing old ne tissue with fresh bone tissue made from the new lcium that comes from your diet.

# How dairy calcium helps a beautiful shape last a lifetime.

etween ages thirty to forty, however, ur bones may begin losing calcium ster than they replace it. Yet, you can ay one step ahead of this process with airy foods like yogurt.

A single eight-ounce serving* of plain w-fat yogurt will give you over half of ur daily calcium allowance. Over 27% of ur protein and a lot of other body-building tamins and minerals. Like 43% of your Vitamin $B_{12}$ and 1% of your riboflavin. For only 7% of your daily calories.

There are so many exciting new ways to enjoy yogurt on erything from salad dressing to desserts. Liven up plain gurt with your favorite fruit, honey, even frozen orange ice concentrate—adding as much or as little as you want, so 's just the way you like it. Try it as a substitute for salad ressings. And combine it with spices for a quick tangy sauce r hot vegetables or fish.

## THE SHAPE OF THINGS TO COME.

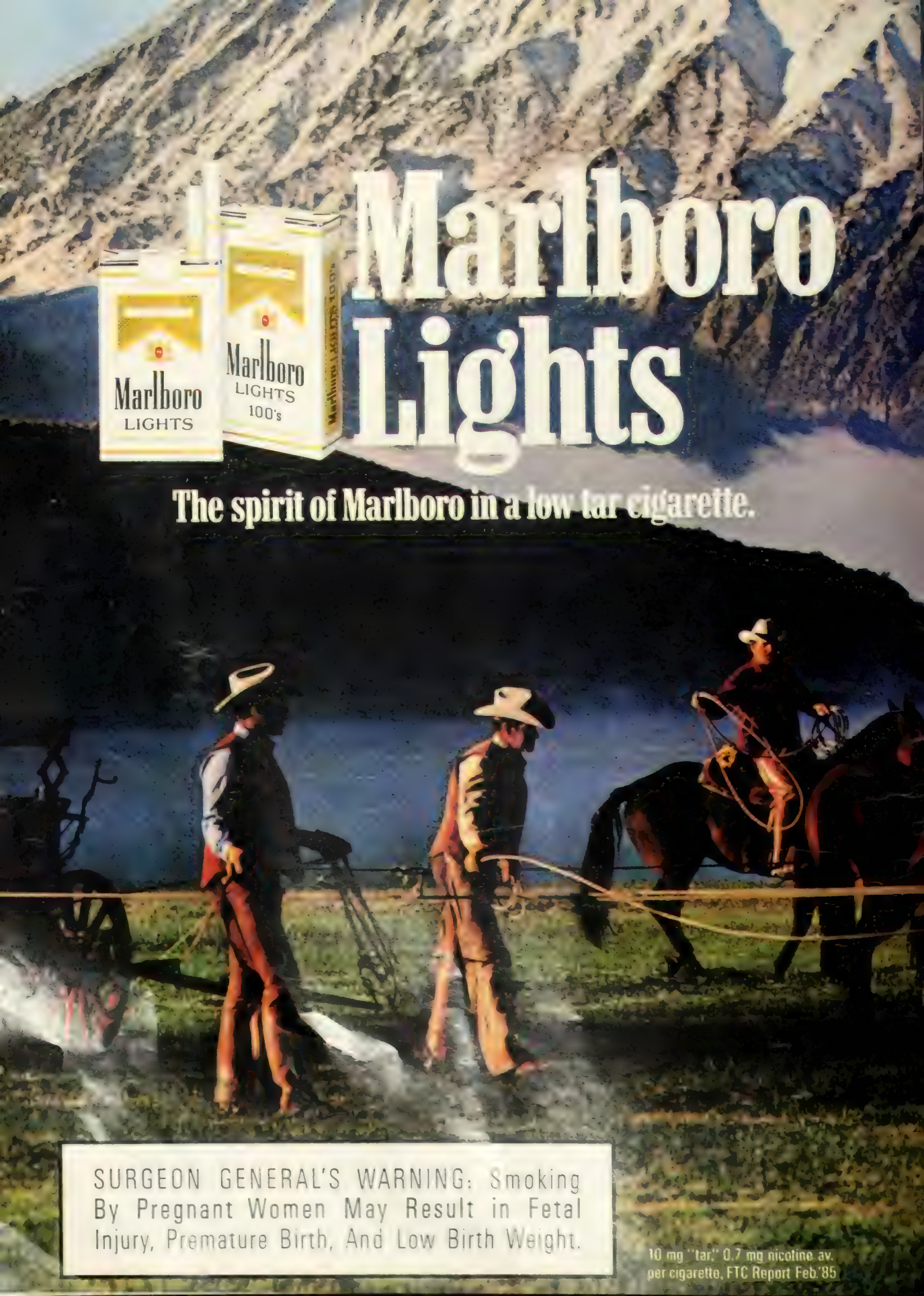
By now you know all the wonderful rewards of having a reat shape. So you owe it to that shape to put the dairy calcium yogurt to work for you. And help make a beautiful ape like yours something that will st you a lifetime.

rcentages based upon the Recommended Dietary lowance for women 23-50 years old.



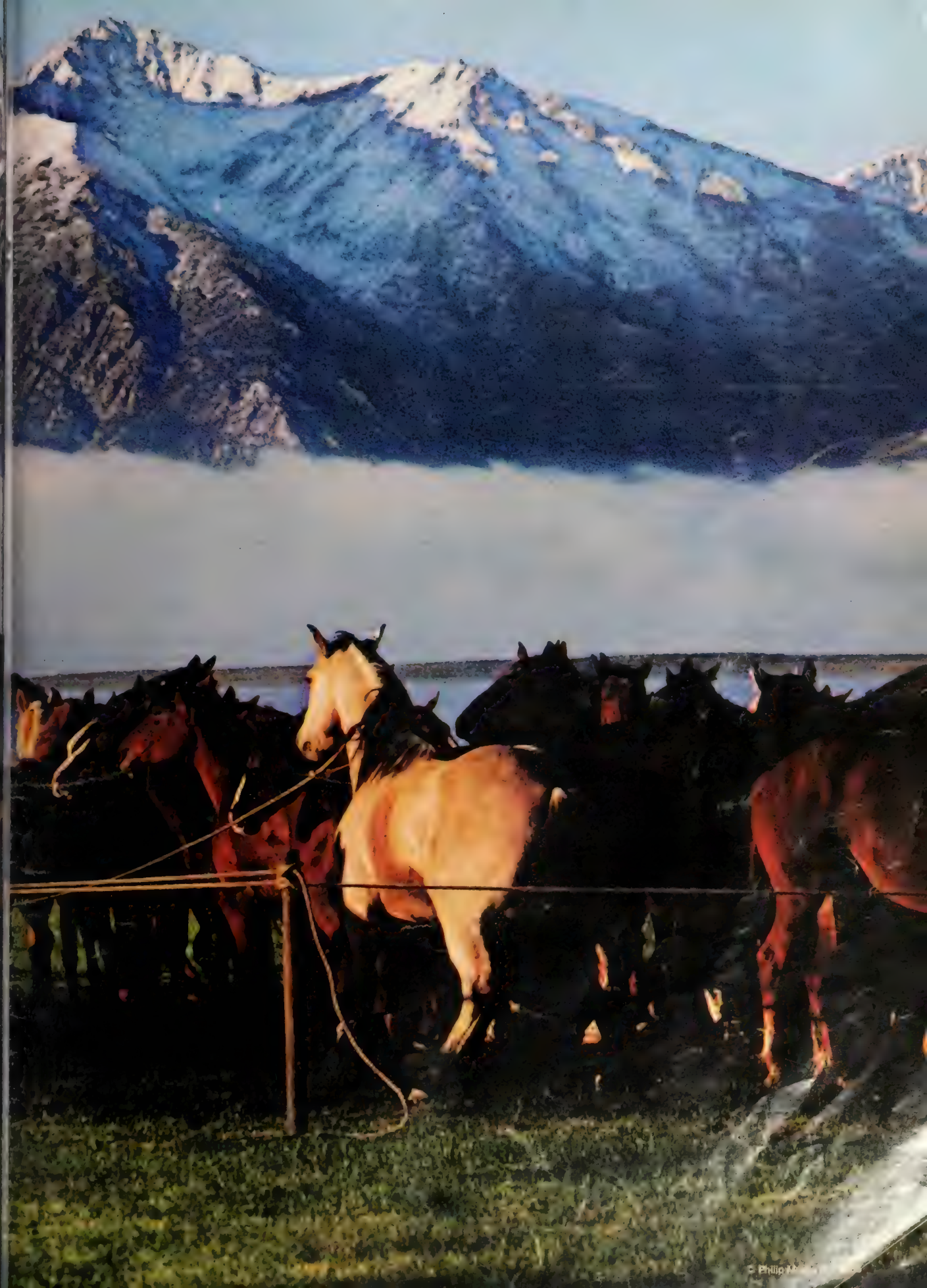
**Yogurt.**
**Calcium the way nature intended.™**

©1985 N.D.B.
NATIONAL DAIRY BOARD




SURGEON GENERAL'S WARNING: Smoking By Pregnant Women May Result in Fetal Injury, Premature Birth, And Low Birth Weight.

10 mg "tar," 0.7 mg nicotine av. per cigarette, FTC Report Feb.'85



Now...end everyday feminine problems

Feminine itching

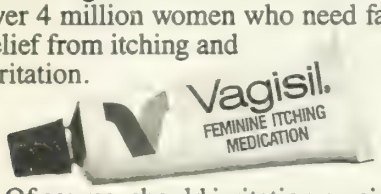
simple to relieve

...as easy as a headache

This instantly-soothing medication relieves external feminine itching as easily as aspirin relieves a headache.

That's good news because minor feminine itching is about as common as a headache—caused by everyday things like jogging, pantyhose, even normal perspiration.

VAGISIL® Feminine Itching Creme has been formulated with medication recognized effective by expert gynecologists. In fact, it's been used by over 4 million women who need fast relief from itching and irritation.




Of course, should irritation persist, see your doctor. But if you're like millions of other women, VAGISIL® will relieve the problem. As simply as aspirin relieves a headache.

Feminine moisture

end it now and stay fresher all day

Now stay drier, feel fresher all day with VAGISIL™, the first Feminine Powder with a totally unique formula to solve wetness problems. Its special moisture absorber is 25 times more effective than talc—with a natural skin-protecting emollient. Created with a leading gynecologist—100% talc-free, so safe, even its light, clean scent is hypoallergenic.



Vagisil

FEMININE POWDER & ITCHING MEDICATION

1986 COMBE Inc. Use as directed

LADIES' HOME Journal®

VOL. CIII NO. 7 JULY 1986

# Articles

2 EDITOR'S JOURNAL

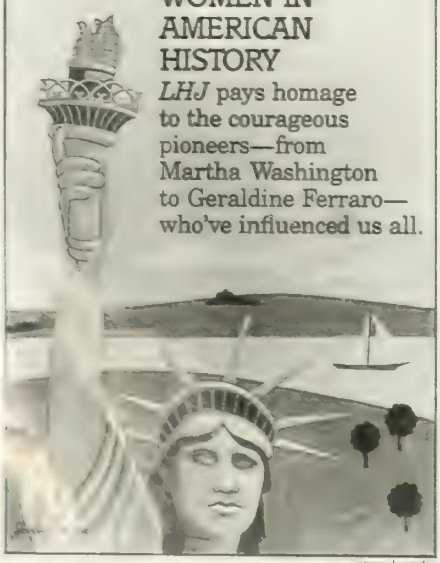
10 CAN THIS MARRIAGE BE SAVED?
"My husband won't let me be me"
*By Ellen Switzer*

20 A WOMAN TODAY
"I was a hypochondriac"
*By Ann Howard*

28 MEDICAL MAKEOVER
*By Robert M. Giller, M.D., and Kathy Matthews*
A four-week program that will lead you to a lifetime of health.

32 "YOU CAN'T SEE MY HEART"
*By Alan Prendergast*
Three years ago Richard and Deborah Jahnke went on trial for the murder of their father. Here, their untold story.

83 THE 25 MOST IMPORTANT WOMEN IN AMERICAN HISTORY
*LHJ* pays homage to the courageous pioneers—from Martha Washington to Geraldine Ferraro—who've influenced us all.



Joan Landis

48 THE PRINCESS AND HER PROTEGE
*By Beth Weinhouse*
Her Highness has a new role—matchmaker! Now it's time to teach Fergie the ropes.



40 MONEY NEWS
*By Katherine Barrett and Richard Greene*

43 DIANA: A CELEBRATIO
In honor of her twenty-fifth birthday and her fifth weddin anniversary, a special look at how she's changed from shy t simply sensational.

50 WHEN YOU'RE ATTRACTED TO ANOTHER MAN
*By Lois Mandel*
What to do if the man who makes your pulse race is not your husband.

54 PSYCHOLOGIST'S JOURNAL
*By Sonya Friedman, Ph.D.*

56 BABIES FOR SALE
*By Diane Salvatore*
*LHJ*'s report on the shocking facts about private adoption.

66 MEDINEWS
*By Beth Weinhouse*
Why some calories are more fattening than others; skin-cancer removal; colds vs. allergies; and more.

76 THE QUALITY-TIME TRA
*By Barbara J. Berg*
Insisting that every minute you spend with your children be serenely civilized is stressful for everyone.

# WOOLITE® STYLE:

## R THE SOFT...FOR THE SENSUOUS.
## OOLITE® IS THE ONE TO TRUST.

If you can wash it in cold water, you should wash it in
olite Fine Fabric Wash. To help keep whites white,
fabrics soft. To help keep the clothes you love today
king like new. For safety, for freshness, for helping to keep
hes soft, Woolite is the one to trust.




WE MAKE YOU FEEL BRAND NEW

© 1986 Boyle-Midway, New York


Women sweat, too.
For Women
SUPER DRY SOLID
lady
speed
stick
Protects you like a m
you like a woman.
MENNEN



Ross Whitaker


92
IT'S HOT ALL OVER
*By Lois Joy Johnson*
Terrific fashion and beauty tips to help you stay cool and look your best all summer long.

04 LITTLE MISS LIBERTY
Our special gift: Clip and frame this charming picture.

05 THE AMERICAN DREAM
*By Sherry Suib Cohen*
What it means to Linda Evans, Alex Haley, Lee Iacocca, Bruce Springsteen and others who have made it big.

06 AT HOME WITH GEORGE AND BARBARA BUSH
*By Cindy Adams*
An intimate look at the down-to-earth vice-president and his charming, unpretentious wife.

08 THE DREAM LIVES ON
*By Roberta Grant*
The story of a Cambodian refugee family who finally found freedom and happiness in America.

50 LAST LAUGHS

## Fiction

58 ACT OF WILL
*By Barbara Taylor Bradford*
An exclusive excerpt from the fabulous new best-seller.

## Good looks

24 BEAUTY JOURNAL
Super warm-weather workout; summer hair savers; swim 'n' tone; benefits of botanical extracts; and more.

## At home

100 ALL-AMERICAN GARDENS
*By Marilyn Diane Glass*
Glorious and elegant: We've created country gardens to inspire your green thumb, plus flower-arranging ideas to brighten your home.

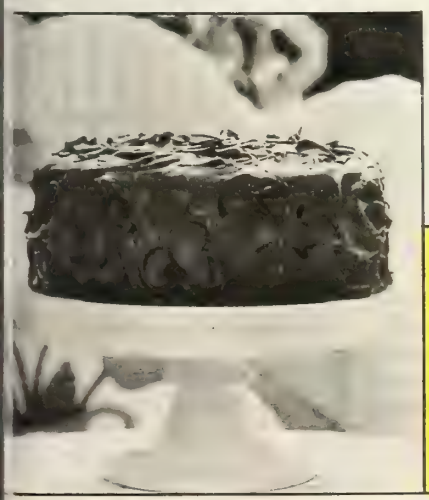
## Food

74 EASY AS 1-2-3
*By Kay Rentschler*
Zesty tuna salad, garlicky pita toast and a plums-and-cream dessert.

115 RECIPE INDEX


Cover photos: Princess Diana, Tim Graham/Prince of Wales Trust/Sygma; Ball, Douglas Kirkland/Contact; Brokaw, Al Levine/NBC; Evans, John Cahoon/Outline; Abramson/Sipa; Osmond, D. Whitley/Liason; Springsteen, Rapoport/Sipa; pie, J Barry O'Rourke; Miss Liberty, Tom Arma.


86 IN PRAISE OF AMERICAN FOOD
*By Jan Turner Hazard*
A star-spangled collection of the best the U.S. has to offer, including old-fashioned favorites, scrumptious snacks and the latest culinary trends.

J Barry O'Rourke


YOU CAN'T DO BETTER THAN Kmart®
the Saving Place®

FOR LONGER, STRONGER, NAILS IN JUST 5 TO 7 DAYS...

You need the nourishment of

Nutra Nail®

Natural Protein Beauty Treatment




Only Nutra Nail® provides the nurishment of 100% Natural Organic Protein Conditioner plus nourishing vitamins A, D, & E. Longer, stronger nails in just 5 to 7 days! Apply with or without nail polish.

Results guaranteed or money back.
(See package for directions.)

Available at Kmart

To receive your rebate, fill in this coupon and send it along with the UPC code(s) from any NUTRA NAIL, NUTRA GLOSS or NUTRA FIX, plus cash register receipt(s) with purchase price circled.

☐ $1.00 REBATE–Cut UPC code from any Nutra product.
☐ $2.00 REBATE–Cut UPC code from any two Nutra products.

Mail to: NUTRA REBATE
BOX# 7486
E. RUTHERFORD, NEW JERSEY 07073

Name_____

Address_____

City_____

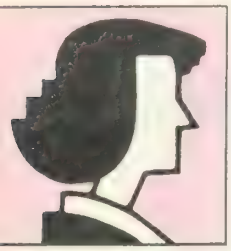
State_____ Zip_____

One rebate per family. This offer void where [illegible] and expires 11/30/86. Please allow 6-8 weeks for delivery.

REBATE OFFE[illegible]

# "MY HUSBAND WON'T LET ME BE ME"

*Bob was jealous of Wendy's hobby. What happens when a husband constantly puts his wife's interests down? By Ellen Switzer*



*This case is based on information from Family Service of Westchester, Inc., a private nonprofit family service agency, funded in part by the United Way. The agency is a member of Family Service America and is accredited by the Council on Accreditation of Services for Families and Children, Inc. The true story reported here is taken from interviews, although names and certain other details have been changed to conceal identities. The counselors in this case were Kathryn Groth, C.S.W., A.C.S.W., and Robert J. Tuerst, C.S.W., A.C.S.W.*

## WENDY'S TURN

When Bob told me he had gone to a marriage counselor because he was convinced I was emotionally unstable and our marriage was falling apart, I was appalled," said Wendy, a slender blond of thirty-nine.

"We have always prided ourselves on our wonderful marriage; for twenty years, we've hardly fought, and our sex life has always been wonderful. But now Bob tells me I have a mental problem because I have found a perfectly harmless hobby: country music. The way he is acting, you'd think I'd become a drug addict.

"Every time I go to a concert with a girlfriend, he has a jealous fit and accuses me of ignoring him and not fulfilling my obligations to our children or to his business, where I work part-time. He says I have an obsession. But I can't believe he had the nerve to go behind my back to discuss it with our three children, our friends and, even worse, with my mother, who naturally backed him up completely, since she has never approved of me.

"Now I've really had enough. Ever since I was nineteen, I have tried to be a model wife, mother and business helper, with no time just for *me*. Sometimes I think I jumped from childhood to middle age without ever being young and carefree. Country music, though, makes me feel relaxed and happy. Why can't Bob understand?

"We met when I was fourteen and Bob was seventeen. He was the most handsome boy I had ever seen, and he seemed so reliable, smart and kind. At the time, however, he was going steady with a girl his own age, whom he proudly described as 'dignified and refined . . . a real lady'—a description that certainly didn't fit me at all.

"But since I yearned to be Bob's type, I tried to tone down my personality to suit his tastes. Apparently it worked. After a year, Bob broke up with that other girl, and we started dating.

"Four years later, while I was attending secretarial school—Bob had always told me college was a waste of time—we decided to get married. Neither my family nor his was particularly thrilled—I was brought up Catholic; Bob was Protestant. But when they saw that despite their disapproval, we still planned to marry, they decided to make the best of the situation. We had a big church wedding and settled into a tiny, sparsely furnished apartment in town.

"Luckily, we both found jobs with a small company that distributed architectural hardware. I worked as a secretary/bookkeeper there, a job I've held off and on ever since, and Bob became a salesman, much to the chagrin of his workaholic father. He wanted Bob to join the large construction company where he had worked his way up to vice-president. I was proud of Bob for standing up to his demanding father, and proud of how hard he worked during those early years. Within a decade, he was sole owner of the firm.



"Although I shared Bob's interest in the business, it was not easy living up to his perfectionist standards. At the office, he was constantly checking and rechecking my work—why was I there, I often wondered, if he was going to redo it all? When our first child, Amy, was born, I began to work part-time. I really could have done my work at home, but Bob insisted I come into the office several days a week. For years I was flattered. Now I see he just wanted to keep an eye on me.

"When Amy was a year old, we bought a house and planned to fix it up, but within little more than a year of each other, Susan and Jeffrey were born. Suddenly there was never enough time to do anything. Between taking care of the house, the kids and most of the business's bookkeeping, my life was mostly work and very little play.

"Well, since our two oldest are now living on their own and Jeffrey is a senior in high school, I think I'm entitled to some time for *me*. I've always loved folk and country music—as a teenager I played guitar and sang at school and civic functions. When the kids were little, I used to sing at home, though Bob was always telling me I wasn't very good.

"When a friend invited me to a music festival about two years ago, I jumped at the chance. Since then, I've tried to get tickets to as many concerts as I could. I call radio stations to find out who is performing nearby, and I joined a fan club to keep track of schedules. If it's at all possible, I try to go backstage after a concert to tell the singers how much I enjoyed their performance. By now, of course, some of them actually recognize me *(continued on page 14)*

Whirlpool
Home Appliances

# Our washers and dryers are tough on dirt. Gentle on your clothes.

It takes just the right laundry system to handle the dirtiest dirt...and still give your clothes the care they need. That's why Whirlpool designs a complete line of washers and dryers to help get your laundry done right...and make your world a little easier.

**Cycles and settings to handle any load.**

Whirlpool® washers give you a wide range of cycles and settings to choose from. Like a gentle cycle that takes care of your delicate knits. And our Super Wash cycle for that extra-dirty load. So you can be sure you're giving your wash a lot of clean...and a lot of care.

Whirlpool washers also let you select the right water level for each load. So you use only the water and energy you need to get the job done right.

And to make life even easier, our models with touch controls will handle the wash with the touch of a finger.

**Dryers that give your clothes the finishing touch.**

But getting clothes clean is only half the job. So Whirlpool dryers also give your clothes the care they deserve. Like our Tumble Press® setting that helps cut down on wrinkles. A special setting for knits that gently finishes a delicate wash. Even dryers that let you choose from four different temperature levels.



**A size and a style that's just right for you.**

Whatever you need in a laundry system, Whirlpool can take care of it. From our heavy-duty models that handle up to 18 pounds of heavy fabric and denim in one load, to our Thin Twin™ washer/dryer unit that fits into a closet, Whirlpool has a model that's right for you.

**A promise of quality that we stand behind.**

Every Whirlpool appliance is backed by our promise of good, honest quality. It's a promise we've kept for 75 years, and we support it with programs like our toll-free, 24-hour Cool-Line® telephone service* to help you with problems or questions. It's just one more way we can make your world a little easier.

*Call 800-253-1301. In Alaska and Hawaii, 800-253-1121. In Michigan, 800-632-2243.

**Making your world a little easier.**

# When you've been there and back



© LORILLARD, INC., U.S.A., 1986

Kings: 10 mg. "tar", 0.8 mg. nicotine; 100's: 11 mg. "tar", 0.9 mg. nicotine, av. per cigarette by FTC Method.

SURGEON GENERAL'S WARNING: Quitting Smoking Now Greatly Reduces Serious Risks to Your Health.

*DATELINE: NORTH AFRICA.*
*UPDATE TO EDITOR:*

*Sat here in the middle of the desert for two days. Then my interview literally fell from the sky. Talk about entrances! Anyway, the Prince turned out to be a prince of a guy. Gave me two full hours and two new leads. On to Jeddah.*

*R.*

*P.S. Send more True Gold.*




LOW TAR KINGS & 100'S

# TRUE GOLD™

## THE RIGHT TASTE. RIGHT NOW.

No mess, no fuss, no unpleasant odor!

**One Touch Roll-on Hair Remover is a very different depilatory.**

It's so simple to use. Just roll it on. There's no fuss or messy fingers. And because it rolls on, it covers every area quickly, neatly and evenly. Then simply shower off! You'll get superior results and your skin will feel silky smooth. There's no unpleasant odor and it's specially formulated to be gentle enough to use all over — bikini, legs or face. Plus, there's a formula for extra sensitive skin too. Depilatory Lotion in Regular or Sensitive formulas are also available.

**One Touch... it's all you need for hair removal without the mess.**




## CAN THIS MARRIAGE

continued from page 10

and call out 'Hi, Wendy . . . nice to see you' or something like that.

"Last year, one male performer autographed a T-shirt for me, which drove Bob up the wall. He's jealous of my interest in these men and has been accusing me of coming on to them, which is certainly not true.

"However, the situation didn't reach a crisis point until recently. I asked Bob to go to a nearby concert with me so he could see why I was so excited.

"Well, he did go—grudgingly, I might add—and afterward he told me I had embarrassed him by acting like a star-struck teenager. He also said he was tired of hearing such terrible music blaring in his house and my behavior was giving him high blood pressure.

"That's when he informed me he had already seen a marriage counselor and was planning to leave unless I sought help. Well, I think Bob is the one with the problem, and I told him so. Why is he suddenly out of control because—for once—I'm taking a little time to concentrate on what makes *me* happy?"

### BOB'S TURN

"I can't believe I'm losing my wife to a crazy teenage obsession," says Bob, a rugged-looking man of forty-two. "I love Wendy . . . I have ever since I was a teenager, though my family, especially my father, didn't think she was good enough for me. Even when she was just a freckle-faced kid, she cheered me up a lot. At home, my father criticized me constantly—usually pouncing on my interest in athletics, which he interpreted as laziness. Dad's life consisted of work and more work—he regarded everything else as frivolous—and as far as I could tell, his relationship with my mother was nonexistent. For Dad, women were simply a convenience for men. I promised myself I would never treat my wife like that.

"When Wendy and I started dating, I told her I would always involve her in everything I thought, planned and did. I wanted to make sure she was a real partner as well as a lover. Even after the children were born, I urged her to keep working so we could spend as much time as possible together. She always came first with me, and I expected I would always come first with her.

"Until recently, I thought I did. Our marriage seemed ideal, and now that it's only Jeff at home, I had hoped Wendy would come back to work full-time. The business is expanding rapidly, and frankly, the pressure on me is mounting. When you're the boss, the buck stops with you, and I'm spending more time than I care to at the office. If Wendy came back, we'd be th old terrific team again, and I'm sur that the pressure would lessen al around.

"But in the meantime, is it too muc to expect a little peace and quiet—an loving—at home? Every night, th house practically vibrates with Wendy' music. Or else I come home to find he dashing out to one concert or another.

"When I told her how upset I was, di we settle down for a nice, mature dis cussion? Far from it. Wendy launche into a litany of complaints about hov the fun had gone out of our life.

"Well, I just don't understand wha she's talking about. I have repeatedl suggested that Wendy and I take u some sport or hobby together. I happe to love water sports, so I built a swim ming pool in our yard. I also thought i would be fun to take sailing lessons Although Wendy is scared to death o water, I felt that if she loved me, she' let me teach her how to swim.

"My doctor has told me I have ele vated blood pressure and that swim ming or relaxing on a boat would b good for my health. But even with th doctor's recommendation, Wendy flatl refuses to go near the pool or to join m on a sailing trip.

"Lately, she's also accused me o being jealous of the singers she ad mires. That's ridiculous—though wouldn't mind hearing a good explana tion for that T-shirt I found with a autograph of a male performer righ above her left breast. Or the fact tha when I went with her to that concert all the performers, even the stage hands, knew her by name.

"What I *am* upset about is having my almost-forty-year-old wife suddenly turn into a teenage groupie. I want Wendy to grow up, to be the person she used to be—interested in me and my problems. I am perfectly willing for her to have a hobby, but it should be one I can approve of and share. If she doesn't stop this crazy behavior, I might decide to move out. I've made enough money and I've been thinking for a long time about retiring early and moving someplace warm so Wendy and I can say goodbye to this rat race and get back our perfect marriage. But unless things change, I think divorce is our only answer."

### THE COUNSELORS' TURN

"It was fortunate that Bob came for therapy when he did, even though he came for all the wrong reasons," the counselor said.

"Our first task was to help this couple understand that the problems in their relationship went deeper than the surface conflict about Wendy's fascination with country music. In fact, during the first few sessions, it became clear

hat Wendy and Bob's marriage had ıever been quite as perfect as they had hought. A truly solid marriage brings ıut the best in both partners; unwitingly, Bob and Wendy had been ignorng each other's needs and stifling each ther's joys. And though they had been narried for a long time, they had never poken frankly and honestly with each ther about their hopes and disappointnents. In truth, they didn't really now each other.

"As adults, Wendy and Bob were both nsecure and lacking in self-confience—not surprising, given the fact hat each had had to cope since early hildhood with disapproving, highly ritical parents. At a young age, each ıad learned to deal with this problem, ıut they did so in different ways. Wendy became a chameleon, changing ccording to what the person she vished to please wanted her to be. In ıer relationship with Bob, she toned lown her lively, fun-loving personality o suit his stated desire for dignity. Bob, on the other hand, kept a handle n his insecurities by staying in conıtant control of those he cared for. He nsisted on supervising every aspect of Wendy's life, from her office work to her ıobbies. Only that way, he reasoned, ould he be sure of her love.

"However, while Wendy was at least ıble to lessen some of her self-doubt by ecoming a competent wife, mother and usiness partner, Bob had a tougher ime conquering his negative feelings bout himself. His pattern of overwork nd his inability to delegate responsiility went hand in hand with his need o have Wendy constantly prove her love. Ie had even thought of a hobby for oth of them—water sports, the one acivity he knew Wendy feared. Bob reaoned, erroneously, that only by overoming her phobia could Wendy prove ow much she truly loved him.

"We tried to point out to Bob that in ıany ways, he was just like his father, hough he desperately tried not to be. Ie, too, was a family dictator—a beevolent one, but one who also shared is father's intolerance for imperfecon. For example, most men whose wives njoy playing the guitar and singing on't discourage them because they are ot Tammy Wynette.

"As they spoke, it also became clear hat for Wendy, country music was a ymbol of everything she had supressed for years. The devoted wife, the erfect mother and business helper, she ad even given up her much-loved uitar playing and singing because her usband had insisted it was a waste of me. We explained to Bob that in this ontext it was quite understandable that Vendy became so involved in her new obby; after all, it tapped *(continued)*




Revlon says:

STOP, LOOK & GLIS'N






Shampoos Dullness and Yellow Out of Gray






Introducing NEW REVLON GLIS'N
Glamorous gray in just one minute

Now you can add glistening, sparkling highlights — and cleanse and condition your hair too — in just one minute.

**GLIS'N** shampoos dullness and yellow out of gray and keeps it that way. Just shampoo in — rinse out. No mess, no fuss and no cap or gloves needed.

**GLIS'N** is so unique it has its own patented professional formula.

Look younger, fresher, more exciting in gray than you ever thought possible. **GLIS'N** from REVLON. The start of something beautiful.

50¢ MFG. STORE COUPON




SAVE 50¢ WHEN YOU BUY REVLON REALISTIC NEW GLIS'N 50¢

The 1 minute color for gray

TO RETAILER: This coupon will be redeemed for 50c plus 8c handling when redeemed for the stated products and the terms of this offer have been complied with. Coupons will not be honored and will be void if presented through outside agencies, brokers or others not retail distributors of our merchandise, unless authorized by us. Sales tax must be paid by customer. Coupon may not be assigned, transferred or reproduced. Invoices proving sufficient stock purchases to cover coupons presented for redemption must be shown upon request. Failure to do so, may, at our option, void all coupons presented for redemption. Coupon is void if taxed, restricted or prohibited by law. Cash value 1/20 of 1¢. Offer good only in U.S.A. Any unauthorized use constitutes fraud. For payment, mail coupon to Revlon-Realistic Professional Products Inc., P.O. Box 1085, Clinton, Iowa 52734. Offer limited to one coupon per package purchased. Only original magazine coupons valid. **Coupon expires 8/31/87.**

30997 108524

50¢ MFG. STORE COUPON 50¢




## CAN THIS MARRIAGE
**continued**

into her long-buried love of music.

"Since this was Wendy's first rebellion in two decades of marriage, Bob was extremely disturbed by it. It's worth noting that the potential for conflict such as that experienced by this couple is common to many marriages. Any time one partner disparages another's interest—be it ballet, gardening or jogging—tension arises. By selfishly insisting Wendy give up her new pastime, Bob actually perpetuated her pursuit, since Wendy responded to his criticism by tuning him out and becoming even more fanatic in her devotion. Bob's decision to talk to friends and family was the final blow.

"It took several months for Wendy and Bob to uncover and then acknowledge the motivations underlying their respective actions. However, once they did, progress was swift. For the first time, Wendy and Bob started to discuss their real feelings. Wendy found the courage to tell her husband, calmly and in a nonthreatening way, that she had been dissatisfied with some aspects of their life together.

"Bob finally understood that Wendy's interest in country music had nothing to do with an erotic interest in country singers or a lack of love for him—and that even though a husband and wife have separate interests, if they share those passions and respect each other for them, the marriage will actually be strengthened. Now Bob no longer needs to have Wendy at his side every moment; he doesn't sulk, either, when she tells him of her plans to attend a concert.

"What's more, since Bob has stopped being so critical, Wendy has found herself wanting to spend more time with him. 'Suddenly, I'm in love with my husband again!' she told us at one of their last sessions.

"Now they're planning their summer vacation—'There's plenty we can enjoy together,' Bob said, 'that has nothing to do with water sports or country music.' They are talking about a move—maybe to the Sunbelt. Although Bob's blood pressure has normalized since his emotional stress lessened, his physician has advised that a less hectic, less work-dominated lifestyle would be healthier. 'Who knows where we'll end up,' Bob told us, 'but the point is, we'll be there together.'" **End**




6876 $17.95 | 6841 $17.95 | 8557 $17.95 (Explicit Sex & Language) | 5504 $19.95 | 7781 $12.95 | 1545 $16.95 | 7526 $16.95 | 7641 $15.95 | 0711 $17.95 | 3491 $18.95 (Sexually Explicit) | 5595 $17.95




0844 $19.95 | 8581 $17.95 | 5637 $17.95







8946 $15.95 | 3483 $17.95 | 6270 $17.95



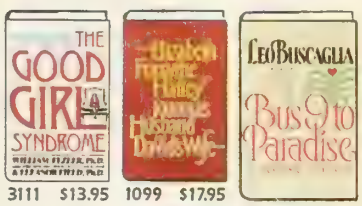

5835 $19.95 | 5728 $16.95 (Explicit Sex & Language) | 8656 $16.95




0505 $17.95 | 0398 $17.95 | 0018 $14.95



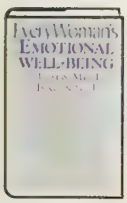

3952 $17.95 (Sexually Explicit) | 5629 $17.95 | 4374 $16.95




3111 $13.95 | 1099 $17.95 | 3160 $16.95




7823 $14.95 (Sexually Explicit)



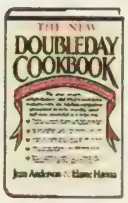

5058 $19.95



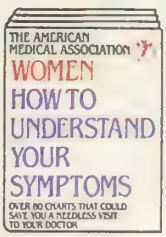

8649 $21.95 (2 vols. count as 1 choice)




3087 $18.95 Weight Watchers is a registered trademark of Weight Watchers International, Inc



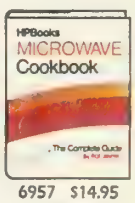

0190 $16.95 (soft cover)




1032 $29.85 (soft cover) (3 vols. count as 1 choice) Men, Women, Children




8169 $16.95




6957 $14.95 (soft cover)




3533 $16.95

# Take 4 for $1 with membership in The Literary Guild.

**Here's how The Literary Guild works:**

**Books you love—delivered to your door.** Once your membership is accepted, you get 4 books for only $1 (plus shipping and handling). We reserve the right to reject any application. However, after you're accepted, if not 100% satisfied with your introductory shipment, return it within 10 days at our expense. We will cancel your membership and you will owe nothing.

**We're the most pressure-free book club you can join.** If you decide to remain a member, take as long as you like to buy just 4 more books at regular low Club prices, after which you may cancel at any time.

**Relaxed shopping plus savings.** You'll receive a FREE subscription to The Literary Guild Magazine (14 issues a year, one about every 4 weeks) describing one or two Main Selections and over 100 alternates at **savings up to 40%** off publishers' edition prices. In addition, up to 4 times a year, you may receive offers of Special Selections. To receive either the Main or Special Selection(s), do nothing; we'll ship them to you automatically. If you want an alternate, or no book, return the completed order form by the date specified. Plus—our exclusive Bonus Plan gives you substantial savings **in addition** to our already-low discounted prices. The more books you buy, the more you save.

**Buy only the books you want.** If you ever receive a Selection without having had 10 days to decide, return it at our expense. There is a shipping and handling charge on all books shipped.

**FREE ALL'ROUND TOTE with membership**



Quilted ripstop nylon. Roomy, with sturdy handles and shoulder strap.

## The Literary Guild

Dept. BS 147, Garden City, N.Y. 11530

Please accept my application for membership in The Literary Guild and send me the 4 books whose numbers I have printed in the boxes below. Bill me only $1, plus shipping and handling. Also send my FREE Tote Bag, which is mine to keep, even if I don't remain a member. I agree to the membership plan as described in this ad and understand that I need buy only 4 more books, at regular low Club prices, whenever I want them.

**NOTE: All prices quoted are for publishers' editions.**

| FREE Tote No. 1255 | | | | |
|---|---|---|---|---|

Miss, Mrs., Ms., Mr. _____ (Please Print)

Address _____ Apt. _____

City _____ State _____ Zip _____

Telephone number (optional) _____

If under 18, parent must sign here _____

Members accepted in U.S.A. and Canada only. Canadian members will be serviced from Canada, where offer differs slightly. The Guild offers its own complete, hardbound editions, sometimes altered in size to fit special presses and save members even more.

04-GG055

# "I WAS A HYPOCHONDRIAC"

*My symptoms confirmed my worst fears. How dare the doctor tel me I was imagining it all! By Ann Howard**

It was the happiest time of my life. I had just married Ben—handsome, sensitive, brilliant—the kind of man I had always dreamed would be my husband. He had finished medical school and was about to begin training as a general surgeon in one of the country's best residency programs. It meant we'd be leaving New York and moving to Dallas, but I had already decided to quit my job as an advertising copywriter and go with Ben if he got the Dallas spot.

When we got to Dallas, we learned that it would be a week before our furniture arrived. So on our first night we picnicked on the living-room floor of our spacious rented apartment. We toasted our new town and fell asleep on a heap of clothing in each other's arms.

But the reality of medical residency set in sooner than we had counted on. During the next few weeks I saw almost nothing of Ben. He had been assigned to the cancer service and was on call at the hospital every other night.

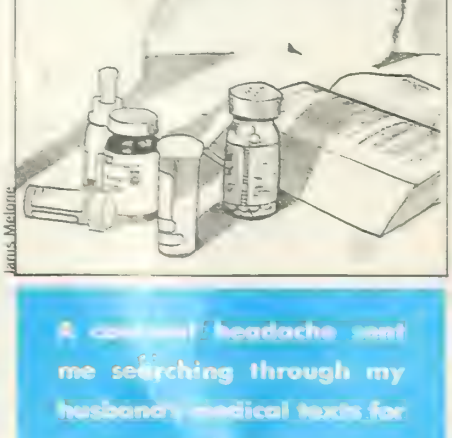
Those nights Ben was on call were lonely. I had no friends and no work life, and I found myself going for days without speaking to anyone but Ben. And the little time he and I had together was spent discussing his patients, because he needed to share with me the intensity of his new hospital experiences. We'd barely get through dinner before he would collapse on the couch, sound asleep for the night.

One morning I woke up with a splitting headache. I swallowed some aspirin and followed through with my plan to drive around and explore Dallas. Yet a few hours into my foray, I began to feel nauseated with pain. I stopped at a drugstore for more aspirin, and on the way out of my parking spot, I crashed into the car in front of me. The whole left side of our new car was bashed. Thank goodness Ben wasn't on call that night—I desperately needed him.

"Don't worry," he said, unfazed when I told him about the car accident. "We'll get the car fixed—and I promise, your headache will be gone in the morning."

When my head was still throbbing the next day, I was shaken. I took more aspirin, but by evening, the pain had still not quit. I called Ben at the hospital and told him I was scared. He laughed and told me to stop thinking about my head. But I couldn't. I had been seized with a horrible thought: This could be a brain tumor.

That night I lay awake thinking, All Ben's patients at the hospital are suffering from cancer. Why *not* me? I went to the next room, where Ben kept his medical texts, and began reading about brain tumors. I could barely understand the medical terminology, but I picked out a few choice phrases—enough to fuel my worst fears.



Janis Melonie

**A constant headache sent me searching through my husband's medical texts for the correct diagnosis.**

Ben was off that weekend—his first free time in two months. On Saturday night he said, "Let's go see *E.T.* If anything can get your mind off your headache, a movie will."

Ben coaxed me out, but to his dismay I fidgeted in my seat throughout the movie, anxiously rubbing my head and trying to catch my breath.

We left the movie in silence. When we got into the car, I saw tears in Ben's eyes. "What has happened to you?" he implored. "You didn't even watch the movie. You seem to have gone off the deep end with this headache business!"

"It's not just a headache," I snapped. "I think I have a brain tumor."

Ben stared in disbelief. "Where did you get that idea?"

"I read your textbook," I answered gravely. "It said a brain tumor should be considered when headaches persist. It also talked about double vision and weakness . . . I *have* been feeling weak. Feel my hand. I can barely make a fist."

Now Ben was angry. "You shouldn't be reading my medical books. You can't understand them, and all they'll do is scare you. They used to scare *me*! Besides, there's not a thing wrong with you. If you were sick, I'd know it."

The next day Ben was more loving and concerned. "I'll make an appointment for you with a good neurologist I know," he told me. "An expert opinion will reassure you that you've cooked this whole thing up."

I was shaking when I walked into Dr. Williams's office the next week. He took a medical history and then did a neurological exam. By this time I was sure he was becoming suspicious of a brain tumor. When the exam was over, he asked me to step into his office. I was resigned to checking into the hospital right then and there.

"Your examination was *(continued*

**All names in this story have been changed*


AT LAST, A CHOCOLATE MOUSSE
FOR PEOPLE WHO LIKE EATING
BETTER THAN COOKING.
INTRODUCING
JELL-O® RICH & LUSCIOUS MOUSSE.
Now it takes just 10 minutes to make a mousse that's smooth and light and delicious. It comes out perfect every time—you just mix a package with milk. And it comes in two great flavors—chocolate and chocolate fudge.
With Jell-O® Rich & Luscious Mousse, there's no reason not to indulge yourself.
NEW JELL-O
MOUSSE
CHOCOLATE
NEW JELL-O
MOUSSE
CHOCOLATE FUDGE

©1986 R.J. REYNOLDS TOBACCO CO

# Dare to be More




SURGEON GENERAL'S WARNING: Quitting Smoking Now Greatly Reduces Serious Risks to Your Health.

17 mg. "tar", 1.3 mg. nicotine av. per cigarette by FTC method.

completely normal," he said. "I see no point in doing a CAT scan—an X-ray that can pick up abnormalities in the brain—or prescribing medication. I'm sure stress is what's causing your headaches. Try to take your mind off them, and if you're still bothered in a few weeks, call me again."

Dr. Williams's words echoed in my mind as I left his office. My exam was normal now, but the headache was only a week old . . . symptoms of a brain tumor might come out later. Besides, he didn't do a CAT scan. The exam was not complete. And how could stress be causing such painfully real symptoms?

During the next few months, I visited more than a dozen doctors, first for the headache, then for tingling and numbness in my hands and feet, symptoms I feared were harbingers of multiple sclerosis. My anxieties were never relieved by the doctors, who, one by one, assured me that I was in perfect health.

My fears tormented me so much that within a few months I had lost more than twenty pounds, and I couldn't make friends or plans for continuing my career. Because all the medical tests I had undergone had been negative, Ben insisted that there was nothing physically wrong with me. He began to lose patience with my complaints. My marriage was in trouble . . . and I was terrified I'd never think normal thoughts again.

During a return visit to Dr. Stein, one of the neurologists I had seen, the doctor asked me for Ben's number at the hospital. I waited nervously as he paged my husband, but at the same time I was relieved—at last, my illness had been diagnosed.

When Ben answered the phone, Dr. Stein introduced himself and told Ben I was in his office.

"I think your wife is suffering from hypochondriasis," I heard him say. "I want to have her admitted to the hospital for psychiatric evaluation."

Hypochondriasis? Psychiatric evaluation? I was furious . . . didn't these people realize I was *really* suffering?

Ben arrived at Dr. Stein's office minutes later. He and the neurologist talked about my condition as I sat listening, incredulous. Ben agreed with Dr. Stein that I had become hypochondriacal. The symptoms were classic: total obsession with fear of illness, no physical findings, inability to be reassured by a physician's assessments.

It made sense to Ben, but he refused to have me admitted to the hospital.

"My wife has always been a very stable person," he told Dr. Stein. "She'll be okay. I'll take care of her."

Ben held me very tight as we walked to our car. It was the first time in weeks he had shown me affection. Although I was angry with the doctor's diagnosis, I was glad that Ben was being supportive of me. I had desperately missed the special closeness we had once shared.

Now that Ben could admit my condition was real—a true psychiatric one—he began to take charge of the situation. Gratefully, I let him take over.

Ben phoned my parents in New York and told them I needed a trip home. "She needs the comforts of her old life," he said. "She needs to relax."

While I was away, Ben found a therapist in Dallas and made an appointment for me to see her when I got back.

My first appointment with Dr. Parker was cathartic. I told her about my fears, my frustrations with the doctors who seemed to ignore me, my feelings of loneliness and loss of identity.

Over the next several months, I met with Dr. Parker twice each week. Gradually, we began to unravel the process that triggered my hypochondriasis.

"It was logical," Dr. Parker pointed out, "that you wanted Ben to take care of you, too. After all, you were in a weakened condition, suddenly finding yourself without the familiar support systems you had in New York. Coming down with symptoms was the way you hoped to get Ben's attention."

But it wasn't only the extreme changes that had brought out my hypochondriasis, I learned. As a young girl, my mother had watched her brother and sister die, one from cancer, the other from pneumonia. Illness was a great threat in her life, and her fears were unconsciously transmitted to me.

As my insights grew, my fears diminished. Within a year, I was no longer incapacitated by hypochondriasis. Gradually, I began to take on free-lance assignments, made friends with people I met through work, and began swimming for fitness. Watching my body grow strong through exercise helped to dispel my belief that I was sick.

Though my marriage had hit rock bottom during my illness, Ben and I grew closer through the experience. As much as the hospital demanded of him, he realized he had to devote time and effort to our relationship, too. Now, our marriage is a strong and happy one, and best of all, we have a beautiful baby daughter. Ironically, I realize pregnancy—an uncomfortable time for many women—was a wonderful time for me. The miraculous yet very real phenomenon of carrying a child seemed to me the most robust state of health.

Today, I'm troubled only occasionally by my fear of illness. Thanks to therapy and the love and support of my husband, my life is exciting and full of possibilities once again. **End**

YOU CAN'T DO BETTER THAN Kmart® the Saving Place®

Feel the Difference with...

Hair Off®

THE PROFESSIONAL DEPILATORY!

Removes unwanted hair in seconds. Lasts up to 12 weeks.



Leaves skin beautifully bare and silky soft to touch. So easy to use—just press on, peel off.

- No razor nicks!
- No harsh creams!
- No burning hot wax!

For smooth, soft skin—feel the difference with Hair Off $1-$2 REBATE OFFER. See coupon for details.

Hair Off PROFESSIONAL WAX TREATMENT



Available at Kmart

To receive your rebate, fill in this coupon and send it along with the UPC code(s) from any HAIR OFF product (Cold Wax, Warm Wax, Bikini Cream, Bikini Strips, Shapers) plus cash register receipt(s) with purchase price circled.

☐ $1.00 REBATE–Cut UPC code from any Hair Off product.
☐ $2.00 REBATE–Cut UPC codes from any two Hair Off products.

Mail to: HAIR OFF REBATE
BOX# 7486
E. RUTHERFORD, NEW JERSEY 07073

Name_____
Address_____
City_____
State_____ Zip_____

One rebate per family. This offer void where prohibited and expires 11/30/86. Please allow 6-8 weeks for delivery.

REBATE OFFER

# BEAUTY JOURNAL

*Warm-weather fitness tips, a cool pool toner, summer hair fresheners. Next page: new trends, and more*

## HOT WEATHER WORKOUT

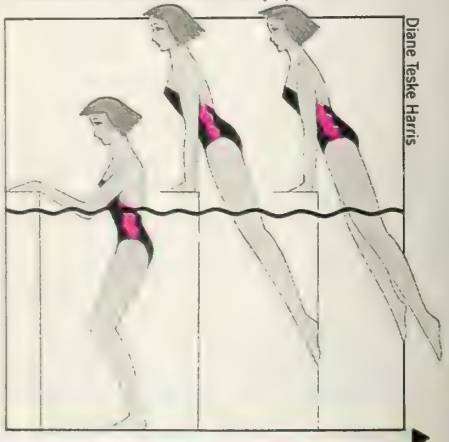
**July's a great month to enjoy your favorite sport. But working out on steamy days can take its toll. Stay fit through summer's end safely and comfortably with these tips from Gilbert W. Gleim, Ph.D., research coordinator at the Lenox Hill Institute of Sports Medicine and Athletic Trauma, in New York City. • Wear minimal clothing—tank top, shorts—in mesh or light, absorbent fabrics. • Wear a sun visor to protect face and eyes from heat and glare. • When exercising outdoors, do so in the early morning or in the evening, when it's coolest out. • When exercising indoors, don't do so directly in front of the air conditioner. Cold tightens muscles and increases risk of injury. • When exercising strenuously, replace fluids at the rate of a liter an hour or more. • Avoid excess salt and alcohol. They're dehydrating. • Don't consume lots of spicy foods or coffee or colas with caffeine, and don't smoke. All make you perspire more.**

| When the weather is... | The best exercises are... |
|---|---|
| 60°–70°F. with moderate humidity | All aerobics and all sports |
| 70°–80°F. with 50%–70% humidity | Moderate aerobics, cycling, tennis, golf, swimming |
| 80°–85°F. with 70%–85% humidity | Cycling, golf, swimming, yoga and stretching |
| 85°–90°F. or more with 85% humidity | Swimming, yoga and stretching |

### TRIM IN THE SWIM

**To tone arms, hips and thighs, stand chest deep in pool. Holding the side, jump up and down two times. On third jump, open legs wide; pull together before landing. Repeat five to ten times.**

Exercises developed by Billie Jo Hecht, fitness director of Elizabeth Arden Maine Chance Beauty Spa, Phoenix, AZ.



Diane Teske Harris



Ross Whitaker

## HAIR REPAIR

A summerful of fun in the sun and sea may be terrific for your mind and body...but not for your hair. The chart below tells you how to protect and care for weather-beaten locks with the right products for your hair type.

| | OILY | NORMAL | DRY |
|---|---|---|---|
| SHAMPOO | Wash daily with an oil-free shampoo. Brush beforehand to loosen debris. Work shampoo through hair but concentrate on scalp. Try Agree Extra Cleansing Shampoo or Klorane White Nettle Shampoo | Wash as often as needed with a mild shampoo such as L'Oreal Ultra-Rich Shampoo. To prevent sunburned hair, look for new formulas with built-in sunscreens. Among them: Revlon's Flex Sun & Sport Shampoo | Wash hair every other day with moisturizing shampoo. Try Atune Shampoo for Permed or Color-Treated Hair or Clairol Condition Gentle Cleansing Formula. To wash every day, dilute shampoo |
| CONDITION | Detangle with an oil-free conditioner applied to ends. Rinse with water, then witch hazel, to slow oil production and add shine. Try Almay Clean & Gentle Oil-Free Conditioner or Neutrogena Oil-Free Conditioner | Work a light conditioner through hair with a wide-tooth comb while still in the shower; deep condition once a month. Try Silkience Self-Adjusting Conditioner or Bain De Terre Conditioning Kelp | Apply a protein-rich conditioner after shampooing to protect against split ends. Once a week apply a deep conditioner such as Clairol Vitapointe Pro-Vitamin Enriched Hair Treatment or Sebastian Cellofix |
| STYLE | Use nongreasy, oil-free gels, mousses and sprays with a light touch to add lift and bounce. Try L'Oreal Studio Line Styling Gel or Alberto Mousse European Styling Foam Thickening Body Building Formula | If hair is overexposed to the elements or if you regularly use a dryer or curling iron, avoid styling products with alcohol. Try Clairol Condition Styling Mousse Normal Control or White Rain Styling Mousse by Gillette | For conditioning, protection and repair of fragile hair, choose superrich alcohol-free styling boosters. Try Dep Styling Glaze for Damaged or Permed Hair or Vidal Sassoon Protein-Enriched Hair Spray |




# IOW FIBRE TRIM® GAVE NEW STRENGTH TO THE FRENCH RESISTANCE.

It's never easy to say "no" to food. Especially in a ıntry totally obsessed with it.

Small wonder the French flocked to Fibre Trim®. It's ıoroughly natural way to help you fight hunger, and e weight. A way that works.

When you're not feeling hungry all the time, you find the strength to say "no" to crêpes, and crois-ts, and even chocolate-laden éclairs.

In France, they embraced it. In fact, Fibre Trim is successful, it's Europe's number one diet aid.

Now, it is here.

## PROVEN, NATURAL WAY TO LOSE WEIGHT

Fibre Trim is natural food er. But all fiber is not alike. Fibre Trim is created from erent types of grain and us fiber, in a unique blend igned to help you lose weight. Taken before meals, Fibre Trim helps you eat less without constantly feeling hungry. It can even help you cope with snacking.




## WIN THE DAILY BATTLES, AND THE WAR

Fibre Trim isn't magic. But it's help in a sane, gradual approach to weight loss. Follow the Fibre Trim plan, move around more, and be patient. You may not lose 10 pounds by Thursday, but you'll likely see lasting results.

Since Fibre Trim is simply natural fiber, it can become a sensible way of life—even after you reach your goal. It's the healthy way to stay trim for good.

Take a cue from the food-loving French, and boost your willpower with a little help from Fibre Trim. Vive la résistance!

THE EUROPEAN WAY TO SLIM. FOR GOOD.

020-1355 8906-7/86
6 Schering Corporation

# BEAUTY LAB

## INSTANT HAIR LIFT

It's hot and sticky, and your hair is limp and wilted or turning into a frizz mop. You need to get it away from your face, but you want more pizzazz than a ponytail can offer. Here are four steps to a sleek style that stays up and away without visible means of support: 1. Start with freshly shampooed damp hair. Gently work a body-building mousse or gel (look for an extra-control formula) through your hair. Be sure to distribute evenly, then dab extra along your hairline for added lift. 2. Sweep hair back with a wide-tooth comb, sculpting in waves if desired. 3. Blow-dry with a diffuser attachment to keep waves where you want them, or slip on a fabric headband and let hair dry naturally. 4. When hair is dry, comb or use a vent brush to maximize fullness and direct the final shape.







Jimi Giannatti

## READER TESTED

We put our summer wave to the test with two readers, Stacey and Maris. Stacey, a paralegal, needed a sophisticated and professional look without combs or barrettes. She found our idea a good solution while growing out an old layered cut. Maris liked having a style that worked well with her natural waves.

# TRENDS

***GET 'EM WHILE THEY'RE HOT! THE LATEST IDEAS IN JEWELRY, FASHION, AND HAIR AND SKIN CARE***

■ ALL THAT GLITTERS isn't gold: Silver—either sterling or its look-alikes—is stealing the spotlight from last year's glitz and big fake gems. Try a big cuff, smooth or studded, or a stack of slim ribbed bangles on a bare tanned arm, paired with oversize hoop earrings. Double up on big chain-link necklaces and bracelets. Wear silver against white or black for the most smashing effect.

■ NO-RISK HAIR COLOR is the latest craze in mousses and gels. Several new products offer the same styling power as their colorless counterparts but also give you a rainbow of hues—ranging from nearly naturals to shimmering metallics—to experiment with. Two helpful hints: Use mousse in natural shades to brighten your own color. The effect lasts through three to five shampoos. Use the more concentrated gels—in vibrant hot pink, electric blue or silver—to create a dramatic hot streak, sculpted into a wave for emphasis. Some lines to try: Vidal Sassoon Colorific Styling Gels and Mousses; Clairol Pazazz Styling Gels and Mousses; Sebastian Fizz-In Colour Styling Mousse.

■ A SLEEK PROFILE can be yours by slipping into one of the new bodysuits. They smooth bulges and create a slim line under lightweight fabrics. Try a skinny sleeveless suit with a contoured racing back, one with a turtleneck, or a long-sleeved style with padded shoulders. Look for dressy jerseys and knits as well as stretchy fabrics. All give your classic trousers and skirts new flair. A suit in basic black shows off glamorous accessories, so it's perfect for evening.

■ BENEFICIAL BOTANICALS Extracts of flowers, fruits, vegetables, herbs, leaves, bark, roots and even seaweed have been used for centuries throughout the world for many cosmetic and medicinal purposes. Now several companies are using botanical extracts to produce complete lines of beauty products, from skin treatments and makeup to shampoos, conditioners and sunscreens.

One company, Mill Creek, carries a broad range of botanically based products. Three we like are Jojoba & Apricot Scrub, Refining Clay & Mineral Mask, and Fresh Herbal Toner. Other lines to explore: Klorane Botanical Beauty Products and Perlier Natural Recipes Shampoos. Here's a guide to what's available.

■ *For dry skin:* moisturizers and cleansers with cucumber, linden flowers, eyebright, chamomile

■ *For oily skin:* cleansing lotions with horse chestnut, birch, ivy, marigold, lemon peel, black walnut, geranium, seaweed, witch hazel

■ *For skin healing:* aloe vera, marigold, rosemary, chamomile

■ *For soothing sunburn:* lotions with aloe vera, marigold, rosemary

■ *For dry, brittle hair:* shampoos and conditioners with hops, henna, nettles, yarrow, linden flowers

■ *For oily hair:* shampoos and conditioners with chamomile, thyme, birch, horse chestnut, yarrow, ivy, geranium, lemongrass

■ *For dandruff and scalp problems:* shampoos and conditioners with thyme, sage, rosemary, comfrey, yarrow, hops, catnip, cornflower, marigold, lemongrass

Kmart®
The Saving Place®

As painful as sunburn can be, overexposure to the sun can lead to much more serious skin problems. Like premature aging, wrinkles and even skin cancer.

That's why nine out of ten dermatologists recommend SPF 15 protection for people with sun-sensitive skin.

Block Out not only gives you SPF 15 protection, but it also gives you the extra security of knowing that The Skin Cancer Foundation's Seal of Acceptance is right on the front label.

With a formula so advanced it's patented. Block Out helps screen out the sun's most harmful rays, UVA and UVB rays that can cause skin cancer, premature wrinkling and aging of the skin.






Plus Block Out is waterproof. So it stays on twice as long as ordinary water-resistant sunscreens. No more worrying about protection washing off every time you or your kids go into the water.

So whenever you go out in the sun, protect yourself from a lot more than just sunburn. Protect yourself with Block Out.

**Dermatologically formulated to save your skin.**

# THE SKIN CANCER FOUNDATION HAS APPROVED BLOCK OUT® SPF 15.*

# BLOCK OUT® MAY HELP SAVE YOU FROM A LOT MORE THAN JUST SUNBURN.

*On Sale at Kmart June 17 thru July 31.*

Block Out your choice 4-oz. size only **$3.88**



Check our low prices on other 4-oz. Sea & Ski® suntan products your choice **$2.48**

# MEDICAL Makeover

If you start now, you're just four weeks away from a lifetime of health

**By Robert M. Giller, M.D., and Kathy Matthews**

We know that serious diseases can develop gradually and are often caused by years of bad habits. Symptoms like depression and irritability can also indicate you are not living the way you should. Fortunately, this medical makeover can help you change your health profile in just four weeks and, if maintained, can be your blueprint for a longer life.

The sequence of the program is designed to alter your body chemistry gradually, making it easier for you to stick to the healthy new habits you'll be developing. Before you begin the four-week program, here are five important recommendations to help ensure the plan's effectiveness.

**FIRST STEPS TO A NEW YOU**

**1.** Eliminate caffeine.

**2.** Eliminate sugar from your diet as much as possible. That means no sweets at all.

**3.** To help stabilize your blood-sugar level and fight cravings for sweets, take a chromium supplement in a dosage of 100 micrograms (mcg) three times a day before meals.

**4.** Eliminate alcohol from your diet.

**5.** To help fight stress, which could cause you to resume your bad habits, take the following antistress formula every morning: a good-quality multiple vitamin and mineral compound containing 10,000 international units (IU) of beta carotene, 1,000 milligrams (mg) of vitamin C, 400 mg of vitamin E and 50 mg of selenium.

## WEEK 1: *Nutrition improvement*

More than 50 percent of all Americans are at risk for heart disease, diabetes, hypertension, cancer and other serious diseases. Yet it's been my experience that even the most alarming statistics are not enough to get people moving. The simple fact is, people must consciously decide to take responsibility for their health—and then change the way they eat.

What follows is not a diet in the usual sense, because the primary goal is not weight loss (though it may help shed excess pounds). What my nutritional plan accomplishes is an immediate energy boost and a wonderful sense of wellness.

I recommend that my patients begin their nutritional makeover by taking 500 milligrams of L-tryptophan three times a day on an empty stomach. This amino acid is converted to a brain substance, serotonin, which appears to reduce carbohydrate cravings. Then, I present the following four-point eating plan to help stabilize the patient's metabolism.

### Dos and don'ts for everyday eating

**1** *Eat regular meals.* **You should eat three times a day at the same time or nearly the same time. Don't skip meals. If you supply your body with a steady source of energy throughout the day, you'll find it much easier to fight any cravings to indulge.**

**2** *Vary your diet.* **The more varied your diet, the better your chances of covering all the nutritional bases. Even though you're going to be taking additional vitamin-mineral supplements next week, you have to establish a good nutritional foundation first.**

**3** *No large meals.* **They are too high in calories and have a bad effect on your metabolism. They will make you feel tired and moody, and you'll be more likely to eat unhealthy foods.**

**4** *Prepare in advance.* **This is the most important element of good nutrition. I suggest that every evening you plan what you'll eat the next day. Never just grab something when you're too hungry or tired to eat properly.**

Now that you know when to eat, you need to know what to eat. Quite simply, you must eat carbohydrates, fat and protein to be properly nourished, and you should eat them in this proportion: carbohydrates, 58 percent; protein, 12 percent; fat, 30 percent. If you follow this formula, you'll be far healthier. Let's see why.

Fat is the most concentrated source of calories in your diet. It has more than twice as many calories per gram as protein and carbohydrates. Our bodies require only one tablespoon of fat per day—far less than is consumed by the average American. Here are some easy ways to trim the excess fat from your diet:



From MEDICAL MAKEOVERS, by Robert M. Giller, M.D., and Kathy Matthews. Copyright © 1986 by Robert M. Giller, M.D., and Kathy Matthews. Reprinted by permission of Simon & Schuster, the publishing division of William Morrow & Co., Inc.

■ Eat fewer dairy products. Eat low-fat products, and have no more than twelve servings per week.
■ Eat less beef and pork (no more than four servings per week).
■ Eat more poultry. (Eat the white meat and avoid the skin.)
■ Get protein from fish, tofu and beans rather than fatty products.

Complex carbohydrates, the valuable nutritional source most of us don't get enough of, are available in starchy vegetables, whole-grain bread, unrefined cereals, brown rice, beans and whole-wheat pasta. Complex carbohydrates should constitute more than half your calories.

Carbohydrates stabilize blood sugar and fill you up better than any other food. By increasing carbohydrate consumption, you'll also be increasing fiber, which will do wonders for your digestive system.

I recommend a bran supplement, beginning with a teaspoon of miller's wheat bran and a teaspoon of oat bran. If you have a tendency toward constipation, increase the amounts slowly until you have regular bowel movements.

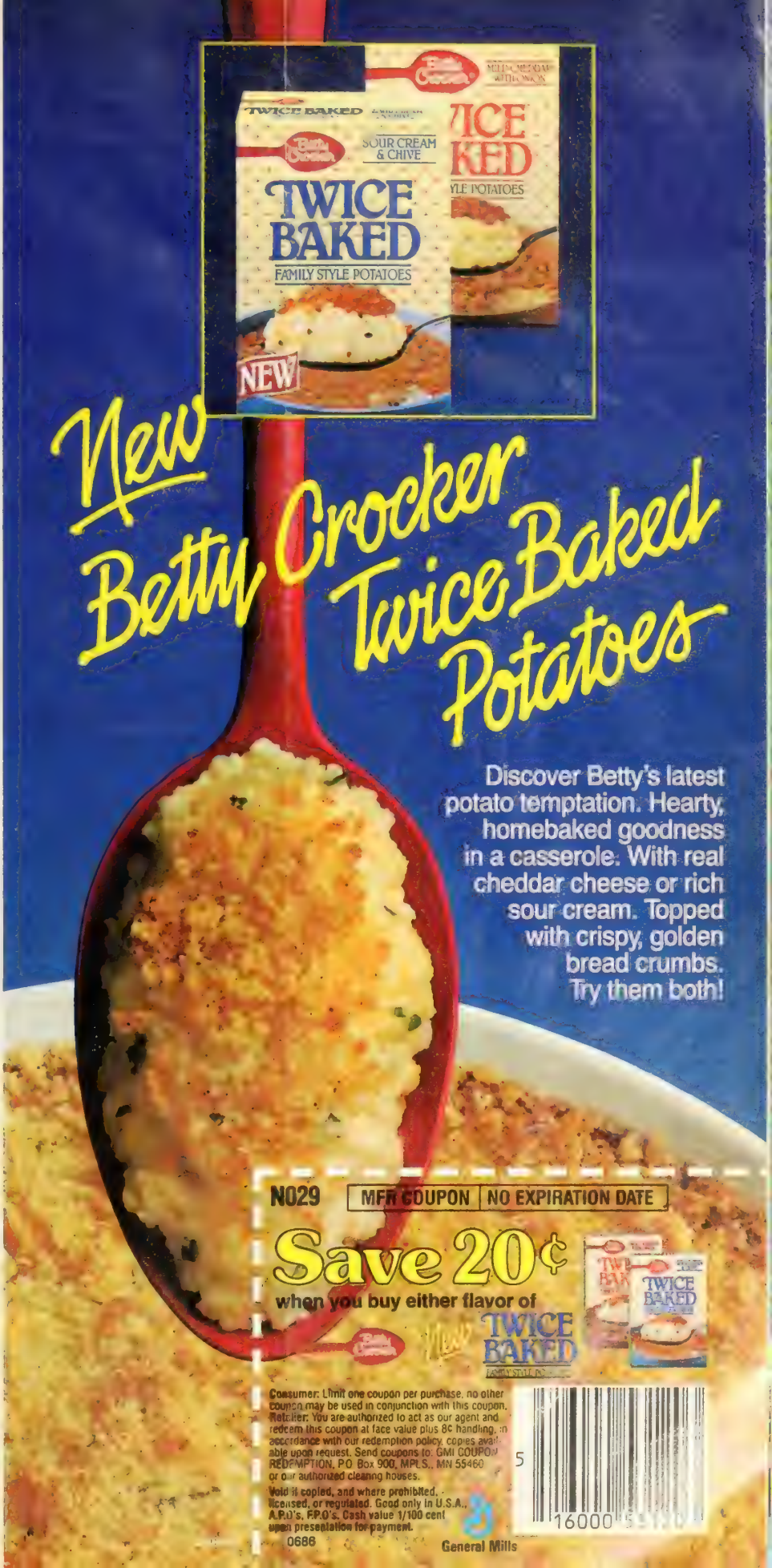
Watch your intake of salt, which is a contributing factor in high blood pressure, kidney damage, premenstrual water retention, and heart disease. Read product labels to help avoid foods with high salt content.

When reading labels you should not only look at the salt content but also check for chemical additives. Chemicals added to food for preserving, coloring and flavoring have been implicated in many diseases (cancer, arthritis, colitis and migraine headaches, to name a few). While attempts have been made to remove some of the chemicals from food, many of those in use today have not been proved safe, so try to avoid all chemical additives.

If you follow my nutritional advice, by the end of this week you'll be surprised at what a difference eating right will make in the way you feel. To pull together all this nutritional information, here's a sample menu for a healthful daily diet:

***BREAKFAST:** 2 oz. low-fat protein, 1 piece fruit, herbal tea*
***LUNCH:** 4 oz. low-fat protein, such as fish or chicken; 1 cup lettuce; ½ cup vegetables*
***DINNER:** 4 oz. low-fat protein, 2 cups lettuce, 1½ cups vegetables, 1 average-sized baked potato*
***SNACKS:** Raw vegetables, fresh fruit, 1 slice bread daily*

*(continued)*



About 44 percent of us take at least one vitamin supplement per day, but most of us aren't sure why. You don't have to have symptoms of rickets or beriberi to have a vitamin deficiency that keeps you from functioning at your best. In fact, it's a rare individual who doesn't need to take some type of vitamin supplement.

But what is the right amount? There are many factors that could affect what you need, depending on your unique chemical and metabolic makeup. You should figure out your personal vitamin-mineral profile by looking at the chart below. I recommend a basic protection dosage, and you can determine your daily dosage for each vitamin and mineral by answering the questions. All you have to do is add the dosages for each question answered yes. If your total exceeds the maximum dosage, just take the maximum. The supplements are best taken with meals. Also, be sure to take into account the multivitamin supplement you began taking when you started the program. *(continued on page 123)*

## VITAMINS

### VITAMIN A

*1. Do you have poor night vision? (10,000 IU)*
*2. Are you prone to upper-respiratory infections? (10,000 IU)*
*3. Do you smoke? (10,000 IU)*
*4. Do you have excessive menstrual bleeding? (25,000 IU)*
*5. Do you have sandpaperlike skin on the backs of your arms? (10,000 IU)*
*6. Are you frequently exposed to pollution or toxic chemicals? (10,000 IU)*
*7. Do you have a family history of cancer? (10,000 IU)*
*Basic protection: 10,000 IU*
*Maximum dosage: 50,000 IU for one month, then 25,000 IU*

### VITAMIN $B_1$ (thiamine)

*1. Do you have chronically chapped lips? (50 mg)*
*2. Do you find that wounds are slow to heal? (50 mg)*
*3. Have you been feeling depressed, irritable and unable to concentrate? (50 mg)*
*4. Has your tongue become fissured or pebbled? (50 mg)*
*Basic protection: 50 mg*
*Maximum dosage: 100 mg*

### VITAMIN $B_2$ (riboflavin)

*1. Do you have ulcerations or painful fissures at the corners of your mouth? (50 mg)*
*2. Do you have scaly skin around the nose, cheeks, chin, earlobes? (50 mg)*
*3. Do you have constantly gritty or bloodshot eyes? (50 mg)*
*4. Have you become sensitive to light? Do you have eyestrain? Do your eyes tear excessively? (50 mg)*
*5. Are you taking birth control pills? (50 mg)*
*Basic protection: 50 mg*
*Maximum dosage: 200 mg*

### VITAMIN $B_3$ (niacin)

*1. Do you have high cholesterol or high triglycerides? (200 mg)*
*2. Do you have chronically chapped lips? (50 mg)*
*3. Do you have ringing in your ears? (1,000 mg)*
*4. Is your tongue red and heavily grooved or very smooth? (50 mg)*
*Basic protection: 50 mg*
*Maximum dosage: 1,000 mg*

### VITAMIN $B_6$

*1. Do you suffer from "Chinese-restaurant syndrome," a response to MSG that includes headache? (50 mg)*
*2. Do you suffer from premenstrual symptoms, particularly water retention? (200 mg three times daily)*
*3. Are you taking birth control pills? (50 mg)*
*4. Do you have low blood sugar or diabetes? (50 mg)*
*5. Do you wake in the morning with numbness and tingling in your fingers? (200 mg three times daily)*
*Basic protection: 50 mg*
*Maximum dosage: 600 mg*

### VITAMIN $B_{12}$

*1. Are you on a high-fiber diet? (1,000 mg)*
*2. Have you been excessively tired or under a lot of stress lately? (1,000 mg)*
*3. Do you suffer from recurrent canker sores? (1,000 mg)*
*4. Do you have fatty deposits around your eyes? (1,000 mg)*
*5. Do you have bursitis or painful shoulders? (1,000 mg)*
*Basic protection: 1,000 mg*
*Maximum dosage: 3,000 mg*

### PANTOTHENIC ACID

*1. Are you prone to recurrent sore throats, colds and viral infections? (200 mg)*
*2. Are you under a lot of stress? Have you been unusually tired lately? (200 mg)*
*3. Do you grind your teeth at night or feel excessive tension in your jaw? (200 mg)*
*Basic protection: 50 mg*
*Maximum dosage: 200 mg*

### FOLIC ACID

*1. Are you taking birth control pills? (800 mg)*
*2. Have you been told you have a deficiency of the blood? (1,600 mg)*
*3. Are you over sixty-five? (800 mg)*
*Basic protection: 400 mg*
*Maximum dosage: 1,200 mg*

### VITAMIN C

*1. Are you prone to frequent colds and other infections? (1,000–2,000 mg)*
*2. Do you suffer from allergies? (1,000–2,000 mg)*
*3. Are your gums irritated or infected? (1,000–2,000 mg)*
*4. Do you smoke? (1,000 mg)*
*5. Do you have a family history of cancer or heart disease? (1,000 mg)*
*6. Do you have high cholesterol? (1,000 mg)*
*7. Do you have asthma or live in a polluted area? (1,000 mg)*
*8. Are you taking iron supplements for anemia? (500 mg)*
*Basic protection: 1,000 mg*
*Maximum dosage: 3,000 mg*

### VITAMIN D

*1. Do you have symptoms that might indicate calcium deficiency, such as recurrent nighttime leg cramps or heavy plaque around your teeth? (400 IU)*
*2. Do you live in a northern climate where you are rarely exposed to sunlight? (400 IU)*
*3. Do you suffer from osteoporosis? (400 IU)*
*Basic protection: 400 IU*
*Maximum dosage: 800 IU*

### VITAMIN E

*1. Are you frequently exposed to air pollution or toxic chemicals? (400 IU)*
*2. Have you been told you have cystic breasts? (600 IU)*
*3. Do you get leg cramps after walking several hundred yards? (400 IU)*
*4. Do you have a family history of cancer? (800 IU)*
*5. Do you suffer from premenstrual syndrome or, if menopausal, hot flashes? (800 IU)*
*Basic protection: 400 IU*
*Maximum dosage: 2,000 IU*

## MINERALS

### CALCIUM

*1. Are you postmenopausal or do you have severe menstrual cramps? (1,500 mg)*
*2. Do you use antacids frequently? (500 mg)*
*3. Do you suffer from osteoporosis? (1,500–3,000 mg)*
*4. Do you have trouble falling asleep? (1,500 mg before bed)*
*5. Do you have high blood pressure? (1,000 mg)*
*Basic protection: 1,000 mg*
*Maximum dosage: 3,000 mg*

### MAGNESIUM

*1. Are you on a low-calorie diet? (200 mg)*
*2. Do you exercise regularly? (200 mg)*
*3. Do you have a family history of cardiovascular disease? (200 mg)*
*4. Do you have premenstrual syndrome? (200 mg)*
*Basic protection: 200 mg*
*Maximum dosage: 400 mg*

### SELENIUM

*1. Do you have a family history of cancer or heart disease? (50 mcg)*
*2. Do you get frequent colds or sore throats? (50 mcg)*
*3. Are you frequently exposed to air pollution? (50 mcg)*
*4. Are you a smoker? (50 mcg)*
*Basic protection: 50–100 mcg*
*Maximum dosage: 200 mcg*

### ZINC

*1. Do you get frequent colds or sore throats? (50 mg)*
*2. Do you have difficulty with your vision or sense of taste or smell? (100 mg)*
*3. Do you find that wounds are slow to heal? (50 mg)*
*4. Do you have difficulty with strong body odor? (100 mg)*
*Basic protection: 50 mg*
*Maximum dosage: 200 mg*

### IRON

*1. Are you anemic? (60 mg)*
*2. Do you get frequent colds or sore throats? (60 mg)*
*3. Are you pregnant? (60 mg)*
*Basic protection: 60 mg*
*Maximum dosage: 120 mg*

---

*Although week two of the medical makeover gets you on the right vitamin-mineral track, it's vital that you continue to take the supplements. Use the chart to evaluate your changing needs, and adjust the dosage accordingly.*

# Anyone can spot the pain of arthritis:

- early morning stiffness or aches
- difficulty in movement or bending
- redness, swelling and/or tenderness in one or more joints
- chronic lower back pain not caused by exertion

## But only your doctor can treat it properly.

Once you bring these symptoms to the attention of your physician, there's a lot that can be done to help. Your doctor can use a range of advanced therapies, including new medicines, to reduce the pain and inconvenience. Today there are drugs which not only are effective, but also require fewer doses than previously needed—even as few as one dose per day.

Along with medicines, a program of exercise and rest can be used to strengthen joints and keep them moving smoothly. Your doctor can also instruct you on ways to help yourself at home (hot baths, massage).

The sooner you bring symptoms to the attention of your doctor, the sooner you can begin to manage your arthritis correctly. It's important to know that your physician, along with other health professionals, *can* make arthritis easier to live with.

A message in the interest of better health from




PHARMACEUTICALS
A PARTNER IN HEALTHCARE



Brian Payne/Black Star

# "YOU CAN'T SEE MY HEART"

## ONE FAMILY'S RETURN FROM TRAGEDY

**Three years ago, teenagers Richard and Deborah Jahnke went on trial for the fatal shooting of their abusive father. Their shocking crime fanned the flames of public outrage over child abuse and its consequences. Now, the untold story of how Richard, Deborah and their mother have struggled to put their shattered family back together again—a Ladies' Home Journal exclusive**

*By Alan Prendergast*

Their story struck a nerve in the national conscience. They are the Jahnkes, of Cheyenne, Wyoming, a family whose domestic violence erupted into a public tragedy.

Much of the country first heard of the Jahnkes on Super Bowl Sunday, 1984, when CBS followed its coverage of the game with a special edition of *60 Minutes*. Forty-six million Americans watched as Richard Jahnke described the events that led him to kill the man who had terrorized him for years—his father. He told of the beatings and the psychological abuse he, his sister and his mother had been forced to endure.

"Here I am facing five to fifteen years in prison. Then there's my sister. They gave her three to eight years. What did they want her to do—stop me? The only way she could have stopped me was to kill me." Richard's pale blue eyes flashed. "Doesn't fourteen years of a person's life count?"

Before the murder, the Jahnke family had *(continued on page 37)*



David Strick/People Weekly/© 1986 Time Inc.

**A disturbingly deceptive portrait of Richard and Deborah with their abusive father, who convinced a social worker they were a perfectly ordinary family.**

Adapted from the book THE POISON TREE: A TRUE STORY OF FAMILY VIOLENCE AND REVENGE. Copyright © 1986 by Alan Prendergast. Published by G. P. Putnam's Sons.

# FOR EVERYTHING IN YOUR WASH, BORATEEM® BLEACH IS LIKE A BOX OF FRESH AIR.



Borateem bleach, will get your laundry sparkling white. But that's just the beginning.

Because, unlike some ordinary bleaches, Borateem actually adds brightness and luster to all the colors you wash. And, unlike some ordinary bleaches, Borateem is so gentle, it's safe for even your most delicate items.




And, unlike some ordinary bleaches which can make your clothes reek of chlorine, Borateem leaves your entire wash smelling as fresh as all outdoors.

All that from a simple, striped white box that sits on the supermarket shelf, right next to the ordinary bleaches.

*The only bleach with borax.*

# The Princess Diana Bride Doll



The magnificent tiara is authentically recreated and includes a real 1/2 point diamond.



The neckline is accented with a dainty taffeta bow and the bodice is adorned with an abundance of hand-sewn sequins and pearl-like beads.



Each earring contains a real 1/2 point diamond.

Shown smaller than actual size of 18" in height.

## "YOU CAN'T SEE MY HEART"

continued from page 32

eemed to be living a middle-class dream. Richard Chester ahnke, a thirty-eight-year-old investigator for the Internal tevenue Service, worked hard to give his family a house in ne of Cheyenne's most exclusive neighborhoods. Maria, his vife, one year older, devoted herself to raising their two hildren. Young Richard was a standout cadet in his school's ROTC program. His sister, Deborah, shy and bookish, reamed of being an actress. Judging from appearances, heirs was a stable and prosperous home. But in truth it was household where Richard Jahnke kept an arsenal of weapns, where he punished his children grotesquely by brushng their teeth until gum tissue came off on the brush or crubbing their facial blemishes until they bled. And acording to Deborah, her father sexually molested her.

The public image of a happy family finally exploded one lustery night in November 1982, when sixteen-year-old Richard fired a shotgun through the glass-paned door of the amily garage, killing his father, who was returning with is wife from dinner in a restaurant. Seventeen-year-old Deborah, who had waited in the house with a rifle in case Richard failed, fled with her brother.

Both teenagers were arrested within hours. Richard laimed that he had acted in self-defense against his father, vho had beaten and humiliated him and his sister since hey were small children. Despite his plea, the siblings were ried as adults, convicted of voluntary manslaughter and given harsh prison sentences. They appealed.

Just when it seemed that the teenagers would be spendng the rest of their youth behind bars, Wyoming governor Ed Herschler quietly commuted their sentences. Richard vas sent to the state reform school for boys for ten months. Deborah received one year's probation.

For the past three years, Richard, Deborah and Maria ave struggled to bind the psychological wounds of years of hild abuse. They have also had to contend with a curious kind of celebrity. The same publicity that generated nationvide sympathy for the family has cast on them a spotlight of notoriety they may never quite escape.

"It's been very difficult at times," Maria says. "But in the nd we have become closer than ever before."

### A girl named Maria

A short, wide-eyed, auburn-haired native of Puerto Rico, Maria has a soft voice and an infectious, bubbly laugh. When she first met Richard Jahnke she was working as a elephone operator in San Juan. She was then a vivacious, popular young woman of nineteen, living on her own; Jahnke was an eighteen-year-old Army private from Chicago with clean-cut good looks and impeccable manners.

After a long courtship, they married in 1964, and over the next few years, until Jahnke joined the IRS, in 1972, they moved to California, Illinois, West Germany, Indiana—wherever Army promotions and opportunities took them.

Deborah was born in 1965; Richie arrived the following year. According to Maria, her husband adored the babies at first. It was only in 1967, after Jahnke returned home from an arduous tour of duty in Korea, that he began to curse the children and slap them, usually for the most trivial faults. When Maria tried to stop him, he beat her.

"I was shocked. This wasn't the man I married," she says now. "But I was afraid to leave. Unless you've been there, you don't know what fear can do."

Maria's response was typical of many battered women. Wanting to be the perfect wife and mother, she tried to "fix" whatever was wrong with her and the children. To avoid confrontations, she served the children dinner before their father came home, and she dressed them in *(continued)*

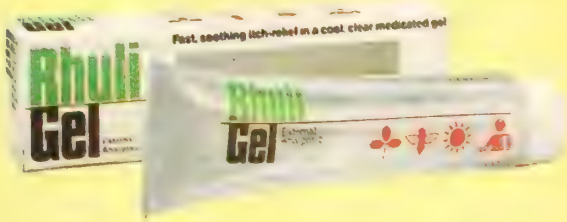






RhuliGel soothes the itches and ouches of summer.

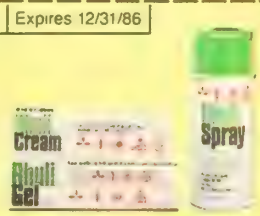
Don't let poison ivy, poison oak, sunburn or insect bites spoil your summer fun. Medicated RhuliGel works fast to soothe and cool the itching and burning of minor skin irritations without leaving a chalky residue. Rhuli also comes in a greaseless cream and an easy-to-apply spray.




Manufacturers Coupon | Expires 12/31/86

127282

SAVE 50¢ on RhuliGel, Cream or Spray




127282

Retailer: Redemption signifies compliance with Rydelle Laboratories, Inc. Coupon Policy dated 4/1/85. For copy, write P.O. Box 1523, Racine, WI 53401-1523. Cash value: 1/100c. Reimbursement: Face value plus 8c. Rydelle Laboratories, Inc., P.O. Box 20205, El Paso, Texas 79998. Consumer: Limit one coupon per purchase. Coupons cannot be combined; good only in USA on brand/size(s) indicated. Void where regulated or if altered, reproduced or transferred.

5 46500 36050

©1986 Rydelle Laboratories, Inc.




## "YOU CAN'T SEE MY HEART"

**continued**

turtlenecks and long-sleeved shirts to hide the bruises.

By the time the family arrived in Cheyenne, the situation had become desperate. Although Jahnke no longer beat Maria, he became enraged whenever she sided with the children. And Richard and Deborah resented her for not standing up to their brutal father. Maria felt caught in the middle. Increasingly upset, she quarreled ferociously with both teenagers on the night of the shooting. Her husband proceeded to beat Richard for "being disrespectful to my wife."

The couple then went out to dinner; by a grim twist of fate, it was the twentieth anniversary of the night they met. The wan celebration ended in horror, and Maria held her dying husband in her arms as he drew his last breath.

Immediately, she was thrust into a bewildering world of detectives, reporters and attorneys. Maria hired a top law firm to represent Richard and Deborah. Her visits with her imprisoned children were brief and emotionally wrenching. "When Richard told me, 'Mom, I did it for you,'" Maria says, "I just about died."

Eventually, Maria had to take the stand several times to describe the violence in her home. "I felt like I was betraying my husband. But I had to tell the truth because my children's lives were on the line."

Yet Maria and her children recalled crucial incidents differently—and still do today. Deborah claims that her father molested her when she was between the ages of seven and twelve; on at least one occasion, she says, Richard and Maria were in the same room when he fondled her. Richard backs up his sister's story, but Maria insists she never saw or heard anything to indicate that her husband was sexually abusing Deborah. The discrepancies caused considerable friction between Maria and the teenagers. After the trials, Maria found herself estranged from them, as Richard and Deborah were all but adopted by a group of well-meaning supporters. Maria slipped into a profound depression. She slept little and spent long hours in the cemetery, mourning her loss.

Finally, a friend persuaded Maria to seek professional help. For the first time in her life, she was able to concentrate on *her* problems, *her* needs. It was a turning point. She found a job as a residential counselor at a home for single mothers. She joined a health club and went out on an occasional date. She also underwent several weeks of intensive therapy with Richard at a Denver psychiatric hospital specializing in the treatment of adolescents.

"Even with all the therapy, there are things that will stay with me all my life," Maria says. "To this day, no one can slam a door without me feeling like my heart's going to come out of my mouth—because that's what *he* used to do. But I feel I finally have buried him," she says. "Especially after making peace with Richard."

### Deborah remembers

For most of her childhood, Deborah Jahnke dwelt in the most profound psychological isolation imaginable. Ridiculed at school for dressing and behaving differently from other children, she was withdrawn, almost friendless.

While her brother worked hard at fitting in with his classmates, eventually finding a niche in his high school ROTC program, Deborah retreated from the chaos around her into a world fashioned from her own imagination. She read books voraciously, created imaginary friends, wrote stories with highly idealized heroines and even began to affect an English accent.

From the age of eight until her mid-teens, Deborah also kept diaries of her daily trials and secret hopes. In the




by drop...

by drop...

NEW DRAMATIC RESULTS RENEWS YOUR SKIN CELLS AND POSTPONES VISIBLE SIGNS OF AGING.

Now, Dramatic Results' unique formula will:

- *Promote cell renewal; encourages fresh cells to the surface of your skin.*
- *Protect your skin by holding moisture; keeps it soft, supple, glowing.*
- *Postpone those visible signs of aging.*

**DRAMATIC RESULTS. IT WORKS. IT'S GUARANTEED.***

*TRY NEW DRAMATIC RESULTS SKIN RENEWAL FLUID. IF YOU'RE NOT SATISFIED WITH THE RESULTS, SEND PRODUCT BACK WITH PROOF OF PURCHASE WITHIN 90 DAYS AND WE GUARANTEE A FULL REFUND.

ginning, she saw herself as the cause all her troubles: "My mother has had with me. And I don't blame her! I ow I'm an inconsiderate, stupid, oiled little brat . . . [who] shouldn't ve ever lived," she wrote.

As she grew older, Deborah tended to ame herself less and her parents more. 'm not evil. I don't deserve this rubsh," she wrote at thirteen. "They beat e, humiliate me—and I'm not supposed be upset in the least. I've got to get out this living hell before I lose my sanity."

Eventually, both Deborah and her other tried to seek outside help. ichard even went to the authorities x months before the shooting and reorted his father for child abuse. Unfortnately, the report produced only a ief family interview with a harried cial worker, who complimented the hnkes on their beautiful home and ft his card with the father.

In his report, the social worker deribed the family as "pleasant and coopative" and apparently regarded the se as low priority. However, testimony owed that he never tried to speak with e children away from their father.

In the final months before the shootg, Deborah suffered from insomnia, ll behind in school, experienced powful mood swings and became increasgly dependent on her brother. Her resentment not only of her father but of her mother was severe. In court Richard testified that Deborah was "having a nervous breakdown" the night of the shooting. Minutes before he shot his father, Richard said, Deborah asked him to "kill Mom, too."

For eighteen months after her trial, Deborah lived in a group-treatment facility for adolescent girls. Counselors say she made considerable progress in a short time, but she admits having been depressed and lonely during most of her stay. Although Deborah didn't feel much grief after her father was killed, she dreamed about him often, usually in violent nightmares.

Last year she enrolled at the University of Wyoming at Laramie, but the curiosity and publicity surrounding her arrival proved too much of a distraction. She dropped out of school, changed her name and moved to another city, where she is now working as a waitress. Deborah plans to return to school in the fall to study art history.

The past year has also been a time to mend the rift with her brother and mother. Deborah talks of how she and her brother "acted out roles" with each other for years—she the damsel in distress and Richard the knight coming to rescue her. In some ways, she says, "we're just getting to know each other."

While she and her mother still can't seem to agree on the source of their past conflicts, Deborah says they have "declared a truce" and are learning to accept each other. "Her values are very different from mine," Deborah notes. "Her whole way of life was that you respect your elders no matter what, you respect your husband and do what he says no matter what. That was really indoctrinated in her. It has taken me a long time to forgive her."

### Richard's story

Three years ago, Richard Jahnke took the witness stand in a Cheyenne courtroom to explain why he killed his father. His emotionally charged testimony lasted more than two hours and moved many spectators to tears. Perhaps the most dramatic moment came when prosecutor Tom Carroll questioned the severity of the abuse Richard claimed he'd received. Carroll produced a photograph, taken after Richard's arrest, that showed the "injuries" inflicted by his father's last beating—a small bruise on his right arm.

"Were there any other marks?" Carroll asked.

"Nothing visible," Richard said. "You wouldn't be able to see my heart."

That seemingly offhand remark revealed more *(continued on page 142)*

# MONEY NEWS

*Up-to-the-minute advice to help you manage your money*
*By Katherine Barrett and Richard Greene*

## THINKING OF REFINANCING YOUR HOME?



With mortgage rates at their lowest levels in years, refinancing can save you a fortune . . . or it could end up being an expensive mistake. Here are some tips from HSH Associates, a New Jersey firm that conducts mortgage and installment-loan surveys. ● Don't get a new mortgage unless the rate is at least two or three percentage points better than your current one. ● Don't refinance if you plan to move within eighteen months. It could take that long for the lower monthly payments to make up for closing costs on the new loan. ● Find out whether there's a prepayment penalty on your current mortgage. Fixed-rate mortgages usually have penalties for the first few years, while adjustables rarely do. ● Refinancing makes more sense to someone in a low tax bracket. The higher your bracket, the less a high interest rate hurts you.

### DOUBLING YOUR MONEY

How long will it take you to double your savings at the current rate of interest? To get an idea, use "the rule of seventy-two"—simply divide seventy-two by the interest rate you're earning. If you save at 6 percent, for instance, your money will double in twelve years (seventy-two divided by six). The higher your interest rate, the less time you'll have to wait.

Check this chart to see how long it will take at other interest levels.

| RATE OF INTEREST | TIME NEEDED TO DOUBLE |
|---|---|
| 7 percent | 10.3 years |
| 8 percent | 9 years |
| 9 percent | 8 years |
| 10 percent | 7.2 years |
| 11 percent | 6.5 years |
| 12 percent | 6 years |

## HELPLINE!

**Q** **A carpet-cleaning company advertised a free estimate, but after I got the estimate and turned down the service, they sent me a bill, saying the estimate was free only if they did the work. Is this legal?**

**A** No. According to the Federal Trade Commission, when a firm promises you a free estimate, it is illegal to attach any undisclosed strings. The same goes for "free trial periods," "free prizes" and "free incentives" (buy ten, get one free). Companies cannot charge you for their free offers in any way.

If you feel you've been misled, do not give the company any money. If someone is still harassing you, complain to the company's consumer affairs department first, and if that fails, contact your local Better Business Bureau or consumer-protection officials. Although it can't respond to individual complaints, the FTC would also like to know about your problem to see if it is part of a pattern of deception by the firm. Write to the Federal Trade Commission, Washington, DC 20580.



## SUMMER SALES

We all know how frustrating it can be to buy a sofa or a carpet in July only to find it go on sale in August. Here's a month-by-month guide to regular summer sales, prepared by the Credit Union National Association.

**July**

Air conditioners • apparel • cologne and toiletries • handbags • appliances • stereo equipment • summer sports equipment

**August**

Back-to-school specials • carpeting • coats • fans • furniture • furs • gardening equipment • housewares • linens

**September**

Car batteries • cars • china and glassware • fabric • gardening equipment • hardware • housewares • lamps • paints

# The 4 month curl that gave us a 10 year headache.

We didn't know whether to break out a bottle of champagne or another bottle of aspirin when we finally did it. The longest-lasting maximum curl possible, minus one important thing. Damage you used to live with.

Introducing Rave® Performance Perm.

A mere decade. To give you what no one else can.



A perm that's full of glorious body and curl, curl, curl.

A perm that's 4 months of manageability.

A perm that has no odor. (It's our curls that linger, not the smell.)

A perm that's no regrets.

Why the 10 year wait?

You see, up until now, perms that curled a lot were full of harsh smelling chemicals that damaged a lot. If you knew just how much damage, you'd have waited, too.

If not us. Who?

If anyone knows about perm technology, it's Rave. In 1978, we invented the no-frizz perm. The question that kept us up for nights, 3,130 of them, was how to combine that technology with more curl.

Our competition was tough.

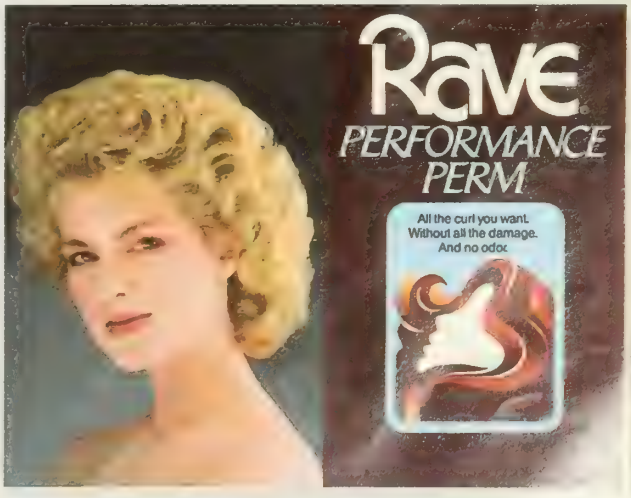
We experimented with the perms you used. And learned what not to do. Like give you a perm that looks good–if you don't look too close.

We searched for strong curl that looks better the closer you get to it. A perm that holds up, month after month after month.

And then one month, it happened. Rave Performance Perm!

Nice guys really do finish last.

Sure we could have given you a perm with maximum curl before the Bicentennial. Before you chose a L'Oréal or a Lilt or an Ogilvie perm. Before you went gray. But that would also mean giving you damage. And we have to look in the mirror, too.




New Rave® Performance Perm.
Curls that last and last. At last.

© Philip Morris Inc. 1986




SURGEON GENERAL'S WARNING: Cigarette Smoke Contains Carbon Monoxide.

Kings: 5 mg. "tar," 0.5 mg nicotine—100's: 6 mg "tar," 0.6 mg nicotine av. per cigarette, by FTC method.

# DIANA

## A CELEBRATION



It's her fifth wedding anniversary and her twenty-fifth birthday. Here, a look at how she's changed from Shy Di to Di-namic. (To read about Diana the matchmaker, see page 48.)

Photographs by Tim Graham

All photos Tim Graham/Sygma, unless otherwise noted

# DIANA

## A CELEBRATION





1981: A STAR IS BORN
THE ENGAGEMENT



THE WEDDING THE
WHOLE WORLD WATCHED



A FAIRY-TALE HONEYMOON
ON THE ROYAL YACHT



IN THE HIGHLAND
AND SO IN LOVE







Tim Graham/Prince of Wales Trust/Sygma

The private Diana relishes time with her young family. Large photo: Lucky Prince William has his mother all to himself in his nursery at Kensington Palace. Above left: Taking Prince William to his first day of school last fall. Center: At Aberdeen Airport, Diana proudly shows off her growing boys. Right: An exuberant Prince Harry struts his first steps at home.

Tim Graham/Prince of Wales Trust/Sygma



PRINCESS PERFECT ATTENDS PARLIAMENT



1982: DUTIFUL DIANA, PRODUCING AN HEIR



BIRTH OF PRINCE WILLIAM, A FUTURE KING



1983: DIANA'S NEW MOVIE-STAR STYLE





Tim Graham/Princ



Large photo: The public Princess has to leave her sons at home, but crowds of adoring schoolchildren—and nearby Prince Charles—keep her from getting too lonely. Above left: Diana and Charles aren't shy about demonstrating their love in public. Center and right: A lacy flash of bare back and a curvy silhouette—the Princess's fashion flair still wows an admiring world.



1984: SULKING ON THE SLOPES



PREGNANT AGAIN, BUT WITH ÉLAN



WILLIAM, MEET YOUR BABY BROTHER, HARRY



THE HAIRSTYLE EVERYONE HATED

# DIANA
## A CELEBRATION





'85: BACK TO HER
UCH-LOVED LOOK



LOOKING STYLISH—
EVEN IN A HARD HAT



WOWING
THE AUSSIES



CHARMING A PRESIDENT...
AND AN ENTIRE NATION

# THE PRINCESS AND HER PROTEGE

By Beth Weinhouse



Tim Graham/Sygma



Tim Graham/Sygma



Glenn Harvey/Camera Press

*Now that Diana's a happily married mother of two, she wants her friends to meet their own Prince Charmings. And she's just had her first success*

It's been five years since the then twenty-year-old Lady Diana Spencer married Britain's Prince Charles in St. Paul's Cathedral and became the Princess of Wales, and in that time she's done a lot of growing up. Where once she needed lessons in royal protocol, now she's assured and confident enough to be giving them—to her future sister-in-law, Sarah Ferguson, who marries Prince Andrew this month. It is another measure of Diana's maturity that she is so excited about the upcoming marriage. For if Diana were really as difficult and conceited as some have said, she would be concerned about the competition for media attention and public affection. Instead, the Princess is delighted to be getting a sister-in-law who is also a good friend.

In truth, Diana need not be concerned about competition; if anything, her popularity has increased over the last half decade. Just how much is obvious from the size of the crowd that recently gathered outside London's Westminster Abbey to get a glimpse of her. "Yes, megacrowds," says a London bobby, grinning affably. "It's always like this when the Princess makes an appearance."

The crowd—mostly British, with a few Americans—waiting for Diana is very well behaved, quiet and *(continued on page 144)*

**Above left and center: Before Sarah Ferguson became a public figure, she preferred a casual, comfortable style. Above right: Diana's influence on her friend the princess-to-be is obvious in this recent photo (with young Prince William).**



Tim Graham/Sygma




# OUR NEWEST FLAVOR IS A DILLY.

## Introducing Marie's Sour Cream & Dill Dressing.



Look for Marie's in your produce section.

Discover the unforgettable taste that only dill can bring to salads. Discover Marie's New Sour Cream & Dill Dressing. With fresh sour cream and fresh dill, it can be nothing but dillicious.

Here's a 25¢ coupon to make discovering Marie's even easier.

Limited Distribution in Western U.S.

MANUFACTURER COUPON | EXPIRES 6/30/87

**25¢ OFF MARIE'S**

(Good for any 12 fl. oz. Marie's flavor)

TO THE GROCER: Specialty Brands Inc. will pay you for the face value of this coupon plus 8¢ handling allowance provided that you redeem it on your retail sales of the named product(s) and that upon request you agree to furnish proof of purchase of sufficient product to cover all redemption. ANY OTHER USE CONSTITUTES FRAUD. Coupon is void where taxed, prohibited or restricted by law, and may not be assigned or transferred by you. COUPON IS VOID IN THE STATES OF ALASKA, ARIZONA, CALIFORNIA, HAWAII, NEVADA, OREGON AND WASHINGTON. Mechanical reproductions of this coupon are void. Cash value 1/20¢. Customer must pay applicable sales tax. For redemption of properly received and handled coupon mail to: Specialty Brands Inc., P.O. Box 1407, Clinton, Iowa 52734. LIMIT ONE COUPON PER PURCHASE.




40100 108162

Marie's
Fresh Ideas in Dressing



# WHEN YOU'RE attracted TO ANOTHER MAN

You're a married woman who finds herself longing for the passionate embrace of a neighbor or co-worker. What do you do?

**BY LOIS MANDEL**

It happened when Lorraine least expected it—at her twenty-year college reunion. Her husband was away on a business trip, so she went alone. "I was on campus only ten minutes when this tall, gorgeous man walked up and introduced himself," Lorraine recalls. "We barely knew each other in school, but I can remember wanting to go out with him. And now he was divorced and living fifty miles from my home!"

Together, Lorraine and her old-new friend marched in the reunion parade and later sat across from each other at the class banquet. "When we said good-bye, he took both my hands in his and told me how sorry he was he didn't get to know me better twenty years ago."

Lorraine smiles sheepishly. "I panicked," she says. "I think I blushed and said something about having to catch a plane, and then I ran the other way."

But now Lorraine thinks about this man whenever she has an idle moment—when she stops her car for a traffic light, while she watches the news, as she awakens in the morning.

"I know all I have to do is pick up the phone and call him," she says. "But I have this terrible feeling that if I do, I'll get myself into a mess of trouble." *(continued)*

Tom Arma

# On one meal a day you'd become physically attached to your refrigerator, too.



It's not easy leading a dog's life. Because on one meal a day, your stomach would be growling, too. But now there's new Tast-tee Chunks,® snacks for dogs, that will help tide your best friend over till his next meal.

Tast-tee Chunks are special treats that let you treat him right. That's because they're made with real cheddar cheese or real beef. And they're real good because they contain 15 essential vitamins, minerals and oils.

So next time your dog starts getting physical with your refrigerator, give him the treat that'll make any Rover roll over. Give him new Tast-tee Chunks.




**NEW TAST-TEE CHUNKS®**

The snack for dogs who eat one meal a day. **From Gaines**

© 1986 Gaines Foods, Inc.




## ANOTHER MAN
**continued**

Lorraine seems grateful for the opportunity to talk. "I certainly couldn't tell my husband. He wouldn't understand. But I couldn't bring myself to tell my best friend, either."

An extramarital attraction is not something many women will readily discuss. "It's almost as if by admitting to an infatuation with a man who is not your husband, you're classifying yourself as an unfaithful wife," says Alexandra Samoulides, Ph.D., a psychotherapist and director of the American Institute for Counseling and Therapy.

Although women often feel guilty about having such thoughts, psychologists and sociologists note that extramarital longings are extremely common. Even back in 1938, a survey of marriage patterns conducted by psychologist Lewis Terman showed that more than 25 percent of American wives (and 75 percent of their husbands) admitted to the desire for extramarital sex. By February 1986, with greater freedom to think and talk about sex, 46.8 percent of the respondents to a poll in the *Journal* said they had occasionally been tempted to have an affair. However, 75.2 percent said they had remained sexually faithful.

Yet even these greatly increased figures seem low to some professionals. As one psychiatrist puts it, "probably ninety-nine percent of us have fantasies about fooling around at one time or another." And the very fact that so many of us have these feelings makes them okay, say the experts.

Still, while the urge to roam may always have been a part of human nature, today the opportunities for women to indulge in extramarital fantasy—and to turn that fantasy into reality—are considerably greater. In his book *Otherwise Engaged: The Private Lives of Successful Career Women* (Penguin, 1986), Srully Blotnick, Ph.D., points out that women with full-time jobs—especially those with jobs that entail travel—have far greater opportunity to have affairs than do homemakers. "And the more opportunity there is, the greater the temptation," he adds.

Carol, thirty-seven, still cringes with embarrassment when she thinks of her near affair with one of the lawyers she worked for as a paralegal. "I made such a fool of myself," she says, shaking her head, remembering the details of the experience with painful clarity.

It happened at a time when Carol's marriage was in the doldrums. "All my husband, Ted, seemed to care about was having a clean shirt to wear to work," she recalls. One day, after she'd researched precedents for a case he was working on, the bachelor lawyer invited her to lunch. "What can I say?" Carol shrugs. "He was handsome, he was successful, and he paid attention to me. . . ." They went to lunch again. And again. And then one day, instead of going to a restaurant, they took a taxi to his apartment.




"We were sitting on his sofa, and all I could think about was going to bed with this man," she says. "Then it hit me. I had no business there. I had a perfectly good husband. I didn't need to go to bed with another man. What I needed was for Ted to pay some attention to me."

Carol stumbled through an explanation to the lawyer and made a hasty retreat. Back at the office, she cleaned out her desk and gave notice. "As much as I needed my job, it was easier to leave it than to see this man every day."

Later, when their children were asleep, Carol told Ted what had happened. "I didn't know how he was going to take it," she says, "but I had to tell him the truth. Thank heaven he understood." Together, they worked to put some romance back into their marriage.

### A guilty conscience

Carol realized just in time the difference between fantasy and reality. Yet many married women are troubled by just *thinking* about other men, especially if the thoughts occur consistently. "An occasional idle daydream about Paul Newman is one thing," said Priscilla, thirty-five, recalling her own fantasies about her exercise instructor, "but a daily obsession with a man you know is something else again."

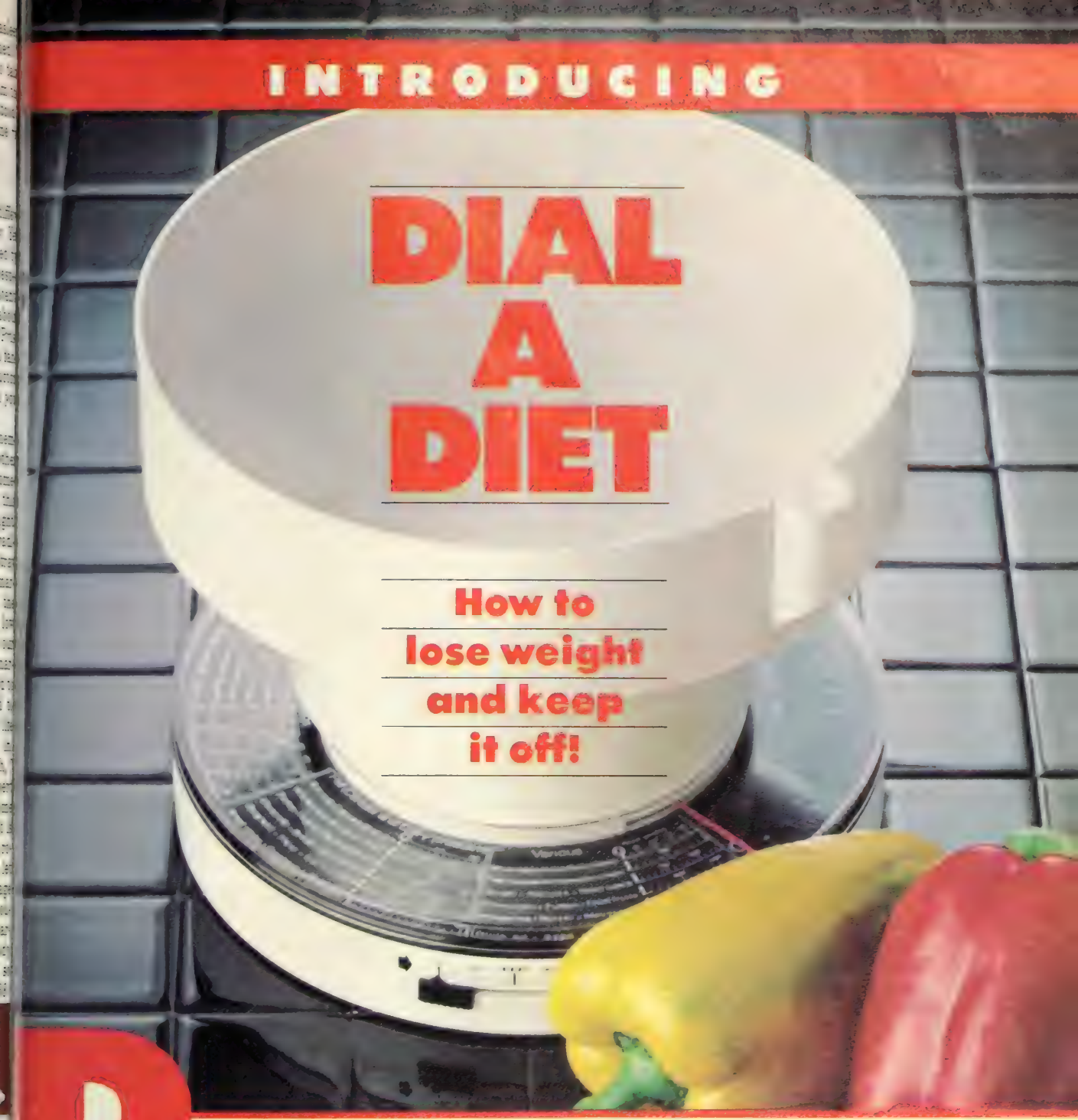
Wives like Priscilla, who find themselves constantly imagining another man's embrace, may worry that something is wrong because they feel this way. More often than not, they're right. According to psychologists, the traditional source of a woman's urge to stray has been dissatisfaction with her marriage—or with herself. Frequently, the urge to be unfaithful comes at a low point—or a turning point—in our lives. During the early years of marriage, most women are working hard to make the marriage a success and to start a family. But when married life settles down, dissatisfaction can set in. "There really is a seven-year itch," says Yale University professor Robert Sternberg, Ph.D. The itch may come after three years or after ten, but it is perhaps strongest for women who romanticized marriage. "They feel let down by reality, the way the marriage has turned out for them," says Samoulides. "They may feel they've been married to the wrong man, that somebody else might fulfill them better. And so they start *(continued on page 138)*



INTRODUCING

# DIAL A DIET

## How to lose weight and keep it off!



**DIAL-A-DIET is the only diet tool you'll ever need. The secret is our scale that measures and remembers the calorie intake of your food—solids and liquids. It eliminates all those clumsy and complicated charts and calculations. Easy to use and great for your self-control.**

**Here's how it works. Put any size portion into the oversized bowl and get the calorie count or weight by simply turning the dial. DIAL-A-DIET will then keep track of how many calories you had all day by simply sliding the memory tab forward. It's smart and good looking too.**

**You can count calories for as many items as you want—all at once. You don't have to keep taking out each item. Put the first item in, get your calorie count and put the next item right on top.**

**What's more, DIAL-A-DIET is a great kitchen, postal and home scale. It measures up to 5½ pounds, ounce by ounce. The bowl lifts right off for easy cleaning and storage, and it even has a pour spout. It can't be any easier.**

**If you want to lose weight the safe and healthy way then DIAL-A-DIET is for you.**

**HEATHER SLOANE Dept. J-079 Box 506 Chappaqua, N.Y. 10514**

**Please send me ___(qnty.) DIAL-A-DIETS (#433.) The price is $17.95 plus $3.00 handling & insured delivery for one or $32.95 plus $5.00 for two.**

**Card #** _____ **Exp. Date** _____

**Name** _____

**Address** _____

**City** _____ **State** _____ **Zip** _____

**Canadian orders in U.S. funds plus $3.00**

# PSYCHOLOGIST'S JOURNAL

*Why you feel the way you do, plus the newest psychological research. By Sonya Friedman, Ph.D.*

### ADMIRES MEN

**Q At the beach I often find myself admiring attractive men in bathing suits. But I'm happily married. I thought women weren't supposed to enjoy looking at men this way.**

A Your behavior is perfectly normal. Healthy women, as well as healthy men, enjoy the sight of attractive bodies—it has nothing to do with gender, age or whether you're married. Your admiration of good-looking men means only that you have a normal sexual interest and that you appreciate our society's idea of beauty. You can look all you please; it doesn't mean that you're being unfaithful to your husband. In fact, your heightened sexual interest can make your relationship with your husband more pleasurable. So consider your beachtime viewing as something positive—a healthy sign of your sexuality.

### MEALTIME CONFLICT

**Q My ten-year-old daughter is a very picky eater, which upsets my husband a lot, especially when we're at the dinner table. Since she's healthy, I don't understand why this bothers him so much.**

A Your problem is actually twofold. First, it sounds as though your husband needs the dinner hour to relax, and your daughter's behavior doesn't allow him to do so. Your daughter, on the other hand, may be using her eating habits to get attention from you and your husband. But as long as she gets regular checkups to make sure she's healthy, don't force her to eat.

Instead, work on improving your whole dinnertime situation. Begin by serving at least one or two things your daughter likes at every meal so she'll be sure to eat something. Then, while the three of you are at the table, try to get your husband to focus on conversation rather than on what your daughter is eating. However, if you know your husband's had a particularly bad day, it might be a good idea to serve your daughter separately, before he gets home. Sit with her so the two of you can talk while she eats. Later, you and your husband can enjoy a relaxing meal together. Ask your daughter to join you for dessert, so you'll have family time, too. You'll probably find that your husband will start to become more tolerant of your daughter's eating habits, and the dinner hour will be a much happier time for all of you.

### TONGUE-TIED

**Q I'm very shy when speaking to others. I often get tongue-tied in the middle of conversations, and then I can't remember what I was going to say. What can I do?**

A You seem to be shy because you lack confidence in your abilities, particularly in social situations. During conversations, you may feel so anxious about whether you're making a good impression that you lose track of what you were going to say. Also, holding a conversation can be difficult because it requires you to do several things at once. You must pay attention to what the other person is saying without feeling nervous about making eye contact, and you have to organize your thoughts.

The key to having a successful conversation is to maintain your composure. You can do this by focusing solely on the other person rather than thinking about your insecurities, and your response will be natural. However, if you need more time to come up with an answer, you can say, "That's interesting. Tell me more about it." Or if someone's asking a question that you can't comprehend, say, "I'm not sure I understand the question. What is it you want to know?" Once you become confident about your ability to speak to others, you'll probably start to lose some of your shyness.

*LHJ welcomes your questions for Psychologist's Journal. Send them to Dr. Sonya Friedman, LHJ, 3 Park Ave., New York, NY 10016. Dr. Friedman regrets that she cannot respond personally.*

### BLUSHING: THE KEY TO OUR SECRET EMOTIONS

**Your boss compliments you on a project well done, and you turn bright red. Or you make a mistake in front of a group of people, and you blush uncontrollably. What causes us to blush, and what does it mean?**

**"Blushing is indicative of conflicting feelings," explains Jean W. Helz, M.D., clinical assistant professor of psychiatry and human behavior at Jefferson Medical College, in Philadelphia. "It's an internal sign of what you don't want others to see or what you don't want to accept yourself." People blush when they're embarrassed, angry or ashamed, or when their hidden erotic or aggressive impulses are revealed, she says. Blushing occurs in all races and cultures.**

**We blush when our central nervous system picks up an emotion from the brain and sends a message to the capillaries in the face. These capillaries open and fill with blood. "It's an automatic, unconscious, normal response, much like blinking or smiling," Helz explains. According to Helz, the people prone to blushing include: people who express their feelings through their bodies, people who are somewhat inhibited, and women, because they're frequently taught that they're not supposed to have aggressive or erotic impulses and so are likely to blush when these feelings arise.**

*Virginia Slims remembers all the women who were in business in Fenton Falls in 1903.*




# VIRGINIA SLIMS

## You've come a long way, baby.

mg "tar," 0.6 mg nicotine av. per cigarette, FTC Report Feb.'85.

SURGEON GENERAL'S WARNING: Smoking Causes Lung Cancer, Heart Disease, Emphysema, And May Complicate Pregnancy.

© Philip Morris Inc. 1985

*Fashions: Charvet*

# BABIES FOR SALE




BY DIANE SALVATORE

*Adoption in America has become a high-stakes, supply-and-demand industry. Couples who have paid as much as $50,000 have discovered that the law better regulates the purchase of a new car than the adoption of a baby*

Susan and George Martin, both in their forties, had been trying to adopt a child for eight years. In desperation, they went to see a San Francisco gynecologist who they hoped might know of a pregnant patient willing to give up her baby. He did not. But on the street outside the doctor's office, an impeccably dressed man fell into step alongside the disappointed couple, identifying himself as an attorney. "I know what you want," the man said. "For fifteen thousand dollars, I can get you a white infant in six months, and for an extra five thousand, I can guarantee that the mother has been drug-free for at least a year before the baby's birth."

A bright young woman graduating from a small college in Pennsylvania had no solidly marketable job skills and only a vague plan to become a novelist. A friend gave her a phone number in California, where she heard there was a job available on a "baby farm." "All you have to do," said the friend, "is let yourself be artificially inseminated, live in this big house with fifteen other girls and hand your baby over to the boss when you give birth. He'll sell the baby for thirty thousand dollars and split the profit with you."

A nurse in a Fort Worth, Texas, hospital admitted an eighteen-year-old pregnant woman who came into the emergency room. The young woman, already in the early stages of labor, was estranged from her family and recently abandoned by her *(continued)*

Tom Arma



For a light summer salad combine potatoes and other veggies with Kraft® Buttermilk Reduced Calorie Dressing.




© 1986 Kraft, Inc.

KRAFT

Produce Americas Favorite Vegetable.
The Potato Board.

Then serve.



KRAFT SALAD DAYS
THE LIVIN' IS EASY

## BABIES FOR SALE
**continued**

boyfriend. She had no plans for her baby. The nurse suggested adoption. The next day, a man called the young woman in her hospital room, offering to pay her medical expenses of $3,000 and to throw in an extra $5,000 for her trouble. After the new mother agreed, the baby broker paid the admitting nurse $2,000 for the tip-off and included $15,000 profit for himself. He then offered the newborn to a couple looking to adopt. Price tag: $25,000.

Baby selling is a reality in America. While there has always been a black market in babies, recent changes in society and the way adoptions are handled have blurred the line between back-alley deals and legitimate practices. Some high-priced lawyers, baby brokers and other individuals are engaged in the practice of selling babies.

"We've had reports of fifty-thousand-dollar babies," says William Pierce, Ph.D., president of the National Committee for Adoption, in Washington, D.C. If this trend continues, some critics of the cash-on-delivery method foresee the day when couples will be taking out loans to buy a baby.

Shocking, perhaps, but the fact is that in forty-four states, baby brokering is perfectly legal. Laws concerning private adoption are often vaguely written or incomplete—and therefore full of loopholes. Indeed, buyers and sellers of new cars and real estate are more carefully regulated than are the individuals involved in private adoptions. And as in any loosely regulated industry in which large sums of money change hands, the baby-brokering business is open to corruption, greed and, ultimately, heartache.

"The law doesn't adequately address the questions any responsible person would have on this issue, and it is silent on a lot of the problems that can and do develop," says Nathan Riley, a spokesman for New York State attorney general Robert Abrams. "What we have is a situation fraught with peril, that cries out for attention."

### The failure of agencies

Why has this tragic situation come about? Quite simply because there are some two million infertile couples desperate to adopt, according to a conservative estimate by the National Committee for Adoption, and that number appears to be increasing. According to one study, only one American couple in twenty was infertile in 1938; today, the number is one in seven. Experts a tribute the increase in infertility to e vironmental pollution and to the fa that women are postponing marria and motherhood until they are old and established in careers.

Adopting through traditional age cies used to be the only option known most of these couples. Working with public or government-funded agenc can cost $500 or less, and nonprofit pr vate agencies that operate on a slidin scale charge between $3,000 and $6,00 Nevertheless, prospective parents e ger for a baby to love have grown mor and more disillusioned with traditiona organizations, charging that they hav failed in more ways than one.

**Very few babies to go around** Roge Toogood, executive director of the Chi dren's Home Society of Minnesota, est mates that there are a hundred couple for each white infant available throug traditional agencies. But this shortag is beyond their control, agencies sa maintaining that there are fewer avai able infants because of the rising num ber of abortions, greater access to con traceptives, and increased acceptanc of unwed mothers.

**Hopelessly long waiting lists** For th few babies that are available, agencie warn of a five- to seven-year *(continued*


NOBODY DOES IT DEADER.




Raid kills bugs dead

Johnson wax

©1985 S C Johnson & Son, Inc.

# "Revere, I adore your new bakeware."

"It's like an extension of my Revere cookware that I got 34 years ago as wedding gifts. Imagine, bakeware made of the same heavy stainless steel. You can bet it's going to look this pretty for years and years to come. And I think stainless steel is why it bakes so well. First thing I did was bake a cake. Turned out beautifully even. No highs and lows. And the pans clean up so easy I can't believe it. Even from my meat loaf. Just washes clean with no soaking. But the cookie sheets are my favorites. Beautiful enough to serve on."

Mrs. Donna Erickson
Arlington Heights, IL



Like all the new Revere bakeware, this cookie sheet is crafted from shiny 18/8 stainless steel—strong enough and handsome enough to use as a serving tray.



Stainless steel baking gives you even layers that stack without surgery. Pans clean with ease, resist warping and pitting, carry Revere's famous 25-year limited warranty.

18 01
REVERE WARE

Revere Copper and Brass Incorporated
Revere Ware Division, P.O. Box 250
Clinton, Illinois 61727

# Go ahead, get close.






You've got the fresh breath Freedent® gum gives. It's the only gum that won't stick to your dental work, and it cleans in between to freshen your breath while you chew.

So go ahead, get close. You've got the fresh breath Freedent gum gives.

**Try Freedent. The only gum that freshens breath, without sticking.**

© Wm. Wrigley Jr. Co., 1985.


## BABIES FOR SALE
**continued**

wait. Couples who are older than thirty-five when they first apply find this particularly unacceptable, since by the time a child becomes available, they are likely to be told they are too old to be considered.

**Emphasis on hard-to-place children** Because of the baby shortage, many agencies have redirected their efforts to finding homes for teenage veterans of foster care, the physically and mentally handicapped and racial minorities. And while these children deserve loving homes as much as any other child, many couples want only healthy white infants.

**Unfair system of screening** Increasingly, couples have been alienated by agencies' habit of frowning at applicants because they are divorced, too old, not affluent enough, or not religious enough. Says one adoptive mother in New York, recalling an interview at a private agency, "We came out of there feeling resentful that millions of people—many of them less responsible than we—were having babies, and here we were being grilled."

Yet one man's restrictions are another man's standards, according to William Pierce. "If God wants to give somebody a baby, that's God's responsibility," he says. "But when society places agencies in a godlike role, then those agencies have to find the very best family for a child. When there is a surplus of couples who are optimal in every way, why should a child have to settle for second best?"

Pierce considers independent adoption a dangerous trend. He calls private adoption attorneys and baby brokers "pirates who are undermining the whole institution of adoption and corrupting the system." He compares them to "scalpers" and "sharks after bloody meat" and accuses them of creating a "whole new industry" out of the trade of babies.

### Shopping for a baby

Proponents of the independent route disagree. They see the system as a rational alternative to a social stalemate. And in fact, private adoption is seriously challenging the dominance of agencies. The most recent national statistics show that of nearly fifty-one thousand adoptions between unrelated parties in 1982, fully 33 percent were independent.

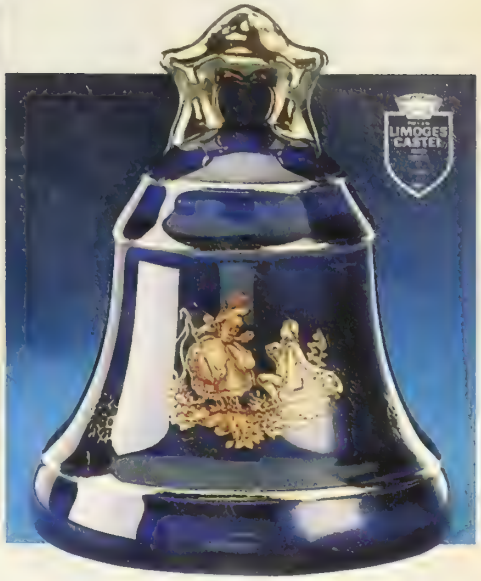
What's more, the cost need not be exorbitant, advocates say, and private adoption does produce a baby speedily. To spread the word that they want to adopt, couples send letters to doctors and members of the clergy, asking if they are aware of any woman looking to give up her baby. Many couples also place classified ads in newspapers that read, typically: "Pregnant? Happily married couple, educated and financially secure, want to give healthy white baby a loving, stable home and the best of everything. Confidential. We can help with expenses. Call collect." Either method costs up to several hundred dollars, but it can take just a few months to find a baby. Other couples resort to professional baby finders, listed in yellow pages and classified ads or located by word of mouth. The question of whether these are indeed illegal child-placement agencies is being challenged, however. One such company based in Florida was charging couples as much as $10,000 for their services.

Once a baby has been found, papers must be processed by a lawyer. Legal fees should be $1,500 to $4,000, medical fees for the mother's care and baby's birth can run up to $4,500, and living expenses for the mother should be under $2,500, cautious lawyers say. The total cost, therefore, should fall between $7,000 and $10,000.

For adoptive parents, the most attractive feature of the system is that babies are available. "The baby shortage is a myth perpetrated by agencies," says Aaron Britvan, a private adoption lawyer in Hicksville, New *(continued)*




Actual sizes of bells range from 2"–4" in height.




# The Bell Collectors Club

Now, at modest cost, you can build your own collection of choice collector bells.

Royal Worcester... Wedgwood... Kaiser... Haviland... Bing & Grøndahl... Royal Doulton... these and others of the world's greatest porcelain houses will be represented in your collection.

**FREE.** *This* **Reutter** *Bell For Joining Now.*

The Bell Collectors Club will send to each new member this lovely floral Bavarian porcelain bell from the Reutter porcelain house of West Germany.



.he finest collector bells are truly works art. Charming and colorful, they add ırmth and appeal to a room. They are nily treasures to be passed to daughter d granddaughter. It's no wonder millions people around the world collect bells.

### Lovely Bell Sent To You Each Month

w, through membership in the Bell Collec-:s Club you can build a collection of the *crème de la crème* of porcelain and china bells – a collection which would be practically impossible to assemble on your own.

Each month, you will receive a beautiful bell. Our representatives are in contact with porcelain houses all around the world. They select only the very best bells. Indeed, many of the monthly selections will have been created exclusively for the Club's members.

The bells will bear the names and identifying marks of the great houses that created them. They will reflect the different artistic visions of the various nations and porcelain makers. Thus, the individual bells will have infinite variety...yet together they will form a harmonious collection. A card will accompany each bell describing its motif and its maker.



*is lovely solid wood display can be an attrac-ve addition to your home. It and other unusu-ly fine display pieces are offered to members.*

### No Risk or Obligation

If you are not delighted with any month's bell selection, you may simply return it within thirty days for a full refund. And you may cancel your membership at any time.

### Modest Cost

One of the nice things about collecting bells is that besides being beautiful, they don't cost a lot from the Bell Collectors Club. Regular monthly selections typically cost from $9.50 to $17.50 each.

### Send No Money Now

To join the Bell Collectors Club, just send your application. Enclose no money now. You will be billed for your first monthly bell.

**Membership Application** 41

Bell Collectors Club
47 Richards Avenue
Norwalk, Conn. 06857

No Payment Required.
Simply Mail
This Application.

Please enroll me in the Bell Collectors Club. Each month I will receive a bell selected as being one of the very best from the world's great porcelain houses, typically costing from $9.50 to $17.50 each.*

I understand that I may return any bell within thirty days for full refund, and that either party may cancel this membership agreement at any time. As a new member, I will receive a Reutter bell as a free gift.

**Payment Options** (check one):

☐ Please bill me, just before shipment, for my first bell. Then bill me with each subsequent monthly shipment.

☐ As a convenience, please charge my first bell and each subsequent bell, at the time of shipment, to my credit card:
☐ VISA ☐ MasterCard

Credit Card No. _____ Expiration Date _____

*Plus $1.50 for shipping and handling.

Name _____
PLEASE PRINT CLEARLY

Address _____

City _____

State/Zip _____

Signature _____

DRĀNO®
HAS THE DRAIN OPENERS
TO CLEAR MORE
TOUGH CLOGS.




Only Drano offers the unique all-purpose Crystal and a convenient Liquid.

- All-purpose Crystal Drano is specially formulated to chew through tough clogs... food, hair, even stubborn grease clogs. That's something Liquid-plumr can't do.
- No other leading liquid can beat Liquid Drano for clearing tough hair clogs.

And, Drano won't harm your pipes. It's earned the Good Housekeeping Seal.

Good Housekeeping PROMISES

© 1984 The Drackett Products Company

## BABIES FOR SALE

continued

York. Britvan, who has a practice typical of many other adoption lawyers, handles about a hundred adoptions a year, all to couples who have waited an average of only six months before they bring home the most-sought-after commodity in adoption—a healthy white infant. They also get to bring their baby home when it is just three days old, rather than having to wait for the child to be released from several months in foster care, as sometimes happens in agency adoptions. Another key advantage they cite is the ability to choose the woman whose child they'll adopt, rather than surrender such a sensitive decision to agency social workers.

Birth mothers, many of whom are unmarried teenagers and still pregnant when they decide to give up their babies, also cite pluses to private adoption. Being able to choose and meet the parents to whom they give their baby is of paramount importance to them. Additionally, because the adoptive parents are paying for medical care, the birth mother can afford a first-rate private doctor of her choice, rather than go to a clinic, which is frequently all that agencies can offer. It is also within the bounds of the law for adoptive couples to pay reasonable living expenses, another plu cited by these young mothers-to-be.

### The price of parenting

Even though many private adoption are handled responsibly, abuses do ex ist, most commonly when lawyers, bro kers or birth mothers take advantag of the desperation of adoptive couple by asking for payments above legiti mate expenses. One method of exploita tion is a baby auction, in which a law yer or broker calls a couple to say h has an ideal woman about to giv birth—and the newborn will cos $25,000. The couple, frustrated afte years of searching for a baby, agree t the price. But when they call back, th broker tells them that someone else go to the girl first, offering $30,000. H may then say he knows of another won derful girl who's asking $45,000. As i any good con game, he's betting tha once a couple have agreed to pay a price, they're hooked. After that, it' only a question of how high they'll go.

Under-the-table payoffs may also be solicited by birth mothers, who some times ask for cars or money to finance a college education in exchange for prom ising their baby—particularly if they suspect the couple are well-to-do.

Such payoffs are extremely difficult to prove. If a couple are willing to pay large sums of money they know are illegal but get a healthy baby for it, who will complain or press charges? Often couples say in private later that their child was worth every penny, and they may even perjure themselves in court. The result is that it is hard to convict lawyers, brokers or birth parents of such blatantly illegal practices.

Some people also object to the considerable fees charged by certain private agencies. For example, Friends of Children, in Atlanta, Georgia, is a nonprofit, tax-exempt, licensed agency that charges a placement fee of $18,000. Seven years ago, the same service cost only $5,000. Seymour Kurtz, a Chicago trial lawyer who is executive director of Friends of Children and several similar agencies throughout the country, defends the agency's fees and their rapid escalation. "The fees have climbed as our basic expenses have climbed," says Kurtz. "For instance, hospital, doctors' and advertising expenses have gone up year by year." He also cites the fact that his staff's salaries must keep up with the cost of living.

But not everyone feels comfortable with such steep fees. "It's disturbing anytime you develop one system for people with high incomes and another system for everyone else," says Nathan Riley. "It raises obvious questions of fairness and also questions of whether wealthy parents are being *(continued on page 136)*

Now! An outstanding value for the office, home or travel . . .

# The desk in a case

Available directly in our light-weight leather case at 30%–50% below the stores and other nationally advertised prices.



Fifteen of the most essential tools to communicate. That's what you'll find inside this impressive looking black leather case. Totally compact, **The desk in a case** weighs only one pound, and is only one inch thick. It measures 8½" X 6" and can travel in a brief case, tote or suitcase. Or, keep it for the office or home. Think of all the space you'll save. Need to organize your desk? Or drawers?— it's a breeze with **The desk in a case.**

Our desk items have been carefully selected and matched. Here's what you will receive:

| | | | |
|---|---|---|---|
| —Stapler & spare staples | —Pencil | —Tape measure | —Rubber bands |
| —Tape & tape dispenser | —Pad | —Clipping knife | —Staple remover |
| —Ruler | —Highlighter | —Paper clips | —Pen |

With its good looks and forever practical uses, **The desk in a case** is a great gift idea. And best of all, it is now on sale at only $15.95, or two for $29.95.

**Heather Sloane** Dept J076 Box 506 Chappaqua, N.Y. 10514

Please send me _____(#655) **desk in a case**. I understand that if I am not fully satisfied I may return my purchase for a full refund. The price is $15.95 plus $2.00 for one, $29.95 plus $3.00 for two. All delivery is insured UPS. Check, money order, MasterCard or Visa accepted.

Card No._____ Exp. Date_____

Name_____

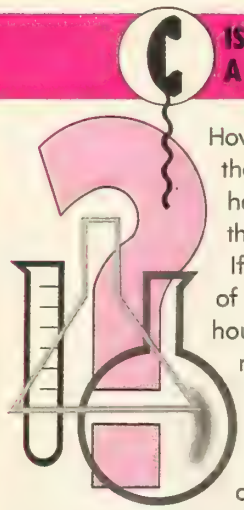
Address_____

City_____ State_____ Zip_____

Canadian orders in U.S. funds plus $3.00

# MEDINEWS

*The latest scientific research and medical findings to keep your family its healthiest. By Beth Weinhouse*



## IS THIS DANGEROUS? A consumer hotline

How many times have you wondered whether the chemicals in your floor cleaner could be harmful to your baby, or whether it was safe to throw old bottles of paint remover in the trash? If you've ever been concerned about the safety of the chemicals you use—in fertilizers, household products, food additives—there's now a number you can call for information.

The Chemical Referral Center is a new national program provided by the Chemical Manufacturers Association. It is a nonemergency health and safety reference center with data on more than 250,000 chemical products.

The toll-free number is 800-CMA-8200 (residents of Alaska and Washington, D.C., should dial 202-887-1315).

Javier Romero

## Better skin-cancer removal: THE MOHS TECHNIQUE

In the summertime, we're all more aware of our skin . . . and of any suspicious marks or growths on it. Almost 500,000 people develop skin cancer each year, and about 55 percent of cases occur on the face. In treating these cancers, the physician's aim is to make sure that the malignancy is removed without serious scarring. One successful method is the Mohs technique, which combines surgery and microscopic examination to ensure that all of the cancer—but as little as possible extra tissue—is removed.

In Mohs surgery, cancer is removed one thin slice at a time and examined under a microscope. The doctor removes additional tissue until a slice is found to be cancer-free. Recently, Mohs surgery was used to remove the skin cancer from President Reagan's nose.

Physicians—usually dermatologists and plastic surgeons—must have special training to use the Mohs technique. Mohs surgery should not be performed on malignant melanoma, the type of skin cancer that spreads most rapidly.

## SUMMER COLD OR ALLERGY? HOW TO TELL THE DIFFERENCE

The symptoms can be ignored: itchy eyes, runny nose, congestion, headaches, fatigue, sore throat, fever, swelling, coughing, sneezing, wheezing. But what's the diagnosis? Any or all of these symptoms could indicate a summer cold, a bacterial infection or an allergy.

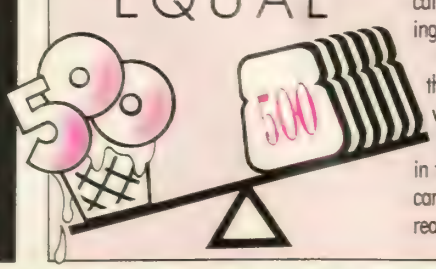
To help you tell the difference, the American Academy of Otolaryngology/Head and Neck Surgery describes the three conditions.

**Summer colds** With the common cold, you'll have a drippy, runny, sneezy, red nose, and you may have a lot of mucus, but it will be clear. You may have a fever, general body aches and pains, cold sores or fever blisters on the lips and a slight sore throat. The common cold usually lasts from five days to a week.

**Bacterial infections** A bacterial infection in the nose and sinuses causes pressure pains in the face, cheeks and upper teeth and around the eyes. It is accompanied by thick yellow or greenish mucus, which drains from the nose or down the back of the throat. Sometimes a cold weakens the immune system and leaves the body susceptible to bacterial infection, and what started as just a summer cold becomes bacterial sinusitis. You can tell when this happens because the mucus turns from clear to yellow or green. A bacterial infection should be treated by a physician, who will probably prescribe antibiotics.

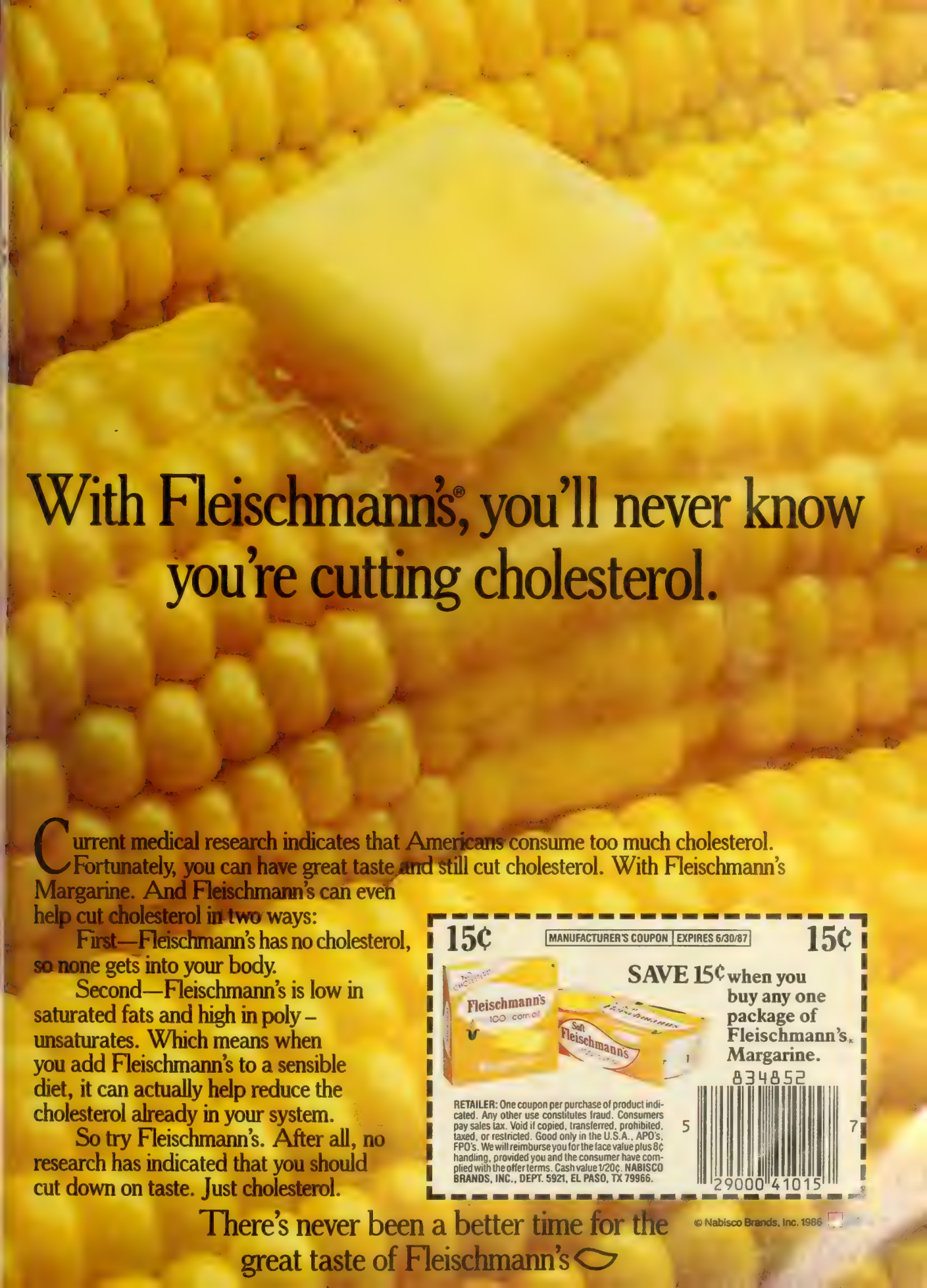
**Allergies** Seasonal allergies generally occur at the same time every year. They last longer and often cause more sneezing than a cold does. Also, allergies are usually accompanied by itchy, red eyes.

## ALL CALORIES ARE NOT CREATED EQUAL




When women guiltily eat an ice-cream cone and then exclaim, "I might as well have applied it directly to my thighs," they have a point. Studies at the University of Vermont Medical School, the University of Massachusetts Medical Center in Worcester, and the University of Illinois at Chicago have shown that the higher the fat content of the diet, the more body fat on the person, and that calories derived from fat are actually more fattening than calories from protein or carbohydrates.

Why should some calories be more fattening than others? One theory holds that the body must work harder to convert protein and carbohydrates into fat, so it actually burns off calories in the process. But since fat is already fat, the body can pretty much store it in fat cells as is...another reason for all of us to "de-fat" our diets.



# With Fleischmann's®, you'll never know you're cutting cholesterol.

Current medical research indicates that Americans consume too much cholesterol. Fortunately, you can have great taste and still cut cholesterol. With Fleischmann's Margarine. And Fleischmann's can even help cut cholesterol in two ways:

First—Fleischmann's has no cholesterol, so none gets into your body.

Second—Fleischmann's is low in saturated fats and high in poly–unsaturates. Which means when you add Fleischmann's to a sensible diet, it can actually help reduce the cholesterol already in your system.

So try Fleischmann's. After all, no research has indicated that you should cut down on taste. Just cholesterol.

15¢ MANUFACTURER'S COUPON | EXPIRES 6/30/87 15¢




**SAVE 15¢ when you buy any one package of Fleischmann's® Margarine.**

834852

RETAILER: One coupon per purchase of product indicated. Any other use constitutes fraud. Consumers pay sales tax. Void if copied, transferred, prohibited, taxed, or restricted. Good only in the U.S.A., APO's, FPO's. We will reimburse you for the face value plus 8¢ handling, provided you and the consumer have complied with the offer terms. Cash value 1/20¢. NABISCO BRANDS, INC., DEPT. 5921, EL PASO, TX 79966.

5 29000 41015 7

There's never been a better time for the great taste of Fleischmann's

© Nabisco Brands, Inc. 1986

# ACT OF WILL

**Christina loved her parents more than anything in the world. So how, they wondered, could she be so selfish? An extraordinary story from the knockout new best-seller**

**By Barbara Taylor Bradford**



Christina Crowther had been one of the prettiest girls in her hometown of Leeds; she had also been one of the most hardworking students. So from the very first day she began classes at the Royal College of Art, in London, she threw herself into her work with enthusiasm and energy. Her tutors were immediately aware of her extraordinary gift as a landscape painter and her dedication to her work. Christina was also popular with her contemporaries and quickly made lots of friends.

Her special favorite was Jane Sedgewick—ebullient, good-natured and something of a madcap. She was one of the most engaging girls Christina had ever met. But then, it made sense. Jane was the eldest daughter *(continued)*

From the book ACT OF WILL, by Barbara Taylor Bradford. Copyright © 1986 by Barbara Taylor Bradford. To be published by Doubleday & Co.

# A good idea, 1949.

# A fresh idea, 1986.







## Introducing fresh taste you don't get from a can.

With Ragú™ Pasta Meals in jars, kids and adults will be eating together again.

Because who can resist that delicious Ragú® sauce, thick and rich the way you know it. From garden-ripe tomatoes, romano cheese, the perfect blend of herbs and spices.

And the pasta! Made with the finest semolina, cooked just right.

All that's left out is fillers, colorings, artificial ingredients and preservatives.

So next time your thoughts turn to lunch, simmer up Pasta Meals. Or pop a jar into the microwave oven.

Then treat your family to something better than a good idea. A fresh one.




© 1986 Ragú Foods, Inc., Owner of the registered trademark RAGÚ.

SURGEON GENERAL'S WARNING: Smoking Causes Lung Cancer, Heart Disease, Emphysema, And May Complicate Pregnancy.

If you

Box and 100's Box Menthol: Less than 0.5 mg. "tar", 0.05 mg. nicotine; Soft Pack, Menthol and 100's Box: 1 mg. "tar", 0.1 mg. nicotine; 100's Soft Pack and 100's Menthol: 5 mg. "tar", 0.4 mg. nicotine; 120's: 7 mg. "tar", 0.6 mg. nicotine av. per cigarette, FTC Report Jan. '85. Slims: 6 mg. "tar", 0.6 mg. nicotine av. per cigarette by FTC method.

## ACT OF WILL
**continued**

of Dulcie Manville and Ralph Sedgewick, a very famous and respected husband-and-wife acting team.

One weekend, Jane asked Christina to come to Hadley Court, the Sedgewicks' country home. Christina loved the splendid old house and all the amusing and celebrated guests with whom Jane's parents surrounded themselves. Christina got to meet Noel Coward, who was a close friend, and even Laurence Olivier.

Yet this exciting and glittering world did not unduly dazzle Christina. She was devoted to her parents, especially to her mother, Audra, who worked as a nurse in Leeds, essentially to support Christina's life in London. Although Audra's husband, Vincent, earned a decent income as a laborer, it wasn't enough. It was Audra who paid Christina's tuition and rent, gave her an allowance and bought the fabrics for the clothes she made her daughter.

Audra's pride in her daughter knew no bounds. She was keeping the vow she had made to herself years before—she had given her daughter a far better life than she herself had known.

At the end of her second year in college, when Christina cautiously suggested that she might get a part-time job to help out, Audra was furious. She adamantly refused to allow it, believing it would distract Christina from her studies. But Christina could be as strong willed as Audra.

She determined to adopt a more frugal way of living and immediately cut down on overhead by moving in with Jane. Christina also decided to make her own clothes. While this step might not exactly save money, it would at least make things easier for her mother. And she was egged on by Jane, who knew she had a great flair for designing. In no time at all Christina had revamped some of her old dresses and created a couple of new ones. She was inordinately pleased with her efforts.

Between classes that autumn of 1953, Christina found time to make a hand-painted blouse for her mother. She gave it to Audra for Christmas.

Audra was thrilled when she opened the box and immediately exclaimed over the wonderful contrast of the blue delphiniums with the paler blue silk.

"But you shouldn't have," she scolded mildly. "All this sewing is taking you away from your studies."

"No, it isn't," Christina said with a laugh, hugging her. "I wanted you to have something beautiful, something that I made just for you."

When Christina returned to London she launched into her courses with renewed dedication. She wanted to do well not only because of her own pride but for her mother.

Vincent saw Christina before she saw him. How young and lovely she looked as she stepped confidently off the train. He could hardly believe that his daughter would be twenty-three next month.

Suddenly Christina caught sight of her father and hurried forward. It was Good Friday, and Christina was home for the holiday weekend.

He looks a bit tired, Christina thought, and suddenly she knew something was seriously wrong.

"What is it?" she asked, once they'd settled into the car. "Is it Mummy?"

Vincent nodded. "I'm afraid it is. Your mum's been gravely ill. She collapsed three weeks ago with viral pneumonia. She was in the infirmary for over two weeks. There were complications at first. . . . Don't look so frightened, love, she's recuperating at home now."

Christina sat staring at her father for a few seconds, and then she exclaimed, with a flash of anger, "Why didn't you let me know? How unfair of you to keep me in the dark!"

"I didn't dare upset her, and I would

smoke
please try Carlton.

ıave if I'd sent for you," Vincent said ıuietly. "She didn't want you to worry."

When Christina walked into the bedoom a short while later, Audra's eyes ooked bigger and bluer than ever in ıer face, which was drawn and chalky.

"Oh, Mummy, Mummy, darling," Christina whispered, kneeling down to ake Audra tenderly in her arms. "You hould have let Daddy send for me."

Audra, smiling faintly, touched Christina's cheek. "You have your studes, and they're more important than ınything else right now."

Christina tried to smile back but ailed. In the bright April sunlight she saw Audra with stunning obectivity for the first time in years. How aged she's become, Christina thought. She looks like an old woman, and she's ıot quite forty-seven.

Her mother's life of sacrifice flashed oefore Christina with such clarity that she was filled with an aching sorrow. How many times had her mother said, "Don't be concerned, Christie. You just continue to paint your beautiful pictures, and let me worry about the money." Yet for how long had she seen her mother wearing the same navy-blue coat? Winter after winter, for years and years.

Unexpectedly choking up, Christina leaned forward and embraced her mother even tighter, not wishing her to see the tears. And as she clung to Audra it came to Christina that she could not permit her mother to continue this way. All this work and sacrifice and struggle must come to an end.

"Listen, Crowther, I know something's been troubling you for weeks, and tonight we're going to talk," Jane announced aggressively one evening as she walked into their flat. Her friend had not been at all herself for the past two months, ever since she returned from the Easter holiday.

Finally, Christina spoke. "I must apologize. I know I haven't been easy to live with, but I've been struggling to make some decisions, and I didn't want to talk to you until I had."

Jane returned Christina's thoughtful look but made no comment.

"I've decided to give up my art," Christina said softly.

"You can't be serious!" Jane shouted, sitting bolt upright. "I won't let you! Look at this," she said, waving a hand toward the walls, which were covered with Christina's paintings. "Just look! How can you give that up?"

"Very easily," Christina said, her voice so low it was hardly audible. "Since it's costing my mother her life."

Christina then recounted Audra's years of hard work and sacrifice on her behalf. When Christina had finally finished, Jane had tears in her eyes.

"You see," Christina continued, "she's stubborn—implacable, really. She'll even insist on supporting me *after* graduation, until my paintings start selling. Even if that happened quickly, I don't want just to say to her, 'Thank you. I can look after myself now.'" Christina shook her head. "No, I have a compelling need to give her the kinds of luxuries she's never known. And the kinds of luxuries I'm thinking about cost money . . . oodles and oodles of money."

"But how are you going to make all this money?"

"I'm going into business, and I mean business with a capital B. I'm going to become a rich and famous fashion designer. And you—and your mother—are going to help me." Christina leaned forward eagerly. "She's constantly after me to make her one of my hand-painted silk dresses, and she told me that I could sell them like hotcakes to her friends."

"You must talk to Mummy," Jane exclaimed. "I'm sure she won't mind if you approach her friends, too. But if you want it to become big business, then you must have working capital."

Christina laughed *(continued)*




Raid Fogger controls bug infestations in your home by killing thousands of roaches and fleas dead... where they hide.

**Raid kills bugs dead**

© 1986 Johnson wax

For a Free Raid Flea Control Brochure write:
Raid Flea Experts, P.O. Box 8973, Madison, WI 53714




hollowly. "Don't I know it. However, I'm afraid I don't have bean to my name."

"Oh, but I do!" Jane announced gleefully. "I have fi thousand pounds that Granny left me just sitting in Lloy Bank, and I shall force you to take it. If you have a bit decent capital behind you, the business will grow muc faster. You could even take on a seamstress or two."

Christina ran her hand over her mouth, thinking. "C course, I hadn't intended to branch out like that until ne year, when I'd already made a little money. If you lend m your five thousand pounds, I could do it sooner, that's tru So—I accept your offer, and I'm very grateful."

Jane sprang to her feet and thrust out her hand. "Shak partner. But I still have one question. How on earth will yo break this news to your mother?"

"I've decided that it's better for now if I don't tell h anything. Once I've graduated in August, I shall let h think I'm painting away, and then about four or five month later, I'll tell her I've sold some of my work and that I ca easily start supporting myself."

"Do you think she'll believe you?" Jane asked.

"I hope so, Janey. I sincerely hope so."

A willful nature was not the only thing Christina had inhe ited from Audra. She also had her mother's penchant for har work and her determination to succeed at whatever she did.

Christina also discovered that she had a good head fo business, and this, too, would play a large role in her rise t stardom in the world of haute couture.

Now, six months after setting up shop, she was inundate with orders. Christina's "factory" was a small building at th far end of King's Road.

As she stood in the studio on this March night in 1955, sh nodded her head in satisfaction. The creation was of whit calla lilies on black chiffon, and she would design the actua dress tomorrow. After checking several other fabrics, Chris tina started a letter to her parents. She always wrote ther once a week and phoned every Sunday.

She sighed as she filled the pages with the lies that please her parents so much—about the paintings she was selling about her social activities, about her life in general. When would she find the time for a personal life?

It was after ten when an exhausted Christina finally stoo outside the flat, fumbling with her key. Suddenly the doo flew open. It was Jane.

"Your parents are here. And your mother is absolutel furious . . . she can't take her eyes off your paintings hang ing on our walls—the paintings you told her you'd sold."

Christina looked through the doorway and saw her par ents sitting side by side on the sofa. They looked as if the had turned to granite.

At last Christina said, "Hello, Mummy, Daddy . . . this i a surprise."

"Apparently so," Audra said icily.

Christina moved forward, knowing she had to get thi over with once and for all.

She took a deep breath. "Mummy, I have something to tel you, something I've wanted to tell you for ages. . . ."

Audra's bright blue eyes impaled her. "I'm waiting Christina."

"I've given up my painting," Christina began. "I've be come a fashion designer. I decided it wasn't worth it, being a struggling artist. You see, I wanted to make money."

"You gave up your art to become a *dressmaker*?" Audra gasped, stupefied. The color drained from her face, and her eyes widened in incredulity. "You threw away your great gift for creating beauty for . . . a *commercial* venture? I just can't

lieve it! And after all I did to give you ur art! My God, when I think of all e years of putting you first, putting u before your father, always glecting him—"

Audra was unable to continue.

She turned to Vincent. A look of exuciating pain and sorrow twisted her ce, and her eyes filled with sudden ars. "Oh, Vincent—" She reached out r him blindly, the tears falling unecked, blurring her vision.

His arms went around her, and he ld her protectively, one hand patting r shoulder. Then he gazed at his ughter as if seeing her for the st time. "You've just broken your other's heart."

Without another word he turned his ck on Christina and led the weeping udra out of the flat.

Christina began to shake uncontrolbly. She looked helplessly at Jane. "I ust go after them," she began, and mediately burst into tears.

"Oh, darling, don't, don't," Jane murured, leading her to the couch. "It ouldn't do any good, not tonight."

"Perhaps I'd better ring them in a ttle while. Oh, but I don't even know here they're staying," Christina bbed. "I'll never find them."

"Perhaps they'll phone you tomorw," Jane said, her face brightening. "Oh, yes, I'm sure they will call you."

Christina nodded, knowing Jane was only trying to make her feel better. She also knew her friend was wrong.

"I want to go big, really *big*," Christina said. "And I want to do it *now*!"

It was a scorching July afternoon, and there were fans blowing throughout the studio.

"Well, go on," Jane said, wiping her flushed, perspiring face. "I'm all ears."

"We've been in business ten months," Christina began. "And we've done extremely well. But we could sell twice as many clothes if we could produce them. I think we should expand. Hire more cutters and seamstresses, as well as office staff, and take showrooms in the West End."

"But that'll cost money."

"About fifty thousand pounds. I've worked it all out on paper. Aside from the salaries, we'd have to carry plenty of stock—and then there would be the rent for the showroom. I've looked at several, and they're expensive, especially those in Mayfair, which is where I feel we should be."

"You do mean *big* when you say big."

"Jane, I think we could borrow the fifty thousand from the bank if your mother would be our guarantor."

"I'd rather borrow the money from Mummy directly. I know she'd go for it."

"Jane, do you honestly think she'd take a gamble on me?"

"Yes, I do. Besides, backing you is hardly a gamble."

And Jane was right. In fact, the loan was increased to one hundred thousand when Jane's parents insisted on putting up fifty thousand each.

Suddenly Christina found she was split in two. By day she was a businesswoman. She rented a perfect building in Mayfair with plenty of space. The showrooms were on the second floor of the house and had high ceilings, fireplaces and tall French windows opening onto little balconies.

But by night Christina became the creative artist.

Long after everyone else had left, Christina worked on her first collection. It was a summer collection, and she planned to present it at the beginning of 1956. She had only five months to create sixty-five new outfits.

Although Christina was thrilled with her business, one thing marred her joy. Her father had warmed up slightly, but her mother was still cold and distant. Christina harbored the belief that she and her mother would soon be reconciled. She knew Audra loved her too much to remain angry with her for very long. *(continued on page 136)*


Fights bites hours longer.




All mosquito repellents protect against bites.
So the one that keeps protecting longer has to be better. And in tests against the leading mosquito repellent, Deep Woods OFF! kept working, kept repelling, kept protecting longer. Hours longer.

©1986 Johnson wax

# EASY AS 1-2-3

## SUPER QUICK MEALS

*A tasty tuna salad, garlic-spiked pita toast and a plum-delicious dessert. By Kay Rentschler*



Thom DeSanto

**MENU FOR FOUR**

***PITA TOAST WITH GARLIC**

***MEDITERRANEAN TUNA**

***PLUMS WITH COGNAC CREAM**

**LEMONADE**

***Recipe given**

### PITA TOAST WITH GARLIC

**Toasting pitas gives them a crunch that's addictive—especially with garlic butter.**

Preheat broiler. Split 2 large pita pockets into 4 rounds; cut each round in half. Arrange cut sides up on cookie sheet. In small skillet melt 3 tablespoons butter or margarine and 2 tablespoons olive oil; add 2 teaspoons minced garlic and saute 30 seconds. Brush butter evenly over bread and sprinkle with 1 teaspoon thyme. Broil until crisp, about 1 minute.

### MEDITERRANEAN TUNA

**Briny olives and juicy, sweet tomatoes round out this zesty salad. Use fresh oregano—you'll taste the difference.**

In large bowl combine 1 can (12½ oz.) tuna, drained, 1 can (19 oz.) cannellini beans or kidney beans, rinsed and drained, 1 cup finely chopped celery, 3 large chopped green onions, ½ teaspoon minced garlic, 2½ teaspoons chopped fresh or ½ teaspoon dried oregano, 2 tablespoons chopped parsley, ⅓ cup olive oil and ¼ cup red wine vinegar. Season to taste with salt and pepper. Spoon salad onto a lettuce-lined platter. Garnish with sliced tomatoes and Greek olives.

### PLUMS WITH COGNAC CREAM

**Cognac and caramelized sugar turn simple fruit and cream into a glamorous dessert.**

Arrange 4 ripe plums, halved and pitted, cut sides up on broiler rack. Press 1 teaspoon dark brown sugar into center of each half. Sprinkle with cinnamon. Broil 2 inches from heat source in preheated broiler 5 minutes. In mixer bowl beat ¼ cup heavy or whipping cream until soft peaks form. Beat in 1 tablespoon sugar and a splash of cognac or brandy. Serve over plums.

### BERRY BEST

Savor the glorious fruits of summer all year. Simply freeze a supply of your favorites—blueberries, raspberries, strawberries, even cherries. Arrange berries about ½ inch apart on cookie sheets. Freeze until berries are completely firm. Transfer the frozen fruit to freezerproof bags or containers. You can substitute frozen berries for fresh in a recipe without thawing. To serve them as a topping or in salad, thaw 10 to 15 minutes before using.

# Who else could make a yogurt with so much flavor and so little sugar?

Dannon Natural Flavors have 25% less sugar than most fruit yogurts. And with 40% of the adult daily requirement for calcium per cup, they're one of the best sources of calcium around.

They're also made with creamy, low-fat Dannon yogurt and the purest vanilla, coffee, and lemon flavors. Which make them one of the best sources of taste around.




## Dannon Vanilla, Coffee & Lemon.

20¢ OFF

Offer expires 4/30/87

DANNON IS YOGURT.

99972 146466

# THE QUALITY-TIME TRAP

*Stop worrying that the precious few hours you spend at home with the kids have to be perfect. They will be, if you just learn to be yourself*

*By Barbara J. Berg*

Quality time. There are few phrases more common now among working mothers, —or any that are more explosive. What was once presumably a reassuring notion has actually come to increase the pressure on today's mother. And whatever *quality time* means—no one seems to know for sure—it has become yet another hook on which to hang our maternal guilt.

The concept of quality time is quite new. Fifteen or twenty years ago, books on child rearing and child development didn't even mention it. Time with a child was time with a child. If our mother spent the afternoon volunteering at a local hospital or was out shopping all day and then yelled at us when she came home and found the sink full of dirty dishes, she didn't worry that we weren't having quality time. But today's mother who comes home from work to be with her child does worry. She worries a lot.

When large numbers of women first began seeking employment outside the home, research psychologists told us that the quantity of time we spent with our children was not as important as the quality of that time. We immediately latched on to the idea. It made a lot of sense. We all knew mothers who were home all day talking on the phone or visiting for hours with the neighbors—mothers who were there but not there. We figured we could do at least as well by enriching the moments we spent with our children.

But over the last few years, *(continued)*

From THE CRISIS OF THE WORKING MOTHER, by Barbara J. Berg. Copyright © 1986 by Barbara J. Berg. Published by Summit Books, a division of Simon & Schuster, Inc.

Sam Weissman




**"But how can you be so sure, so soon?"**

**"Darling, with FIRST RESPONSE® you don't have to wait days or weeks to find out the truth anymore. I just did the test and today's the day I'm due! It only took 20 minutes and it's as accurate as any lab.**




**"And I know I can rely on my result. Because FIRST RESPONSE is simple to do, and so easy to read. I'm pregnant if the liquid turns blue; not pregnant if it stays clear. That's it. There's no second guessing.**

**"And that, Darling, is why I'm so sure, so soon."**




FIRST RESPONSE® Pregnancy Test, from the maker of Tampax® tampons, is the most sensitive home test ever. It's based on technology that made a major breakthrough in pregnancy testing. And is so sensitive it can reveal even slight traces of pregnancy hormone with 99.5% accuracy.

You can also depend on our medical information staff for answers to any questions you may have about the test. Our toll-free number is listed in every FIRST RESPONSE test kit.

Now there's a fast, accurate response to the question of pregnancy. FIRST RESPONSE Pregnancy Test, to be sure.

**You can always trust your FIRST RESPONSE.**

From the maker of TAMPAX®

FIRST RESPONSE, a line of professional quality home diagnostic tests, and TAMPAX are registered trademarks of Tambrands Inc. © Tambrands Inc., 1986

the idea of quality time has been transformed into a rigid code of dos and don'ts. *Quality time* has come to mean that the time we spend with our children after work must consistently be serenely civilized and free from strife. Alison Clarke-Stewart, of the University of Chicago, one of the first researchers to address the notion of quality time, stipulated that it be "not only warm, loving and nonrejecting, but . . . stimulating and enriching." Professor Bettye M. Caldwell, of the University of Arkansas, told mothers that quality time should be "one-to-one" and "involve something the child wants to do." Listening with one ear, losing your temper and permitting interruptions were deemed definite don'ts.

## Guilty mothers, anxious children

Harriet Whitelaw remembers being seven months pregnant when she was offered the chance to take over a prestigious Manhattan gallery—an opportunity she had always dreamed of. "In a way it was totally insane," she said, reflecting on her decision to accept the offer, "but I knew my marriage was deteriorating and that I would need a way to support myself and the baby." Soon Harriet found herself managing a full-scale, extremely demanding business *and* taking care of her new baby, David, often with inadequate baby-sitting help. "It was hellish, and that guilt I felt about not being home more for David was the worst feeling in the world. I tried to compensate. Every night when I came home from work at six-thirty, I just tried to cram everything in. I tried to be super perfect. Everything that David wasn't getting all day had to happen in the hour and a half before he went to bed." Harriet's response—to "cram everything in"—is typical of women trying to assuage their guilt.

Yet experts in child development are now beginning to point out some negative implications for both the child and the parent-child relationship when children are not allowed enough time to relax. By evening, most babies, even if they are physically rested from an afternoon nap, are frayed psychologically. According to pediatrician T. Berry Brazelton, M.D., by the end of the day, a child needs *less* rather than more stimulation. A working mother, however, is just getting home at six or seven o'clock, and her sense of guilt may make her overload her child with activities.

Alvin Eden, M.D., another pediatrician who talks to countless working mothers, told me that because of guilt about not being home, "mothers try too hard, and in the time that they spend they believe they must make every minute count. It gets kind of frantic." Young children are sensitive to their mothers' tension and become increasingly anxious themselves. "It is a vicious circle," he explains, "and it's not a very healthy atmosphere."

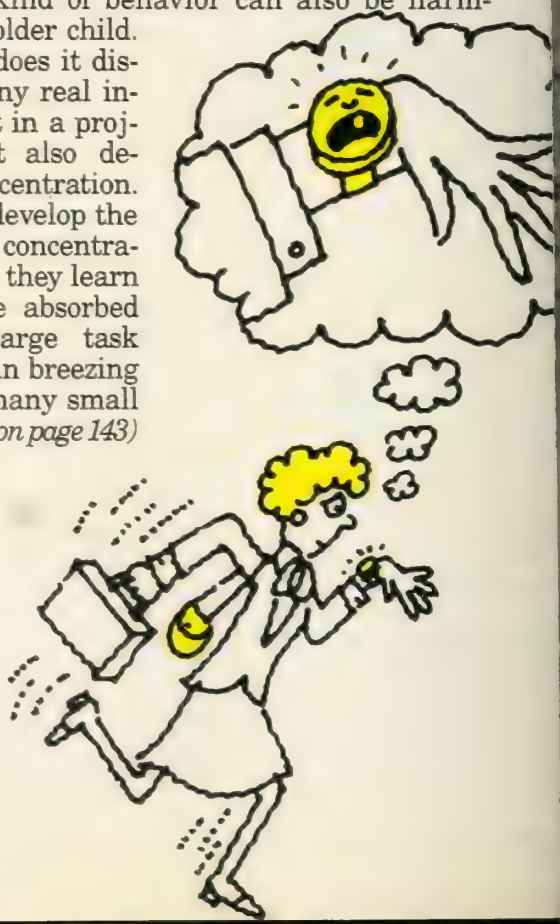
Children have to learn constructive methods of engaging adult attention and to tolerate some frustration. A mother can help her baby develop these qualities by first allowing him some quiet time when she gets home. Then, if the child does begin to cry, the mother should wait a few minutes before going to comfort him.

Another problem: The notion that quality time is sacred never took into account the simple fact that most of us have numerous chores to do when we get home from work. Furthermore, since the formula for quality time typically requires a one-to-one interaction, those of us with two or more children have the almost impossible task of finding something to occupy the others while spending quality time with one.

## The need for limits

Because we have been advised that the time we spend should be enriching, many mothers will engage briefly in numerous activities with their children in a short period of time. Play-Doh, sewing, arts and crafts, puzzles and coloring are all squeezed in between dinner and bedtime in homes across the country. We've already seen that overloading a baby with stimuli can have negative consequences, but this kind of behavior can also be harmful to an older child. Not only does it discourage any real involvement in a project but it also destroys concentration. Children develop the skills of concentration when they learn to become absorbed in one large task rather than breezing through many small

*(continued on page 143)*



# "Now big nutrition comes in small cans for your small dog."

ny of us who love smaller-
ed breeds are so taken with
ir cute looks and cuddly
ys that we often underestimate
ir serious nutritional needs.
t's why I couldn't



happier about Kal Kan's
v 6 ounce size cans.

**ALL BREEDS:**
n't let your dog's small size
you. Remember his origins!
st terriers, for example, were
d to be rodent hunters.
ny toy breeds were developed
watchdogs.
Though we prize them
ay as housepets and loving
panions, small breeds
ren't completely lost
ir ancient instincts.
ey are extremely active
l outgoing, very
bborn, and very loyal.

**BUNDLES OF ENERGY:**
No matter what breed he is, your small dog packs a lot of energy into his little body. To maintain proper muscle tone, he requires more nutrition per pound of body weight than large dogs do.

It's as if they have engines that are revved a little higher than usual. You'll understand why they thrive on the highest quality of fuel—meat!

**NEW SMALL CANS, BIG NUTRITION:**
That's why I'm committed to feeding Kal Kan.® No other canned product I've seen can beat it for quality and consistency. The meat looks better, even smells better, and I know Kal Kan®has the full complement of vitamins and minerals my dogs require.

And now Kal Kan's new smaller-sized cans and new minced textures are the perfect size and consistency for their



hungry little terrier mouths.

**GREAT RESULTS:**
I'm delighted by the results I get from Kal Kan.® It gives my feisty, adorable little Norwich Terriers every ounce of nutrition they deserve.



Top Breeder of
champion Norwich Terriers.

**Now in handy 6 oz. cans.**




**Now in four minced varieties.**

**KAL KAN.® Recommended by top breeders.®**




# TINS WITH A PAST

These pretty and practical tins, each printed with delightful advertising art from days gone by, will add nostalgic charm to any room in your home. Use them to store crackers or cotton balls, make them into decorative planters, or simply put them on display. Designs to choose from include Singer Sewing Machine, the Mandeville & King Seed Company, Heinz Blackberry Jelly and the Coca-Cola Girl. Only $5.95 each. Or you can have all four for only $18.95. To order, please turn to page 144.

J. Barry O'Rourke

# t's incredouble.




## troducing new Hydrox® Doubles™ with double flavored middles.

literally twice as good. There's more creme in
middle. And in
middle of the
me, a delicious
vored center: in
mint, strawberry or rich chocolate fudge. There's never been a cookie quite like it. Doubles. Mmm. It's absolutely incredouble.




Sunshine®
*Where taste is everything.*

© Lever Brothers Company 1986



*"When I stopped using soap and started using Dove, my face just wasn't dry anymore. I feel 20 years younger."*
*Gloria Carter, Los Angeles, Calif.*



*"You know that tight, dry feeling you get after you wash with soap? I didn't feel that with Dove."*
*Junell Wingate, Wayzata, Minn.*

# What is soap doing to your face? Listen to women who stopped using it.

*"Soap made me feel like I had a mask on. Tight and pulling. Dove is 100% better than soap."*
*Carol Vines, Atlanta, Ga.*




Dove® doesn't dry like soap
Because Dove isn't soap.

# The 25 most important WOMEN in American history

**In celebration of the restoration of the Statue of Liberty, the great lady who has held the torch of freedom aloft for one hundred years, LHJ salutes twenty-five American women who have made a difference in our history and who have truly influenced us all. Turn the page for a surprisingly intimate look at their lives and accomplishments. You'll be inspired!**




RTHA WASHINGTON
SACAJAWEA
Little Women
LOUISA MAY ALCOTT
UNCLE TOM'S CABIN
HARRIET BEECHER STOW
MARY BAKER EDDY
HARRIET TUBMAN
CLARA BARTON
WIN
ISADORA DUNCAN
MARY PICKFORD
"CHILDREN BY CHOICE NOT CHANCE"
MARGARET SANGER
THE GOOD EARTH
PEARL S. BUCK
AMELIA EARHART
CLARE BOOTHE LUCE
SALLY RIDE
THE FEMININE MYSTIQUE by BETTY FRIEDAN
CTW
SESAME STREET
JOAN GANZ COONEY
NASA




Joan Landis

# This report was prepared by the editors of Ladies' Home Journal with the Institute for Research in History and the staff of the Schlesinger Library, Radcliffe College

**From plantation-bred Martha Washington to Geraldine Ferraro, the daughter of immigrants, these twenty-five remarkable women span the American centuries. They came of age in vastly different times, places and circumstances, yet we were struck by significant similarities between them. All displayed extraordinary vigor and drive, and the vast majority lived productive lives until they were well past seventy and often into their eighties. Many opted to remain single and childless to dedicate themselves to their goals. And all showed a steadfastness of spirit that we believe characterizes the American woman to this day.**

## Martha Washington (1731–1802) The prototypical First Lady

**Beautiful, dutiful and well bred, Martha Washington set the style for the uniquely American role of First Lady. But Lady Washington, as she was officially known, was no stranger to tragedy. Married at seventeen to Daniel Parke Custis, twenty years her senior, she bore him four children, two of whom died in infancy. Martha was widowed at twenty-five, when Custis died of tuberculosis, and when she was twenty-seven, she married George—at twenty-six, a younger man. The Washingtons never had children of their own, and though Martha had been a rich widow, George became a land-poor farmer who had to borrow money to attend his own inauguration in New York City. Martha didn't get to go, not even to the inaugural reception a week later. And after George's death, at sixty-seven, she wasn't** *(continued on page 127)*



# Something for everyone in our celebration of good eating U.S.A. First, the all-time favorites—just like Grandma used to make

# In praise of American food

**By Jan Turner Hazard, Food & Equipment Editor**



J. Barry O'Rourke

**Can she bake a cherry pie? Yes, and that's not all. Our star-spangled collection is chock-full of the dishes that memories are made of. The mouth-watering spread here features good old-fashioned fried chicken with buttermilk biscuits and pan gravy, plus hearty Boston baked beans, m-m-m-macaroni and cheese, creamy Waldorf salad and the ultimate chocolate cake. Recipes for these down-home classics and other national treasures begin on page 110.**

# A trend toward light, healthful meals has given us these new classics

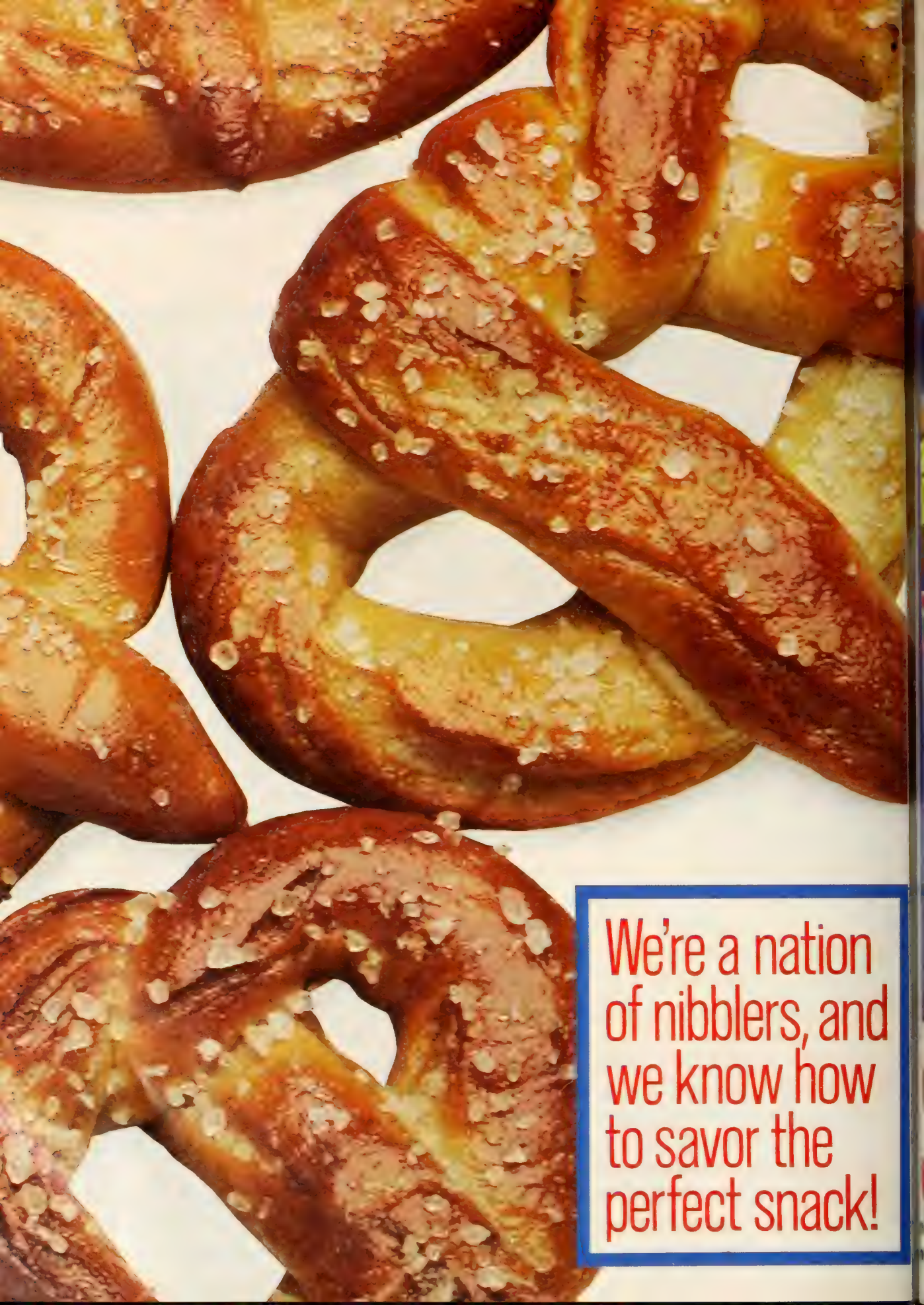


# In praise of American food



J. Barry O'Rourke

**What are the "in" foods of the moment? Starting top center, moving clockwise, an elegant chocolate tart with a pine-nut crust... pepper-topped goat-cheese pizza...blackened-sirloin salad with eggplant and bean sprouts...monkfish simmered with baby vegetables and escarole...smoked-chicken salad on a bed of greens (arugula, Boston lettuce, radicchio) tossed with sage-wine-honey dressing...and three luscious melon sorbets. Recipes for these and other au courant culinary adventures begin on page 115. Bon appetit!**


We're a nation
of nibblers, and
we know how
to savor the
perfect snack!

# In praise of American food



J. Barry O'Rourke

**Sit-down meals are giving way to a trend that's been dubbed "grazing"—snacking here and there, in front of the VCR, on the deck or on the run. But grazing food is so good that it deserves to be enjoyed slowly at least some of the time. Turn a lazy summer afternoon into a sociable snackfest with enormous soft pretzels, chocolate chunk cookies, crispy roasted potato skins with toppings, and irresistible fruit smoothies, pictured here. We've got lots more noshes, beginning on page 120, for times when a snack attack strikes.**

Large photo right: hair and makeup, Cris Gallour for Pepino-Bucchieri NYC; tank, Dance France. Inset below: hair, Gabriel Saba for John Sahag Salon; makeup, Kiss Blouse, Anne Klein; bracelets, Yamada of Tokyo; watch, Emerich Meerson; glasses, Colors in Optics; earrings, M. & J. Savitt. Inset right: hair and makeup, Mark Bennett Nahmias; bikini, Michaele Vollbracht; sunglasses, Gotex. All eight pages photographed on location at the Ritz-Carlton Hotel, Naples, Fl.



# IT'S

BROILING IN BANGOR, FRYING IN FRESNO: HOT WEATHER IS THE WEATHER ALL OF AMERICA SHARES. BUT DON'T SWEAT IT....OUR SUMMER-IFIC FASHION AND BEAUTY IDEAS WILL HELP YOU KEEP YOUR COOL WHEN THE HEAT IS ON



# WHOT ALL OVER

*By Lois Joy Johnson, Beauty and Fashion Editor*

**Wherever you live—North, South, East or West—we've got the hot-weather problem solvers you've been looking for. First, take the delicate matter of *deodorants*. If yours doesn't last long enough or isn't as effective as you'd like, try the following: First, switch to an antiperspirant; it offers the double whammy of inhibiting bacterial growth (which causes odor) and slowing sweat production. Once is *not* enough: For best results apply antiperspirant *twice* daily—in the morning after showering and again before bed. Don't skip a day. Regular use is a must in maintaining constant antiodor protection. Shower or bathe with a deodorant soap. Then, for allover sweat control, dust from top to toe with a cornstarch-based powder instead of talcum powder. The former absorbs moisture and fights those odor-producing bacteria as well. Perspiration can also cause fragrance to fade away to a whisper just moments after you apply it. For longer-lasting scent, Robert Anguillo, director of research and development for Coty Worldwide, recommends perfumes in solid or cream form because these resist evaporation far better than liquids do; he says it's best to apply fragrance frequently rather than heavily. Too *much* scent? You can tone it down by patting an alcohol-soaked cotton ball over the area.**

# WHEN YOU'RE HOT YOU'RE HOT



## Beauty/frazzle-free hair

**Dog-day hair problem number one: the frizzies. To solve, shampoo hair and apply conditioner, but don't rinse it all out. Plait damp hair into fat braids. Let hair dry, and unbraid for soft, gentle waves. ■ Calm natural frizz with a perm, using jumbo rollers to relax hair and redirect it into looser waves. ■ Scrunch pomade into almost-dry hair for a look that's more curl, less frizz. ■ Straighten hair after shampooing by pulling a natural-bristle brush through it as you blow-dry. For more smoothness, switch to a circular brush and use the pro's trick of alternating warm air with cool.**

# HOT STUFF



## Fashion/air-conditioning

**Stay cooler than cool in a dress. One piece is simpler, more comfortable in a heat wave than separates. ■ Best new bets for summer '86: skimmy shapes, especially in cotton knit (it refuses to wrinkle, so you will always feel unmussed), bared as never before. How bare? As bare as you dare. ■ The newest coolers are cut in at the shoulder or cut out at the back, or scooped low under the arms. Wear them as is if you work in an easygoing office. Top with a summery jacket in crisp contrasting linen or cotton if your job requires a more businesslike approach. (Tip: A jacket with important shoulders always implies assertiveness, efficiency.) Either way, team with pretty, streamlined shoes that say office, and leave beach scuffs at home. ■ On real scorchers, carry your pantyhose in your purse and pull them on when you get to work.**

Large photo opposite: hair by Gabriel Saba for John Sahag Salon; makeup by Rex; blouse, Anne Klein; scarf, Hermès; earrings, Yamada of Tokyo. Inset opposite: hair and makeup by Mark Bennett Nahmias; bikini, Michaele Vollbracht. Large photo above: hair and makeup by Mark Bennett Nahmias; dress, Adrienne Vittadini; shoes, Peepers; earrings, [illegible]. Inset above: [illegible] Fielding of Chic [illegible] Shoe.

# SOME LIKE IT HOT



## Beauty/après-sun care

■ Sunburn ouch? Next time use a sunscreen, and try one of the new tan accelerators. (Use for three days prior to sunning for a quicker glow with less time spent soaking up rays.) ■ For now, help yourself feel and look better with aspirin. Two every four hours will dull the pain and slow your body's production of prostaglandin, a hormone that can heighten redness and discomfort. ■ To help dissipate heat and further ease sting, apply cold compresses. To make, dampen a washcloth in a bowl filled with ice and equal parts milk and water. Hold gently against the affected area. ■ After this initial soothing treatment, apply—and reapply several times daily—a lightweight moisturizer containing triglycerides or vegetable oil, such as safflower, corn or peanut oil. These lighter-textured creams and lotions penetrate while allowing heat to escape. Heavier moisturizers made with mineral oil or petrolatum tend to trap heat and may increase pain and irritation. (Moisturizer contents are listed or the label.) ■ An anesthetic spray formulated to numb sunburn pain is always worth a try—but use it in addition to a moisturizer to avoid scaly, dry patches. (Caution: If you are allergic to novocaine, you may also be allergic to sunburn anesthetics. Use these products with great care, or not at all.) ■ When sunburn heals but skin peels, wash with a superemollient soap or gentle cleanser. Apply a hydrating masque at least once a week to help restore moisture to outer layers of your skin.

Both photos: hair and makeup by Mark Bennett Nahmias; model, Larisa Fielding of Click. Above: bikini, Liza Bruce; head wrap, Christiaan. Right: dress, Yeohlee.

# WHITE HOT



## Fashion/linen light

It's luxurious, absorbent, *cool*. That's the good news about linen. Now for the bad: It creases like crazy. To test linen for wrinkling, crumple fabric in your hand, then release. If it retains deep creases, imagine how rumpled it will be on you after a few hours. ■ For linen-look savvy, minus the wrinkles, shop for linen/viscose or linen/polyester blends. ■ Always read labels: 80 percent linen/20 percent viscose will have more of the rich feel of pure linen, but 35 percent linen/65 percent viscose will stay crisper longer.

# TOO HOT TO HANDLE



## Beauty/fresher faces

Hot weather tends to aggravate oily skin and even makes most normal-to-dry skin look shiny. To cut down on the glare and avoid problems—such as acne—associated with overactive oil glands, Dr. Earl W. Brauer, vice-president, medical affairs, at Revlon, offers these tips: ■ Cleanse frequently with gentle soap and water. Follow with skin freshener for normal skin, toner or astringent for oilier skin. ■ Use moisturizers formulated for oily skin (check labels to be sure), and wear a water-base oil-free or oil-blotting foundation. ■ Best way to apply it: sparingly, with a damp sponge; if necessary, smooth on more in areas that need better coverage. Use primers to keep shadow and lip color in place. Set makeup with shine-resistant translucent powder on entire face—eyelids and lips, too. Repowder when necessary to check oily breakthrough.

# HOT ENOUGH FOR YOU?



Ross Whitaker

## Fashion/all steamed up

**When the temperature climbs, sexy summer dresses look just right. All black and all white are alluring and eye-catching. So are low-cut, backless knits that flatter your curves. But make sure wearing less doesn't mean revealing more of your lingerie instead of your décolletage. ■ Look for the new bras that let necklines plunge where they may, as well as racing-back bras designed with straps that never have to be hiked back into place (great with sleeveless tops). ■ White's *not* the best lingerie color under whites and pales. Instead, choose body tones that match your skin for a nothing-on-underneath look. Loose tap pants instead of bikini undies eliminate panty bulge under sheer, body-caressing fabrics. ■ Final top-offs: jewelry of silvery metal that looks degrees cooler than gold, tortoiseshell and pieces with a frosty iced finish.**

Opposite: hair by Gabriel Saba for John Sahag Salon; makeup by Rex; blazer, Anne Klein; earrings and bracelets, Yamada of Tokyo; watch, Emerich Meerson. This page: hair and makeup by Mark Bennett Nar mias; model, Larisa Fielding of Click; dress, Adrienne Vittadini; narrow bracelets, Les Bernard; [illegible] bracelets Catherine Stein.

# All-American Gardens

**HOW DOES YOUR GARDEN GROW? HERE, TO INSPIRE YOU, ARE THREE CLASSIC SETTINGS. BONUS: FLOWER ARRANGEMENTS THAT REFLECT THESE LOVELY LANDSCAPES.**

**BY MARILYN DIANE GLASS, DECORATING AND DESIGN EDITOR**



Jesse Gerstein

A stateside version of a quaint, romantic English country garden, this enchanting floral profusion juxtaposes tall, majestic delphinium and foxglove with low, dense plants such as boxwood and phlox. Inside, let your bouquets repeat the pretty, informal style. We filled a graceful copper watering can (left) with statuesque sprigs of purple and white delphinium and added (surprise!) a big flowering cabbage. Then, we used grasses, dillweed, Queen Anne's lace, corkscrew tree branches—all spilling out of a clay jug in artful disarray.





**A WOODSY HIDEAWAY AND A SHADY RETREAT: BOTH OFFER CHARMING IDEAS FOR USING CUT FLOWERS, GREENS AND POTTED PLANTS**





Stately evergreens set the tone for a deceptively rustic ambience. What looks like a natural outcropping of flowers and grass is actually a clever bit of landscaping. Glorious yellow narcissus beautifully complements multicolored primroses, with lavender and white heather adding a bucolic texture. You can bring the forest glen into your home by using an ordinary mushroom basket to show off various greens and cut flowers. (Line with foil, then fill with earth.) Our choices: miniature daffodils, irises and cornflowers against enormous primula leaves. And for an unexpected hit of color, fill a shiny tin with a clutch of vibrant poppies.

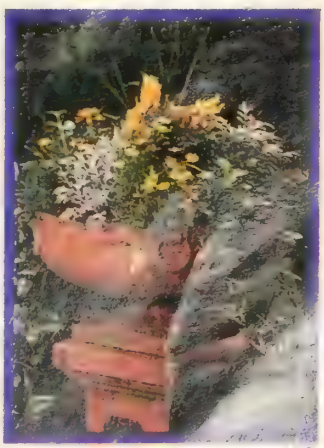






If your corner of the world lacks sunlight, don't despair. Lots of horticultural beauties do very nicely in cool, shady spots. Here, a grand cypress tree and several types of hostas—Japanese plants with variegated leaves—are the backdrop for honeysuckle and sweet pink astilbe. Create a living arrangement in a terra-cotta planter, with cockscomb and marigold poking through vines. You can also plant lilies of the valley in a rough-hewn flat. Indoors, three perfect ranunculus blooms are set off by a spiky astilbe, Irish bells and assorted greens.

Pages 100–101: Copper watering can, Zona; blue-and-white-check tablecloth, Ad Hoc Softwares; lace, Wolfman Gold & Good Company. Details on page 123.




1886
~
1986

# AMERICAN ALMANAC '86



Tom Arma

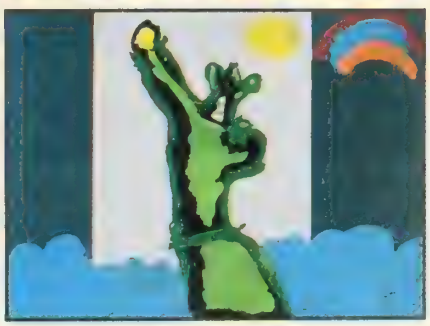
## The American Dream

BY SHERRY SUIB COHEN

*Freedom. Opportunity. Success. The American Dream means something different to all of us. We asked your favorite celebrities for their definitions. The responses come straight from the heart*



Kristen Rusak



Ken Moritz

**LINDA EVANS** This is a land where we can dare to dream and *make* our dreams come true. One of my dreams was to be able to take care of myself when people were saying "You're too old to be an actress. Young girls are in and you're out." But I didn't listen. I knew I shouldn't be afraid to get out there and try, to work hard and not give up. I had to reach deep down to find the courage not to listen to others.

My idea of the American Dream is a land where we don't have to let others talk us out of our dreams. If we lose them, we're finished.

**LUCILLE BALL** For me, the American Dream has been the chance to parlay a sense of humor and a love of people into a craft that has given others laughter and joy. I have always wanted to leave something of myself—something valuable that I might be remembered for—and what great American fortune I've had to be able to do just that.

The other part of my version of the American Dream has also been realized. My children, my grandchildren, all my family, are nothing less than a blessing. I will never stop appreciating a country where home and family are so revered.

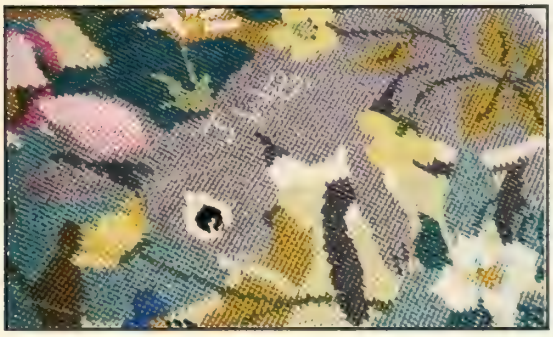
**ANN LANDERS** The American Dream? No matter where you were born, no matter what color you are or what background you come *(continued on page 132)*

**At left, our special gift to you—a charming Little Miss Liberty picture to keep and frame. Children's paintings of the Statue of Liberty, above and page 108, courtesy of WNET/Thirteen Students' Art Festival**











**A room of their own (clockwise from top right): The private second-floor sitting room is decorated in shades of blue, Barbara's favorite color. It includes a chest crowned with many photos of cherished people and places; full bookshelves—appropriate for a woman who fights illiteracy; a needlepoint rug she made herself, with her family's initials woven in; and a nook brightened with fresh flowers—a touch Barbara feels every home needs**



# At home with George and Barbara Bush

BY CINDY ADAMS

*In a world of protocol and top security, the vice-presidential couple remain frank, unpretentious and good-humored*

You're early," says Barbara Bush as she appears on the front veranda of the official residence of the vice-president. While several people wearing discreet lapel pins are hovering on the periphery, Barbara has answered the door herself. "My hair was still wet when they told me you had arrived," she says, pinning on a brooch. And though she tells me she had just finished getting dressed and putting on her pearl earrings when I arrived, she looks perfectly put together—a tall, handsome figure in a ladylike powder-blue dress and a halo of freshly coiffed white hair.

Although she could surely have done without me for another fifteen minutes, the Second Lady of our land, whom I have known for years, gives me a big smile and kiss and ushers me inside, still adjusting her pin. I ask her how she managed to get herself ready so quickly if her hair was wet only a few minutes ago. "At this point in my life I do my hair myself—not very well, but I do it," Barbara says. "White hair shows a lot of dirt, you know, so I have to wash it every day. I've managed to get the whole process down to only twenty minutes."

The fact is, Barbara Bush, a woman of great good humor, does not fuss unduly about glamour. "I colored my hair for ten years, until 1970," she continues. "I kept trying to dye it warm brown, but it came out any color it wanted. I spent my life in the beauty parlor. Finally I said, 'This is ridiculous.' And George didn't care. He didn't say anything when it went white. Didn't even notice. But the truth is, I wish I hadn't let my hair go white. It makes me look older than George." She's actually a year younger.

The rigors of looking perfect on a split-second schedule occasionally result in glitches. "I'll never *(continued on page 130)*

**A V.I.P. footstool complete with running shoes is evidence of the Bushes' lighthearted side**





Marc Masciovecchio



Elizabeth Corsun



# The dream lives on

*BY ROBERTA GRANT*

## *How America's new immigrants are building a better life*

*For more than two hundred years, immigrants and refugees have come to America to escape political oppression, religious persecution and economic misery. When they arrive here, they must find a place to live, jobs for themselves and education for their children. As they struggle, dreams of success nourish them.*

*Here is the story of one Cambodian refugee family that has worked hard to turn the American Dream into a reality.*

Simone El, thirty-six, dark-haired, pretty and petite, stands in the front yard of her freshly painted two-bedroom frame house in Long Beach, California, pruning her pink and white roses in the late-afternoon sun. Sitting on the concrete driveway by her kitchen door is a shiny new camper and behind it a slightly used sedan. In the living room, a painting of a Buddhist temple hangs over the sofa, and a large color photograph of Simone's family hangs near the dining-room table. A giant television screen dominates one end of the living room, a handsome sewing machine the other. The back-yard reveals neat herb and vegetable gardens and a tiny lawn.

It is almost impossible to imagine the leap in time, space and emotion that Simone and her family have made from the grisly horror and famine of Cambodia's "killing fields" to this tranquil, suburban abundance. Ten years ago, toiling in a slave-labor camp under the harsh supervision of the barbarous Khmer Rouge Simone did not know whether she and her family would live to see the next sunrise. Then, in 1979, together with her husband, Mow Leng, their three children and Lok Ot, Mow's mother, Simone fled the atrocities of Pol Pot's regime in Cambodia. Today, she says, by working hard, they have built a satisfying new life in America.

In 1975 the Lengs lived in Cambodia's capital city of Phnom Penh. Simone worked in a dress-making shop not far from their home, while Mow, a member of the educated middle class, taught French *(continued on page 133)*



**The Leng family: from left, Man, Ma, Lok Ot, Simone, Mara, and Mow**




Wesson® Vegetable Oil, Corn Oil and Sunflower Oil.
Three all-natural ways to get great tasting
fried foods every time. So no matter how you fry...

# With every bite you know you're frying right.

Beatrice
wesson
CORN OIL
100% PURE · ALL NATURAL · NO SALT
NO CHOLESTEROL · NO ADDITIVES

Beatrice
100% ALL NATURAL
wesson
VEGETABLE OIL
LIGHT & NATURAL
• TASTES LIGHT • NO ADDITIVES
• NO CHOLESTEROL • NO SALT

Beatrice
Sunlite
wesson
SUNFLOWER OIL

Beatrice

ll Natural: No Additives, Not Hydrogenated.

©1986 Beatrice Companies, Inc.

## ALL-TIME FAVORITES

### BOSTON BAKED BEANS

pictured on page 87

*For some folks, it's just not Saturday night without baked beans and corn bread or brown bread.*

- 1 pound dried navy beans
- ¼ pound salt pork, rinsed and diced
- 1 large onion, chopped fine
- 1 teaspoon minced garlic
- ½ cup ketchup
- ½ cup light molasses
- ¼ cup firmly packed dark brown sugar
- ¼ cup red wine vinegar
- 2 teaspoons dry mustard
- 1½ teaspoons salt
- ½ teaspoon freshly ground pepper

Wash beans, discarding any stones or shriveled beans; drain. In saucepot cover beans with water and soak overnight. (For quick soak, cover beans with 6 cups water. Bring to a boil; boil 2 minutes. Cover and let stand 1 hour.) Drain; return to pot with fresh water to cover. Simmer covered 30 minutes or until just tender.

Preheat oven to 300°F. In skillet saute salt pork over medium heat until translucent. Add onion and garlic; cook until softened. When beans are tender, drain, reserving 1½ cups cooking liquid. Return beans and liquid to casserole. Stir in onion, garlic, salt pork and remaining ingredients. Cover and bake 3 hours, stirring every hour. Makes 8 servings, 390 calories each.

### BUTTERMILK FRIED CHICKEN WITH PAN GRAVY

pictured on page 87

*You can almost imagine the wheat fields at harvest time when you sit down to this robust chicken dinner.*

- 2 cups all-purpose flour
- 1 tablespoon salt
- 1 teaspoon freshly ground pepper
- 1½ cups buttermilk
- 2 broiler-fryer chickens (3 lbs. each), cut into 8 serving pieces each
- 1 cup shortening
- ¼ cup butter or margarine

Pan Gravy

- 3 tablespoons flour
- 2 cups chicken broth
- 2 tablespoons milk

In large bowl combine flour, salt and pepper. Pour buttermilk into another large bowl. Dip chicken first in buttermilk, then in seasoned flour, shaking off excess. Place chicken on baking sheet lined with wax paper. Refrigerate uncovered 1 hour. In 12-inch skillet melt shortening and butter. Add half the chicken, skin side down; cover and cook 10 minutes. Carefully turn pieces over, cover and cook 10 minutes more. Drain on paper towels. Keep warm. Repeat with remaining chicken. Transfer to a serving platter. Serve with buttermilk biscuits and gravy. Makes 8 servings, 635 calories each with gravy, without biscuits.

*Pan Gravy:* Pour off all but 3 tablespoons drippings from skillet. Over medium heat whisk in flour until smooth; cook 2 minutes. Add broth and milk, whisking until smooth. Simmer 2 minutes. Strain if desired.

### BUTTERMILK BISCUITS

pictured on page 87

*Is there any American bread more beloved than biscuits? We don't think so.*

- 1½ cups all-purpose flour
- 2 teaspoons baking powder
- ½ teaspoon salt
- ¼ teaspoon baking soda
- 5 tablespoons butter or shortening
- ¾ cup buttermilk

Preheat oven to 450°F. Grease a cookie sheet. In large bowl combine flour, baking powder, salt and baking soda. With pastry blender or 2 knives, cut in butter or shortening until mixture resembles coarse crumbs. With a large spoon stir buttermilk into dry ingredients until dough is just moist enough to hold together.

On floured surface, roll dough ¾ inch thick. Cut with a 2-inch round biscuit cutter dipped in flour. Place biscuits on prepared sheet. Reroll scraps and cut more biscuits. Bake 10 minutes or until golden. Serve immediately. Makes 12, 115 calories each.

### MACARONI 'N' CHEESE

pictured on page 87

*Three cheeses give an upscale taste to this soothing casserole.*

- 12 ounces ziti
- 5 tablespoons butter, divided
- ¼ cup all-purpose flour
- 2 cups milk
- 1 teaspoon salt
- ½ teaspoon dry mustard
- ¼ teaspoon freshly ground pepper
- 1½ cups (6 oz.) shredded Cheddar cheese
- 1 cup (4 oz.) shredded Jarlsberg cheese
- 1 cup (4 oz.) shredded Havarti cheese with caraway
- 3 tablespoons dry bread crumbs

Preheat oven to 350°F. Grease a 2½-quart casserole. In large saucepan cook ziti according to package directions; drain.

In medium saucepan melt 4 tablespoons butter. Gradually stir in flour; cook over low heat 5 minutes, stirring constantly. Remove from heat. Stir in milk until smooth. Add salt, mustard and pepper; cook, stirring constantly, until thickened, about 10 minutes. Remove from heat. Add cheeses and stir until melted. Add ziti to prepared casserole. Pour cheese sauce over ziti; mix well.

In small skillet melt 1 tablespoon butter; add bread crumbs and cook over low heat about 2 minutes, until lightly browned. Sprinkle over ziti. Bake 45 minutes, until bubbly. Let stand 5 to 10 minutes before serving. Makes 6 servings, 575 calories each.

*To microwave:* Cook ziti according to package directions. Grease a 2- or 2½-quart microwaveproof casserole. Melt butter on High 1½ to 2 minutes. Remove 1 tablespoon butter and stir in bread crumbs; set aside for topping. Stir flour and seasonings into remaining butter until smooth. Microwave on High 30 to 45 seconds, until bubbly. Blend in milk until smooth. Microwave on High 10 to 12 minutes, until smooth and thickened, stirring every 2 minutes. Stir in cheeses until melted. Add ziti and mix well. Sprinkle with reserved topping. Microwave on High 5 to 6 minutes, until heated through, rotating dish halfway through cooking time.

### ALL-AMERICAN CHOCOLATE CAKE

pictured on page 87

*This rich cocoa layer cake is the perfect ending to any celebration.*

- 1 cup sifted unsweetened cocoa
- 1 cup boiling water
- 1¾ cups all-purpose flour
- 1½ teaspoons baking soda
- ¼ teaspoon salt
- ¾ cup milk
- ¼ cup sour cream
- 1 teaspoon vanilla extract
- 10 tablespoons butter or margarine
- 2 cups sugar
- 3 eggs, at room temperature

Frosting

- ½ cup plus 1 tablespoon butter
- 1 cup sifted unsweetened cocoa
- 3 cups sifted confectioners' sugar
- ½ cup warm milk
- 1 teaspoon vanilla extract
- 1 egg yolk

Preheat oven to 350°F. Grease three 9-inch round cake pans; line bottom with wax paper. Grease and flour paper.

In small bowl mix cocoa with boiling water until smooth; cool. In medium bowl combine flour, baking soda and salt. In a cup combine milk, sour cream and vanilla. Set all aside.

In mixer bowl cream butter until light and fluffy. Gradually add sugar; beating until smooth. Add eggs one at a time, beating well after each addition; beat until light and fluffy. Gradually add cooled cocoa; beat until well combined. Add flour alternately *(continued)*

# HOW TO GIVE FRUIT A LITTLE LIFT.





Wanna make fruit stand even taller? Give it a little boost with Jell-O® Gelatin. Or start with Sugar Free Jell-O® Gelatin. It gives fruit one big taste for 8 little calories per serving.

Any way you stack 'em up, you can make a tower of terrific snacks and desserts. Because Jell-O® Gelatin and Sugar Free Jell-O® Gelatin add a new dimension to almost any fruit.

Which could give you and your family just the lift you've been looking for.




JELL-O® & SUGAR FREE JELL-O® GELATIN
WE'VE GOT FRUIT APPEAL

© 1986 General Foods Corporation.
Jell-O is a registered trademark of the General Foods Corporation. NutraSweet is a registered trademark of G.D. Searle & Co.




# PICK THE VINEGAR THAT ISN'T MADE FROM PETROLEUM.

It may sound incredible, but the fact is, many other white vinegars start with petroleum. That's right. Petroleum.

But not Heinz.

For over 110 years the Heinz recipe for vinegar has been 100% natural. Our white vinegar is made from sun-ripened corn. Our cider vinegar is made from real apples.

No additives, no preservatives. Absolutely nothing artificial.

So next time, make sure your vinegar is really all natural. Make sure it's Heinz.

Heinz

WHEN YOU KNOW THE DIFFERENCE.

©1986 H. J. Heinz Co.



with milk mixture, starting and en ing with dry ingredients; beat we after each addition. Pour batter even into prepared pans. Bake 30 to 35 mi utes, until toothpick inserted in cent comes out clean. Cool 10 minutes c wire rack. Invert layers and remov wax paper; cool completely on rack.

*Frosting:* In small saucepan melt ½ cu butter; add cocoa and cook unt smooth. Transfer to a mixer bowl an let cool. Beat in sugar alternately wit milk. Add vanilla. Beat in egg yol then remaining 1 tablespoon butter.

Place 1 cake layer upside down o cake plate; spread one quarter of th frosting over top. Add second laye frost top. Add last layer; frost top an sides with remaining frosting. Make 12 servings, 335 calories each.

## CHERRY PIE

pictured on page 86

*Freeze some fresh tart red cherries fo wintertime fruit pies (see page 74).*

Pastry

- 2 cups all-purpose flour
- ½ teaspoon salt
- ⅔ cup shortening
- 6 to 8 tablespoons ice water

Filling

- 4 cups pitted fresh tart cherries or 2 cans (16 oz. each) tart cherries (reserve ¾ cup liquid)
- 7½ teaspoons quick-cooking tapioca
- ¾ to 1 cup sugar
- Pinch salt
- Pinch cinnamon
- ½ teaspoon vanilla extract
- ⅛ teaspoon almond extract
- 1 tablespoon butter or margarine

1 egg beaten with 1 tablespoon water

*Pastry:* In large bowl combine flour an salt. With pastry blender or 2 knives cut in shortening until mixture resem bles coarse crumbs. Sprinkle on ic water, tossing with fork until pastry i moist enough to hold together. Divid pastry into 2 balls, one slightly large than the other. Wrap in plastic wrap.

*Filling:* In large bowl combine al ingredients except butter. (If using canned cherries, add reserved liquid. Let stand 15 minutes.

Adjust oven rack to lowest position Preheat oven to 450°F. On lightly floured surface, roll larger pastry ball into a 12-inch circle. Line a 9½-inch deep-dish pie plate with pastry. Spoon in filling. Dot with butter. Roll remain ing pastry into a 9-inch circle. Cut into ten ½-inch strips. Weave strips 1 inch apart in lattice pattern over filling. Fold overhang up over strips. Flute

dge; brush pastry with egg mixture. Bake 20 minutes. Reduce temperature to 375°F. and bake 20 minutes more, until crust is golden and cherries are tender. Makes 8 servings, 360 calories each.

## WALDORF SALAD

pictured on page 87

*Named for the Waldorf-Astoria, the great New York hotel where it was first served.*

- 4 cups cubed Red Delicious apples
- 2 cups sliced celery
- 1½ teaspoons lemon juice, divided
- ½ cup sliced pitted dates
- ½ cup chopped walnuts, toasted
- ¼ cup heavy or whipping cream
- 2 tablespoons mayonnaise
- ½ teaspoon honey
- Lettuce leaves

In medium bowl combine apples and celery. Toss with 3 teaspoons lemon juice. Add dates and walnuts. In small bowl whip cream until soft peaks form. Fold in mayonnaise, 1½ teaspoons lemon juice and honey. Toss with fruit and nuts. Serve in lettuce-lined bowl. Makes 8 servings, 175 calories each.

## SCALLOPED POTATOES

*Sliced potatoes baked in a creamy sauce are so-o-o satisfying.*

- 4 tablespoons butter, divided
- 1 cup chopped onions
- 6 cups thinly sliced potatoes
- 1 teaspoon salt
- ¼ teaspoon freshly ground pepper
- 2 tablespoons flour
- 1 cup milk, scalded
- 1 cup heavy or whipping cream, scalded

Preheat oven to 350°F. Grease a 2-quart shallow baking dish. In medium skillet melt 1 tablespoon butter. Add onions and saute until translucent. Layer potatoes and onions in prepared baking dish. Sprinkle each layer with salt, pepper and flour; dot with butter. Pour milk and cream over top. Cover with foil. Bake 40 minutes. Uncover and bake 30 minutes more or until potatoes are tender, top is golden and most liquid is absorbed. Makes 8 servings, 270 calories each.

*To microwave:* In 12x8-inch microwave-proof dish combine butter and onions. Microwave on High 3 minutes, stirring once, until onions are translucent. Stir in flour, salt and pepper. Microwave on High 30 to 45 seconds, until bubbly. Blend in milk and cream until smooth. Microwave on High 5 to 6 minutes, until thickened, stirring every 2 minutes. Stir in potatoes, blending to coat with sauce. Cover with wax paper. Microwave on High 20 to 25 minutes, until potatoes are tender, stirring 3 or 4 times during cooking.

## NEW ENGLAND CLAM CHOWDER

*This thick soup of clams, potatoes and milk is subtly flavored with salt pork.*

- 3 ounces salt pork, diced
- 2 tablespoons butter or margarine
- 1 cup chopped onions
- 2 tablespoons flour
- ¼ teaspoon freshly ground pepper
- ⅛ teaspoon thyme
- 5 cups (about 1½ lbs.) cooked cubed potatoes
- 1 quart milk
- 1 cup heavy or whipping cream
- 2 cups minced clams with 1 cup juice or 3 cans (6½ oz. each) clams, drained (reserve 1 cup juice)
- ¼ cup chopped parsley
- 2 tablespoons lemon juice
- Few drops red pepper sauce
- Salt

In small saucepan cover salt pork with water. Bring to a boil over medium-high heat. Cook 5 minutes. With slotted spoon transfer salt pork to Dutch oven; cook over medium-high heat until crisp. Remove and discard salt pork and all but 1 tablespoon drippings. Add butter or margarine to Dutch oven. When melted, add onions and saute until golden. Stir in flour and cook over low heat 5 minutes, stirring constantly. Stir in pepper and thyme. Add potatoes, milk and cream. Bring to a boil; reduce heat *(continued)*






# Make it tangy.

USE HEINZ 57 SAUCE STRAIGHT.

Next time you're cookin' out, play it straight. Because straight out of the bottle, Heinz 57 Sauce adds a unique, tangy flavor to ribs and chicken you just can't get from ordinary barbecue sauce.


¾ cup firmly packed dark brown sugar
1 teaspoon vanilla extract
1 cup salad oil
3 cups (about 1 lb.) grated carrots
¾ cup chopped walnuts

Cream Cheese Icing

1 package (8 oz.) cream cheese, softened
¼ cup butter or margarine
1 teaspoon vanilla extract
½ teaspoon grated orange peel
3 cups confectioners' sugar

½ cup finely chopped walnuts, for garnish

Preheat oven to 350°F. Grease and flour two 8-inch square or 9-inch round cake pans.

In small bowl combine flour, baking soda, salt, cinnamon, nutmeg and cloves. In large mixer bowl combine eggs, sugars and vanilla; beat until smooth. With mixer at low speed, gradually add oil in a steady stream. Add flour mixture and beat just until blended. With a rubber spatula fold in carrots and nuts. Spoon into prepared pans. Bake 40 to 45 minutes, until toothpick inserted in center comes out clean. Cool 10 minutes in pans. Invert onto wire racks to cool completely. Wrap and store at room temperature.

*Cream Cheese Icing:* In large mixer bowl combine cream cheese, butter or margarine, vanilla and orange peel. Beat until light and smooth, scraping bowl occasionally. Beat in confectioners' sugar to spreading consistency.

On serving plate spread one third of the frosting on 1 cake layer; top with second cake layer. Frost top and sides with remaining frosting. Press nuts along sides of cake. Makes 16 servings, 520 calories each.

*All-Time Favorites recipes developed by Elizabeth A. Marks and Carol Prager.*

## AMERICAN FOOD
**continued**

and simmer, stirring frequently, about 5 minutes. Add clams, clam juice and parsley; simmer 5 minutes, stirring occasionally. Add lemon juice and red pepper sauce; salt to taste. Makes 8 to 10 servings, 335 calories each per 8, 270 calories each per 10.

*To microwave:* In small microwaveproof bowl cover salt pork with water. Microwave on High 3 minutes. With slotted spoon transfer salt pork to 4-quart microwaveproof casserole. Microwave on High 5 minutes or until crisp, stirring occasionally. Discard salt pork and all but 1 tablespoon drippings. Add butter or margarine and melt on High 1 minute. Add onions and cook on High 5 minutes, stirring occasionally. In small bowl blend 3 tablespoons flour, pepper and thyme with 1 cup milk. Add to casserole with remaining milk, potatoes and cream. Microwave on High 10 minutes or until thickened. Add clams, clam juice and parsley; microwave on High 5 minutes, stirring once after 3 minutes. Stir in remaining ingredients.

### CARROT CAKE WITH CREAM CHEESE ICING

*This popular, healthful spice cake, possibly German in origin, is best if prepared a day ahead.*

2 cups all-purpose flour
2 teaspoons baking soda
1 teaspoon salt
2 teaspoons cinnamon
½ teaspoon nutmeg
Pinch ground cloves
4 eggs
1 cup granulated sugar


# Make it juicy.

CITRUS 'N' SPICE GLAZE
1 cup Heinz 57 Sauce
1 tablespoon orange juice concentrate

Combine ingredients. Brush chicken frequently with Citrus 'N' Spice Glaze during last 10 to 15 minutes of grilling.



# Make it one honey of a barbecue.



HONEY 'N' SPICE GLAZE
½ cup Heinz 57 Sauce
¼ cup honey

Combine ingredients. Brush chicken pieces with melted butter, then with Honey 'N' Spice Glaze. Grill until chicken is cooked, turning and brushing frequently with glaze.


white pepper. Add to skillet; cover and simmer gently about 3 minutes. Turn fish over; add squash and simmer covered 10 to 12 minutes more, until fish is done. With slotted spoon transfer fish and vegetables to a serving dish; cover and keep warm. Reduce liquid to ½ cup.

In small bowl combine flour and remaining 1 tablespoon butter. Whisk into reduced liquid over medium *(continued)*

## JULY RECIPE INDEX

Here is a listing of recipes appearing in this issue, including those from the Journal kitchen and advertisements. * Recipe includes microwave instructions.


**APPETIZERS**

Buffalo Chicken Wings p. 122
Nachos p. 121
Roasted Potato Skins p. 120

**BREADS**

Buttermilk Biscuits p. 110
Pita Toast with Garlic p. 74

**DESSERTS**

All-American Chocolate Cake p. 110
Amaretto Crème Brûlée p. 118
Bud's Chocolate Pine-Nut Tart p. 118
Cantaloupe Sorbet p. 116
Carrot Cake p. 114
Cherry Pie p. 112
Chewy Oatwiches p. 122
Chocolate-Dipped Fruit p. 113
Chocolate Marble Soufflé with Bourbon Fudge Sauce p. 118
Honeydew Sorbet p. 116
Plums with Cognac Cream p. 74
Ultimate Chocolate Chunk Cookies p. 121
Watermelon Sorbet p. 116

**ENTREES**

Blackened Sirloin Salad p. 116
Boston Baked Beans p. 110
Buttermilk Fried Chicken with Pan Gravy p. 110
Garden Pasta Salad p. 117
*Macaroni 'n' Cheese p. 110
Mediterranean Tuna p. 74
Monkfish Pot au Feu p. 115
Pasta Bella p. 113
Pizza Moderna p. 116
*Pork with Fresh Plum Chutney p. 118
Quick Cashew Chicken p. 143
Smoked Chicken Salad p. 116

**MISCELLANEOUS**

Citrus 'n' Spice Glaze p. 114
Fresh Peach Smoothie p. 122
Fresh Strawberry-Banana Smoothie p. 122
*Golden Pepper Soup p. 118
Honey Mustard Marinade p. 121
Honey 'n' Spice Glaze p. 115
*New England Clam Chowder p. 113
Old-Fashioned Soft Pretzels p. 120
*Scalloped Potatoes p. 113
Waldorf Salad p. 113


## NEW CLASSICS

### MONKFISH POT AU FEU

pictured on page 89

*Monkfish has been called poor man's lobster. One bite and you'll feel like a Rockefeller.*

- 1½ cups water
- 1 cup dry vermouth
- 1 small onion, halved
- 1 carrot, cut into 3 or 4 pieces
- 1 sprig thyme
- 1 small bay leaf
- 6 black peppercorns
- 3 tablespoons butter, divided
- ½ pound baby carrots
- ½ pound small pearl onions
- 2 pounds monkfish fillets, about 1½ inches thick, trimmed
- ¾ teaspoon salt, divided
- ½ teaspoon white pepper, divided
- ½ pound baby summer squash or medium summer squash, halved and cut into ¾-inch slices
- 1 tablespoon flour
- ⅔ cup heavy or whipping cream
- 2 teaspoons country-style mustard
- 1 head escarole, tough stems and large leaves removed, blanched

In large stainless steel skillet combine water, vermouth, onion, carrot, thyme, bay leaf and peppercorns; simmer covered 20 minutes. Strain; reserve liquid.

In same skillet melt 2 tablespoons butter over medium heat. Add baby carrots and pearl onions; saute 2 to 3 minutes. Return strained liquid to skillet. Bring to a boil; reduce heat and simmer covered 10 minutes.

Sprinkle monkfish with ¼ teaspoon salt and ¼ teaspoon




"For barbecuing, make Heinz 57 Sauce your recipe for success."

And for more great recipes, write: Heinz 57 Sauce Recipes, P.O. Box 28, D-127, Pittsburgh, PA 15230.




Heinz
© 1986, H. J. Heinz Co.

heat. Whisk in cream, mustard, remaining ½ teaspoon salt and ¼ teaspoon pepper; cook until heated through. Drain excess liquid from fish and vegetables. Serve with sauce on a bed of blanched escarole. Makes 4 servings, 485 calories each.

## BLACKENED SIRLOIN SALAD

pictured on page 89

*Japanese or Chinese eggplant, a long, pale variety, has the same flavor as the common variety and is available year-round.*

- 1 pound boneless beef sirloin, about 2½ inches thick, trimmed, at room temperature
- ¼ teaspoon salt
- ½ teaspoon freshly ground pepper
- 1 teaspoon Chinese five-spice powder*
- 1 tablespoon salad oil

Sauce

- ¼ cup soy sauce
- ¼ cup water
- 1 tablespoon rice wine vinegar
- 2 tablespoons mirin (Japanese rice wine)* or sherry
- 1½ teaspoons sugar
- 2 tablespoons chopped pickled ginger*
- 2 tablespoons chopped green onions
- 1 teaspoon minced garlic
- ¼ teaspoon cracked pepper

- 1 pound Japanese eggplant, cut diagonally into ¼-inch slices
- ⅓ cup salad oil
- ½ teaspoon minced garlic
- ½ teaspoon salt
- ¼ teaspoon freshly ground pepper
- 3 tablespoons Oriental sesame oil*
- ½ pound bean sprouts
- Julienned green onions, for garnish
- Toasted sesame seed, for garnish

Pat sirloin with paper towels. Season with salt, pepper and five-spice powder. Before searing the sirloin, turn off the smoke alarm and open the windows. Brush a cast-iron skillet with salad oil; heat over high heat until smoking. Sear beef 3 minutes per side, pressing with a spatula to blacken. *(Can be made ahead. Cover and let stand up to 2 hours.)*

*Sauce:* In small bowl combine all ingredients; set aside.

In bowl toss eggplant with salad oil, garlic, salt and pepper. Let stand at room temperature at least 30 minutes.

Brush cast-iron skillet with salad oil; heat on high until almost smoking. Add eggplant slices in a single layer and cook until golden brown, about 30 seconds per side. Repeat with remaining eggplant, adding more oil as needed. Transfer to a plate.

With sharp knife slice beef very thin across the grain. Arrange on a platter with bean sprouts and eggplant. Drizzle with sauce and sesame oil. Garnish with julienned green onions and toasted sesame seed. Makes 6 servings, 410 calories each.

*Chinese five-spice powder, mirin, pickled ginger, and Oriental sesame oil can be found in Oriental groceries or in the specialty section of your supermarket.

## SMOKED CHICKEN SALAD

pictured on page 89

*You can substitute smoked turkey.*

Dressing

- ½ cup dry red wine
- 4½ teaspoons honey
- 16 sage leaves or ½ teaspoon dried
- ¼ cup red wine vinegar
- ¼ cup salad oil
- 2 tablespoons minced red onion
- ½ teaspoon salt
- ¼ teaspoon freshly ground pepper

- 1 head Boston lettuce
- 1 head radicchio
- 1 bunch arugula
- ½ cup slivered almonds, toasted
- 1 smoked chicken breast (8 oz.), sliced

*Dressing:* In saucepan combine wine, honey and sage. Boil over high heat; cook until reduced to ¼ cup. Cool. In jar with tight-fitting lid combine reduced liquid with remaining ingredients.

In large bowl toss greens and almonds with ½ cup dressing. Divide equally among 4 plates. Arrange chicken on each and drizzle on remaining dressing. Makes 4 servings, 345 calories each.

## PIZZA MODERNA

pictured on page 89

*Inspired by the pizzas served at Alice Waters's Chez Panisse and Wolfgang Puck's Spago restaurants, in California.*

Dough

- 3 cups all-purpose flour, divided
- 1 package active dry yeast
- 1 cup very hot water (120°F.–130°F.)
- 2 tablespoons extra virgin olive oil
- 1 tablespoon honey
- 1 teaspoon salt

- 2 tablespoons plus 4 teaspoons extra virgin olive oil
- 2 red peppers, julienned
- 1½ teaspoons minced garlic
- 1 tablespoon minced fresh thyme
- Freshly ground pepper
- 4 ounces goat cheese, crumbled
- 8 ounces mozzarella cheese, shredded
- ½ cup Niçoise olives, pitted
- Sprigs of thyme, for garnish

In large mixer bowl combine 1 cup flour and yeast. With mixer at low speed gradually add hot water, olive oil, honey and salt. Increase speed to medium; beat 1 minute. Stir in enough additional flour to make a soft dough. On lightly floured surface, knead until smooth and elastic, about 5 minutes. Place dough in oiled bowl, turning to oil top. Cover and let rise about 30 minutes. Punch dough down. Divide into quarters. Roll each piece into a smooth tight ball. For easier handling, place on a flat cookie sheet or tray, cover and refrigerate 1 hour.

In medium skillet heat 2 tablespoons olive oil over medium heat. Add peppers and saute 5 minutes, until tender.

Adjust oven rack to lowest position. Preheat oven to 450°F. On lightly floured surface, roll 1 dough ball into a circle about 6 inches in diameter, keeping outer edge thicker than center. Lift dough and gently stretch edges to form an 8-inch circle. Place on cookie sheet. Repeat with remaining dough. Brush remaining oil on dough. Sprinkle with garlic, thyme and pepper. Sprinkle with cheeses. Arrange peppers and olives on top. Bake 15 minutes or until crust is golden brown and top is bubbly. (If baking on 2 racks, switch cookie sheets halfway through baking.) Garnish with thyme sprigs and return to oven 1 minute. Cut into wedges and serve immediately. Makes 4 pizzas, 460 calories per half pizza.

## THREE MELON SORBETS

pictured on page 88

*It's best to make and serve the same day for the freshest flavor.*

Honeydew Sorbet

- 4 cups pureed honeydew melon
- ½ cup sugar
- 2 tablespoons lime juice
- Dash salt
- 2 egg whites, lightly beaten

Cantaloupe Sorbet

- 4 cups pureed cantaloupe
- ½ cup sugar
- 1 tablespoon lime juice
- Dash salt
- 2 egg whites, lightly beaten

Watermelon Sorbet

- 4 cups pureed watermelon
- ⅔ cup sugar
- 1 tablespoon lime juice
- Dash salt
- 2 egg whites, lightly beaten

*For each sorbet:* In small saucepan combine 1 cup of pureed melon with the sugar; heat, stirring, until sugar dissolves.

In medium bowl combine heated melon with remaining melon, lime juice and salt. Refrigerate at least 6 hours or overnight. (Mixture may separate.)

Whisk egg whites into melon mixture until blended. Freeze in ice-cream maker according to manufacturer's directions. Each recipe makes about 5 cups, 50 calories per ½ cup for honeydew and cantaloupe, 85 calories per ½ cup for watermelon. *(continued)*



"Mark, if you'd quit staring at the page
I could start making the pasta salad with Miracle Whip."

Only the tang, the zip of MIRACLE WHIP Salad Dressing could make a pasta salad that bursts with this much color and creamy taste.

It's a summertime favorite made extra special. So make extra today!

## Garden Pasta Salad

(Main Dish)

- 1 cup MIRACLE WHIP Salad Dressing
- ¼ cup chopped parsley
- 1 tsp. dried basil leaves, crushed
- 1 garlic clove, minced
- 1 8-oz. pkg. J.L. KRAFT SELECT Mild Natural Cheddar Cheese, cubed
- 2 cups broccoli flowerets, cooked
- 1 cup (4 oz.) tri-color corkscrew noodles, cooked, drained
- 2 medium tomatoes, cut into thin wedges
- ½ cup chopped walnuts (optional)

Combine salad dressing, parsley, basil and garlic; mix well. Add cheese, broccoli and noodles; mix lightly. Chill. Arrange tomatoes on platter; top with salad. Sprinkle with walnuts. 6 servings




© 1986 Kraft, Inc.

## BUD'S CHOCOLATE-PINE NUT TART

pictured on page 89

*Kim Peoples, pastry chef at Bud's, Jonathan Waxman's New York City restaurant, shared his recipe with us.*

Pastry

- 1½ cups all-purpose flour
- ¼ teaspoon salt
- ¼ cup sugar
- 6 tablespoons unsalted butter
- 1 egg yolk
- ¼ cup heavy or whipping cream
- 1 cup pine nuts (pignoli) or slivered almonds, toasted and divided

- 4 squares (1 oz. each) semisweet chocolate
- 3 squares (1 oz. each) unsweetened chocolate
- 6 tablespoons unsalted butter
- ¾ cup heavy or whipping cream
- 1 teaspoon vanilla extract
- 3 eggs, at room temperature
- 3 tablespoons sugar
- Sifted cocoa, for garnish

*Pastry:* In large bowl combine flour, salt and sugar. With pastry blender or 2 knives, cut in butter until mixture resembles coarse crumbs. In small bowl combine egg yolk and cream. Add to flour mixture, tossing with a fork until just combined. Flatten dough slightly. Wrap and refrigerate at least 2 hours.

On lightly floured surface, roll pastry to a 12-inch circle. Fit into a 10-inch tart pan; trim. Press ⅓ cup nuts into bottom. Prick with fork. Place in freezer for 15 minutes.

Adjust oven rack to lowest position. Preheat oven to 375°F. Line tart pan with foil and fill with dried beans. Bake 15 minutes. Remove foil and beans. Bake 10 minutes more.

Meanwhile, in top of double boiler over hot, not boiling, water melt chocolates and butter with cream. Cool. Stir remaining nuts and vanilla into chocolate. In large mixer bowl beat eggs and sugar at high speed until tripled in volume, about 5 minutes.

Remove pastry from oven and increase temperature to 400°F. Fold chocolate mixture into eggs. Pour filling into tart shell. Bake on cookie sheet 15 minutes. Cool; cover and refrigerate overnight. Let stand at room temperature 1 hour before serving. Sprinkle with cocoa. Makes 16 servings, 270 calories each.

## GOLDEN PEPPER SOUP

*The garnish is a chiffonade—a julienne of herbs or lettuce.*

- 3 tablespoons butter or margarine
- 3 yellow peppers, diced (about 2½ cups)
- 1 cup finely chopped onions
- 1½ teaspoons minced garlic
- 2 cans (13¾ or 14½ oz. each) chicken broth
- ¼ teaspoon salt
- ⅛ teaspoon white pepper
- Julienned basil, for garnish

In large saucepan melt butter or margarine. Add peppers, onions and garlic; saute over medium heat 10 minutes or until softened, stirring occasionally. Stir in chicken broth, salt and pepper; simmer 20 minutes. In blender puree soup in 2 batches. Serve hot or cold, garnished with basil. Makes 4 servings, about 140 calories each.

*To microwave:* In 3-quart microwave-proof casserole melt butter on High 1 minute. Add peppers, onion and garlic; cover and microwave on High 8 to 10 minutes, until softened, stirring occasionally. Add chicken broth, salt and pepper; microwave uncovered on High 15 minutes more. Proceed with recipe.

## CHOCOLATE MARBLE SOUFFLÉ WITH BOURBON FUDGE SAUCE

*Make this your showstopper dessert.*

- 3 tablespoons butter or margarine, divided
- 2 tablespoons flour
- 1 cup milk, divided
- 3 egg yolks, divided
- 6 tablespoons sugar, divided
- 1 teaspoon vanilla extract
- ⅛ teaspoon salt
- 1 square (1 oz.) unsweetened chocolate
- 1 square (1 oz.) semisweet chocolate
- 4 egg whites, at room temperature

Bourbon Fudge Sauce

- 1 square (1 oz.) unsweetened chocolate, coarsely chopped
- 1 square (1 oz.) semisweet chocolate, coarsely chopped
- ½ cup heavy or whipping cream
- 2 tablespoons sugar
- 2 tablespoons bourbon
- ½ teaspoon vanilla extract

Preheat oven to 375°F. Butter a 1-quart soufflé dish and sprinkle with sugar.

In saucepan melt 2 tablespoons butter over low heat. Add flour; stir until smooth. Whisk in ¾ cup milk. Cook, whisking frequently, until mixture comes to a boil and thickens. Transfer to a large bowl to cool. In mixer bowl beat 2 egg yolks with 2 tablespoons sugar until light and thick. Beat in vanilla and salt. Whisk milk mixture into egg yolk mixture; set aside.

In saucepan combine chocolates, remaining 1 tablespoon butter, 2 tablespoons sugar and remaining ¼ cup milk; cook over low heat, stirring, until smooth. Cool. Whisk in remaining egg yolk. Transfer to a medium bowl.

In another mixer bowl beat egg whites until foamy; add remaining 2 tablespoons sugar and beat until stiff peaks form. Fold ½ cup egg whites into chocolate; fold remaining whites into egg mixture. Pour half the egg yolk mixture into prepared soufflé dish. Spoon 5 large dollops of chocolate on top; swirl through with a knife to marbleize. Repeat with remaining egg yolk and chocolate mixtures. Bake 20 to 25 minutes. Serve with Bourbon Fudge Sauce. Makes 6 servings, 220 calories each without sauce.

*Bourbon Fudge Sauce:* In saucepan combine all ingredients over low heat, whisking, until chocolate is melted and sauce is smooth. Makes ¾ cup, 75 calories per tablespoon.

## AMARETTO CRÈME BRÛLÉE

*Divine flavor and texture—this is nursery food grown up.*

- 4 egg yolks, at room temperature
- ¼ cup sugar
- 2 cups heavy or whipping cream
- ½ teaspoon vanilla extract
- 1 tablespoon ground amaretti biscuits
- ⅓ cup dark brown sugar

Preheat oven to 325°F. In mixer bowl beat egg yolks and sugar.

Meanwhile, in small saucepan scald cream. Gradually beat into egg mixture with vanilla. Ladle into six ½-cup ramekins set in a roasting pan. Fill pan with hot water ⅔ up sides of ramekins. Bake 50 to 60 minutes, until a knife inserted in center comes out clean. Remove from oven. Sprinkle ground biscuits evenly over tops. Sieve brown sugar and sprinkle 1 tablespoon over each ramekin. Cover loosely with plastic wrap and refrigerate overnight.

Preheat broiler. Melt brown sugar under broiler, being careful not to burn. Refrigerate uncovered 1 hour before serving. Makes 6 servings, 400 calories each.

## PORK WITH FRESH PLUM CHUTNEY

*This delicate meat broils very quickly, so be careful not to overcook.*

Chutney

- 2 tablespoons butter or margarine
- 1 small onion, coarsely chopped
- ¼ teaspoon ginger
- ⅛ teaspoon cardamom
- ⅓ cup raisins
- ¼ cup sugar
- ½ cup water
- ¼ cup orange juice
- 1 tablespoon white vinegar
- ¼ teaspoon salt
- 2 cups coarsely chopped plums
- 1 cup peeled and chopped peaches

- 1 garlic clove
- 1 teaspoon salad oil
- ½ teaspoon salt
- ½ teaspoon cardamom
- ½ teaspoon ginger
- Grated peel from 1 lemon
- 2-pound pork tenderloin, trimmed

*(continued)*



# Pasta pronto alla Velveeta.

Velveeta Process Cheese Spread uses a special blending of natural cheeses for a taste no single cheese can match. So it's always easy to make pasta perfecto!

**Pasta Bella**

- 2 cups broccoli flowerets
- 1 cup carrot slices
- ¼ cup PARKAY Margarine
- 2 cups summer squash slices
- ½ lb. asparagus spears, cut into 1-inch pieces
- ¾ lb. VELVEETA Pasteurized Process Cheese Spread, cubed
- ¾ cup half and half
- 1 teaspoon dried oregano leaves, crushed
- ¼ lb. pepperoni, chopped
- 2 cups (4 ozs.) bow noodles, cooked, drained
- ⅓ cup (1⅓ ozs.) KRAFT Grated Parmesan Cheese

In large skillet, stir-fry broccoli and carrots in margarine 3 minutes. Add squash and asparagus; stir-fry until crisp-tender. Reduce heat to medium. Add process cheese spread, half and half and oregano; stir until process cheese spread is melted. Add remaining ingredients; mix lightly.

6 servings

There's no single cheese like Velveeta.




© 1986 Kraft, Inc.

*Chutney:* In medium saucepan melt butter or margarine over medium heat. Add onion, ginger and cardamom; saute until onion is translucent. Add raisins, sugar, water, orange juice, vinegar and salt. Simmer covered over medium heat 10 minutes. Add plums and simmer covered 5 to 7 minutes, until plums are tender. Add peaches and simmer until heated through. Makes 2½ cups, 150 calories per ½ cup.

With mortar and pestle mash garlic, oil, salt, cardamom, ginger and grated lemon peel to a paste. Rub on both sides of pork and let marinate at room temperature 1 hour.

Preheat broiler or prepare grill. Broil or grill pork 13 to 15 minutes per side, brushing with chutney. Let stand 10 minutes before slicing. Serve hot or at room temperature with chutney. Makes 4 servings, 470 calories each without chutney.

*To microwave chutney:* In 2-quart microwaveproof casserole combine butter, onion, ginger and cardamom. Microwave on High 2 minutes, until onion is translucent. Add remaining chutney ingredients except water. Microwave on High 10 minutes, stirring 2 or 3 times during cooking. Let stand 5 minutes.




Introducing the Ultra 21® Rectangular Roasting Pan.
You can bake in it at up to 500°. Freeze in it. Microwave in it. Serve in it. And even carry meals in it.
No other roasting pan is more versatile.
And it's guaranteed to last a lifetime.
Ultra 21 ovenware only from Tupperware®.
We're in the White Pages.




The New Ultra 21® Roasting Pan.

© 1986 Dart Industries Inc.

Prepare marinade and pork as recipe directs.

*New Classics recipes developed by Beverly Stephens, Lisa Brainerd and Kay Rentschler.*

## PERFECT SNACKS

### OLD-FASHIONED SOFT PRETZELS

pictured on page 90

*We recommend making these as a family project—the children will love it!*

- 1 package active dry yeast
- 3 teaspoons sugar, divided
- 1½ cups warm tap water (105°F.–115°F.), divided
- 3¾ cups unbleached all-purpose flour
- 1½ teaspoons table salt
- 3 tablespoons baking soda
- 1 egg white, lightly beaten
- 1 tablespoon sea salt or kosher salt

In bowl combine yeast, 1 teaspoon sugar and ½ cup warm water. Let stand 5 minutes.

In large bowl combine flour with salt. Stir in yeast mixture and remaining cup water. On floured surface, knead dough until smooth and elastic, 8 to 10 minutes, adding flour as needed. Transfer to a large oiled bowl, turning dough to oil top. Cover and let rise in a warm draft-free place until doubled in bulk, about 1 hour. Punch dough down. Divide into 10 equal pieces.

To form each pretzel, roll 1 piece dough into a rope about 20 inches long. On well-floured surface, curve rope into a broad horseshoe shape with ends toward you. Pick up both ends of rope and twist around each other once about halfway up length of rope. Press ends onto rounded part of dough to shape pretzel. Let rise on a well-floured surface 30 minutes.

Preheat oven to 425°F. Generously grease 2 cookie sheets.

In medium skillet combine 1 quart water, baking soda and remaining sugar. Bring to a simmer. Slip 3 pretzels into simmering water. Cook 30 seconds; turn with a slotted spoon and cook 30 seconds more. Transfer to prepared cookie sheets. Repeat with remaining pretzels. Brush each pretzel with egg white and sprinkle with salt. Bake 15 to 18 minutes, until browned. Makes 10 pretzels, 205 calories each.

### ROASTED POTATO SKINS

pictured on page 91

*No need to worry about leftovers.*

- 2 pounds (6 medium) baking potatoes
- 4 tablespoons butter
- 2 teaspoons Worcestershire sauce
- 2 teaspoons minced garlic
- Salt
- Freshly ground pepper

Accompaniments: chopped chives, sour cream, bacon, minced red onion, guacamole, shredded Cheddar cheese

eheat oven to 400°F. Scrub potatoes ell and prick each several times with rk. Bake until tender, about 1¼ urs. Cool.

Cut potatoes in half lengthwise, then it each half lengthwise into thirds. ith a spoon scoop out centers, leaving ¼-inch shell. (Reserve centers for anher use.) Place skins on jelly-roll pan id let dry at least 1 hour.

Meanwhile, in small saucepan melt itter with Worcestershire sauce. Add rlic and saute 1 minute. Strain. Preeat oven to 500°F. Brush potato skins both sides with flavored butter. prinkle with salt and pepper. Bake 10 inutes or until crisp, turning once. erve immediately with accompanients. Makes 6 servings, 160 calories ch without accompaniments.

## NACHOS

pictured on page 91

*nacio "Nacho" Anaya whipped up is snack for some hungry Texans topping in Piedras Negras, Mexico, in e 1930s. Thank you, Nacho!*

tablespoons olive oil, divided
teaspoons minced garlic
1 medium onion, minced
1 to 2 tablespoons minced pickled jalapeño pepper
¼ teaspoon cumin
¾ teaspoon oregano
1 can (16 oz.) refried beans
¼ cup water
⅛ teaspoon salt
Dash red pepper sauce
½ bag (7½ oz.) plain tortilla chips
1 cup (about 4 oz.) shredded Cheddar cheese
1 cup (about 4 oz.) shredded Monterey jack cheese

Salsa

1 pound (2 cups) plum tomatoes, seeded and chopped fine
¼ teaspoon grated lime peel
2 tablespoons lime juice
2 tablespoons chopped fresh cilantro
⅓ cup minced onion
2 tablespoons olive oil
½ teaspoon salt
¼ teaspoon pepper

In large skillet heat 2 tablespoons olive oil over medium heat. Add garlic, onion, jalapeño, cumin and oregano; saute until onion is translucent, about 5 minutes. Add beans, water, salt and pepper sauce. Simmer 10 minutes. Cover and keep warm.

Preheat oven to 450°F. Line a jelly-roll pan with foil. Lightly grease foil with 2 teaspoons olive oil. Arrange tortilla chips in pan in a single layer. Spoon beans over chips. Sprinkle on shredded cheeses and drizzle with remaining olive oil. Bake 7 to 10 minutes, until bubbly. Serve hot with salsa. Makes 8 servings, 355 calories each without salsa.

*Salsa:* In small bowl combine all ingredients. Cover and refrigerate until ready to use. Makes 2⅓ cups, 10 calories per tablespoon.

## ULTIMATE CHOCOLATE CHUNK COOKIES

pictured on page 91

*You can either chop up bars of bittersweet chocolate or use the new packaged semisweet chocolate chunks.*

1¼ cups firmly packed brown sugar
1 cup unsalted butter
2 eggs
1 teaspoon vanilla extract
2 cups all-purpose flour
1 teaspoon baking soda
½ teaspoon salt
8 ounces bittersweet chocolate, very coarsely chopped, or 2¼ cups semisweet chocolate chunks
1 cup hazelnuts, toasted, skinned and very coarsely chopped

Preheat oven to 350°F. In *(continued)*




# The only kind of chicken that can't be improved with Holland House® Cooking Wine.



Almost any way you serve it, chicken tastes much more delicious with Holland House Cooking Wine. Try it in this barbeque marinade to make ordinary chicken extraordinary.

HONEY MUSTARD MARINADE
• 1 cup White Cooking Wine • 3 Tbsp. Dijon mustard • 3 Tbsp. honey • 1 Tbsp. salad oil • 2 cloves garlic, minced • ⅛ tsp. black pepper

Combine ingredients in a large dish. Marinate chicken for at least one hour in refrigerator, then grill.

Holland House Cooking Wines make everyday meals special.

©1986 Rose Holland House.

large mixer bowl cream sugar with butter until light and fluffy. Beat in eggs and vanilla.

In medium bowl combine flour, baking soda and salt. With mixer at low speed, slowly beat dry ingredients into creamed mixture just until blended. Stir in chocolate and nuts. Drop dough by heaping teaspoonfuls about 2 inches apart onto ungreased cookie sheets. Bake 12 to 14 minutes. Makes 3 dozen cookies, 160 calories each.

## FRESH STRAWBERRY-BANANA SMOOTHIE

pictured on page 91

*Each swallow of this fruit-yogurt drink makes you feel so healthy.*

- 10 large strawberries,* hulled
- ½ banana
- ¾ cup (5 or 6) ice cubes
- ½ cup low-fat plain yogurt
- 2 tablespoons honey

In blender combine all ingredients. Blend on high speed until smooth. Makes 2 servings, 175 calories each.

**Variation:* To make fresh peach smoothie, follow recipe above but substitute 3 medium ripe peaches or nectarines for the strawberries and banana. Makes 2 servings, 155 calories each.

## BUFFALO CHICKEN WINGS

*These aptly named appetizers were first served in a neighborhood bar in Buffalo, New York.*

- 24 chicken wings (about 4 lbs.)
- 2 tablespoons butter or margarine, melted
- 4 to 5 tablespoons Louisiana hot sauce
- 2 teaspoons cider vinegar
- Celery sticks

Blue Cheese Dip

- ½ cup sour cream
- ½ cup mayonnaise
- 2 ounces blue cheese, crumbled
- 1 green onion, sliced thin
- ½ teaspoon minced garlic
- ¼ teaspoon salt
- ¼ teaspoon freshly ground pepper

Preheat oven to 450°F. Trim and discard tip from each wing. Cut each wing into 2 pieces at joint. Arrange wings on a flat rack in a roasting pan.

In small bowl combine butter, hot sauce and vinegar. Brush half the sauce on wings. Roast 25 minutes. Brush remaining sauce on wings. Roast 20 minutes more. Serve with celery sticks and Blue Cheese Dip. Makes 8 servings, 190 calories each, without dip.

*Blue Cheese Dip:* In medium bowl combine all ingredients. Refrigerate at least 1 hour. Makes 1¼ cups, 65 calories per tablespoon.

## CHEWY OATWICHES

*Reminiscent of the ice-cream sandwiches sold by street vendors.*

- 2 cups all-purpose flour
- 1 teaspoon baking powder
- ½ teaspoon baking soda
- ½ teaspoon salt
- ¾ teaspoon cinnamon
- ¼ teaspoon allspice
- 1 cup butter or margarine, softened
- 1¼ cups firmly packed brown sugar
- 2 eggs
- 1 teaspoon vanilla extract
- 1½ cups oats, uncooked
- 1 cup flaked coconut, lightly toasted
- 2½ pints vanilla ice cream, softened
- Chocolate sprinkles, for garnish

Preheat oven to 350°F. Lightly grease cookie sheets.

In medium bowl combine flour, baking powder, baking soda, salt, cinnamon and allspice.

In mixer bowl cream butter or margarine and sugar until light and fluffy. Add eggs one at a time, beating well after each addition. Add vanilla. Stir in dry ingredients, then oats and coconut. For each cookie, drop 2 rounded tablespoons dough about 2 inches apart on






epared cookie sheets. Bake 12 to 15 minutes. Cool 5 minutes on cookie sheets, en cool completely on wire racks. Pair cookies of roughly the same ape; spread ½ cup ice cream on one okie from each pair. Top with remaining cookies. Roll sides in chocolate rinkles. Makes 10 ice-cream sandches, 590 calories each. **End**

*rfect Snacks recipes developed by Die D. Holtaway and Kay Rentschler.*

## Journal Shopping Center

**PRAISE OF AMERICAN FOOD**
**ages 86–87:** White serving platters for biscuits and icken, gravy boat and ladle from Royal Copenhagen Porlain, 683 Madison Ave., NYC 10021. Baking dish for maconi, tureen for beans and compote for salad from Wolfan, Gold and Good Company, 484 Broome St., NYC 10012. orcelain napkin rings from Pottery Barn, 230 Tenth Ave., YC 10011. Napkins, wicker table and plant stand from azebo, 660 Madison Ave., NYC 10021.
**ages 88–89:** White patterned plates and natural wicker ay from Wolfman, Gold and Good Company, 484 Broome t., NYC 10012. Napkins and natural wicker napkin rings om Pottery Barn, 230 Tenth Ave., NYC 10011. Mesh table om Workbench, 470 Park Ave. South, NYC 10016. Umrella from Conran's, 160 E. 54th St., NYC 10022.
**ages 90–91:** Striped napkins from Pottery Barn, 230 Tenth ve., NYC 10011. Table from Workbench, 470 Park Ave. outh, NYC 10016. Canvas flowered pillows from Conran's, 50 E. 54th St., NYC 10022.
**LL-AMERICAN GARDENS**
**ages 100–101:** Garden by Charles H. Gale, Gale Nurseries, wynedd, PA. Copper watering can from Zona, 97 Greene treet, NYC 10012. 212-925-6750. Blue-and-white check ablecloth from Ad Hoc Softwares, 410 West Broadway, NYC 0012, 212-925-2652. Lace from Wolfman, Gold & Good ompany, 484 Broome Street, NYC 10012, 212-431-1888.
**age 102:** Garden by Denni Jones and Harris M. Bieberfeld, ounty Line Landscape Nursery, Green Line, PA.
**age 103:** Garden by John J. Blandy, Rose Valley Nurseries, ic., Media, PA. Inset: Arrangement in terra-cotta urn by ohn Story, Meadowbrook Farm, Meadowbrook, PA. All her arrangements by ZeZé, 398 East 52nd St., NYC 0022.

## MEDICAL MAKEOVER

**continued from page 30**

### Week 3: Exercise

Adding exercise to your life is one of the most important things you can do to improve your health while reinforcing all your other good habits. Yet statistics tell us that about 85 percent of all Americans exercise sporadically or not at all. The goal this week is to become more active.

Once you start, it's easy to get hooked on exercise. Beta endorphins, the body's natural opiates, are produced at high levels with regular aerobic exercise. These natural chemicals counter stress and give you an all-around good feeling. They help lower blood pressure and suppress appetite. Exercise will also help you lose weight, as it facilitates the metabolism of fat. But perhaps the single most significant benefit of exercise is that it strengthens your heart muscle and lessens your chance of developing heart disease.

Before you begin an exercise program, consult a doctor, especially if you have cardiovascular disease or are over thirty-five.

To get the most out of any exercise program, you must understand the three principles of aerobic fitness:

- *Frequency* You must exercise at least three times a week, with sessions spaced throughout the week.
- *Intensity* How do you know what's vigorous enough for you? The best way to find out is by monitoring your heart rate during exercise. Locate your pulse, either on the inside of your wrist or the side of your neck. Using a watch with a second hand, count your pulse for exactly six seconds. Multiply the number by ten to get your heart rate per minute. Here's how to find your target heart rate: 220 minus your age equals your maximum heart rate. Your maximum heart rate multiplied by .7 equals your minimum target heart rate. Your maximum heart rate multipled by .85 equals your maximum target heart rate.

If your heart rate while exercising is lower than your minimum target rate, you're not working hard enough; if it's higher than your maximum target rate, you're working too hard.

- *Time* Finally, you have to maintain this higher heart rate for an optimum amount of time. Short bursts of activity will not do. Start with thirty-minute exercise sessions, and progress from there, but don't push yourself too hard.

Now that you understand the principles of aerobic exercise, you have to choose an exercise that's right for you. Running is among the *(continued)*


You don't need a collar to need Wisk®
Wisk® gets ring around the collar and your whole wash clean
Wisk
© 1985 Lever Brothers Co.

continued from page 85

# The 25 most important WOMEN in American history

awarded a widow's pension, either. She died at the age of seventy, three years after the president had passed away.

## Sacajawea (ca. 1787–1812)
### Have papoose, will travel

Talk about a working mother! During the winter of 1804, when her son was just an infant, this young Shoshone Indian woman was invited to be the interpreter for the Lewis and Clark Expedition, a group of forty-five men sent by President Thomas Jefferson to forge an overland route to the Pacific Ocean. Come spring, Sacajawea, whose name means "Bird Woman," slipped her baby into that ingenious Indian prototype of the Snugli and went with her husband, a French-Canadian fur trapper, on the expedition as guide and—most important—liaison with the Indians. In their detailed journals, Lewis and Clark said of Sacajawea: "Intelligent, cheerful, resourceful, tireless, faithful, she inspired us all."

## Lydia Pinkham (1819–1883)
### She meant business

When her husband went bankrupt, resourceful Lydia marched into her kitchen, whipped up a batch of Vegetable Compound and began hawking the stuff as a cure for "female weaknesses." A born entrepreneur, she put her picture on the label and invented a great gimmick: She promised to reply personally to any customer inquiring about a particular ailment. The compound was an instant hit—perhaps because it was secretly laced with alcohol. Though her operation smacked of snake oil, Lydia was the first to show that a woman could be a tycoon.

## Harriet Beecher Stowe (1811–1896)
### The pen before the sword

Legend has it that when President Abraham Lincoln met Mrs. Stowe, he took her small hand in his and said, "So this is the little lady who made this big war." He was referring, of course, to the Civil War. Indeed, Mrs. Stowe's controversial novel *Uncle Tom's Cabin*, an unflinching portrayal of the inhuman treatment of slaves, had been instrumental in sparking the conflict. What spurred this mother with seven children—who still managed to write more than a book a year—to pen such an explosive story? Deeply religious, Mrs. Stowe was the daughter and sister of preachers and the wife of a theologian; her whole family was involved in exposing the evils of slavery.

## Susan B. Anthony (1820–1906)
### The fight for women's rights

The silver dollar bearing her image was a flop, but the campaigns waged by this determined early feminist were crucial. Anthony was a handsome woman who traded the plain garb of her Quaker childhood for the bright, flirty clothes she often wore to go dancing with suitors. Yet Anthony chose not to marry, and she abandoned her chosen profession, teaching, to devote her energy to making women full citizens of this country. In her lifetime, she saw the passage of the Married Woman's Property Act and the formation of the National Woman Suffrage Association. Women still were not allowed the vote at the time of Anthony's death, at the age of eighty-six, but her colleagues carried on and were at last victorious, with the passage of the Nineteenth Amendment, in 1920.

## Harriet Tubman (1820–1913)
### Let my people go

As a young slave in the pre–Civil War South, Tubman was struck on the head with a heavy weight by her cruel master. For the rest of her ninety-three years, she suffered excruciating headaches and periodic blackouts, but those afflictions never curbed her tireless efforts to free all blacks from the bonds of slavery. Spurred by a deep religious conviction, she came to be known as Moses; like the biblical Moses, she was determined to lead her people to freedom. She escaped to the North and, with the help of the underground railroad—a network of Northern whites and free blacks who sheltered fugitives—returned to the South time and again to bring more slaves to "Canaan."

## Mary Baker Eddy (1821–1910)
### Faith hath saved thee

Though she was plagued early in life by "nerves" and a host of ailments, Mary Baker Eddy overcame her physical woes to found the Church of Christ, Scientist. Convinced that mental discipline and prayer had restored her health, Mary started to spread her belief and demonstrate her healing skills. By 1876, she had formed the Christian Science Association—along the way marrying for the third time. Her husband, a former salesman, Asa Eddy, became her business manager. Her achievements include the founding of the well-respected daily newspaper *The Christian Science Monitor*. In 1879, the church was chartered, and Mary was ordained a minister. Today there are three thousand churches of her denomination in more than fifty countries.

## Clara Barton (1821–1912)
### The angel of the battlefields

While employed at the Patent Office, in Washington, D.C., Barton noted a dearth of first-aid supplies following the Civil War battle at Bull Run. Shocked, she advertised for provisions in a local newspaper, then distributed them by mule team with a group of friends. Though she was not a nurse, she pitched in to help the wounded of both sides, working so unstintingly that she became seriously ill. While in Europe for a rest cure, Barton learned about the newly formed International Red Cross and began what was to be a five-year campaign to establish its American counterpart as well as to convince the United States to accept the Geneva Convention, which gave neutrality to war wounded and medical personnel. Eventually successful, Barton broadened the Red Cross's mandate to provide relief for disasters of every type, from famine to floods and earthquakes.

## Louisa May Alcott (1832–1888)
### Little women are people, too

Generations of schoolgirls have curled up with the irresistible novels of Louisa May Alcott, the first popular women's writer who recognized that the intimate details of family life were indeed the stuff of which page-turners are made. Reveling in the tales of tomboy Jo, motherly Meg, flighty Amy, and gentle Beth who died so young, readers absorbed important history lessons as well as the author's passionate views on the reform movements of her day, most notably the fight for women's suffrage and coeducation. Sadly, Louisa's personal life was often difficult. *(continued)*

# The 25 most important WOMEN in American history

Ill much of the time (she noted in her diary that she could not sleep without morphine), she called herself a "lonely spinster." She died at the age of fifty-six, from spinal meningitis. "I have had lots of troubles," she once said, "so I wrote jolly tales."

## Frances Willard (1839–1898)
### Down with Demon Rum

For almost twenty years, Frances Willard was the charismatic and powerful leader of the Woman's Christian Temperance Union, one of the country's first organizations for women. Formed ostensibly to battle "Demon Rum" and make prohibition the law, Willard's WCTU had, in fact, much more far-reaching goals, including nothing less than equality for women in the political arena. Willard, who never married, was a shrewd agent for social change. Under the banner of temperance, she convinced women to fight for day care, prison reform, women's suffrage and child-labor laws. And her fight for prohibition was also a fight against the men-only saloon—that bastion of machine politics.

## Jane Addams (1860–1935)
### Helping the poor

A pioneer for social justice, the brave and brilliant Addams is best known for the establishment of Chicago's Hull House, a refuge for the poor that sparked the settlement-house movement in America. But Addams wanted the world to know her motives were not entirely selfless. As one of the first college-educated women in this country, she spent many frustrating years trying to obey her well-to-do family's wish that she simply stay home like a good daughter and care for relatives—unless, of course, she preferred to marry! Hull House was the answer for her, as it became for many who, like Jane, yearned to break down the social barriers of their day. Of course, the story of Jane Addams would not be complete without noting her courageous work for peace as president of the Women's International League for Peace and Freedom. She was the first American woman to win the Nobel Prize for Peace.

## Isadora Duncan (1878–1927)
### Barefoot and dancing

A California girl, "The Divine Isadora" not only revolutionized the art of dance but also captured the world's attention with her flamboyant, free-spirited lifestyle. Letting down her hair, kicking off her shoes and exchanging stiff tutus for flowing, diaphanous tunics, Isadora skipped, leaped, ran and twirled her way into the history books as the mother of modern dance. Her personal life, however, was marred by tragedy. Her two children (each of whom had a different father, neither of whom was the man Isadora eventually married) were accidentally drowned in Paris. Isadora herself met an untimely death in the south of France when a scarf she was wearing became caught in the wheel of her roadster and strangled her.

## Margaret Sanger (1879–1966)
### Children by choice

As a nurse on the Lower East Side of New York at the beginning of the century, Sanger witnessed the desperation of helpless wives who became pregnant literally every year—and who often died trying to perform abortions on themselves with knitting needles, coat hangers and poisonous douches. Horrified, Sanger determined to learn all she could about contraception—and later coined the phrase "birth control." Convinced the subject was a health issue, not a naughty topic unsuitable for polite company, she also started a monthly newsletter, *The Woman Rebel*, and was promptly arrested for distributing obscene literature. Undaunted, Sanger opened a birth control clinic in New York, was again arrested and spent a month in jail. Still, she refused to give up, and through two marriages (one ended in divorce, the other left her a widow) and the births of three children, she continued her fight. In 1916 she founded the Planned Parenthood Federation of America, and in 1952 she helped found the International Planned Parenthood Federation.

## Frances Perkins (1880–1965)
### Madame Secretary

One of the well-to-do, college-educated women who began their careers at Jane Addams's Hull House, Perkins went on to become Franklin Delano Roosevelt's Secretary of Labor during the Depression and the first woman ever to hold a Cabinet post. Like most of the women of her day, Perkins had held only volunteer posts—until it became clear that her husband, who suffered from depression and spent most of his adult life in and out of psychiatric institutions, would never be able to support her and their young daughter. Forced to work for a living, Perkins took a job with the New York State Industrial Commission and soon became a powerful and formidable figure who fought not only for safer working conditions but also for fair wages and unions.

## Eleanor Roosevelt (1884–1962)
### "If you ask me"

The most prominent woman of her time, Eleanor—who wrote a column called "If You Ask Me" for *Ladies' Home Journal* from 1941 to 1949—was much more than the woman behind the man (her husband, Franklin Delano Roosevelt) and the devoted mother of their six children. Though she never held an elective office of any consequence, she was nevertheless an inspiring and influential figure in her own right—even before FDR was elected president. After he was paralyzed by polio, in 1921, Eleanor served unstintingly as his public representative, and as First Lady she was known as a staunch advocate of social change. As America's involvement in World War II grew, so did Eleanor's involvement in international affairs. In 1945, President Harry Truman appointed her U.S. delegate to the United Nations, where she drafted and pushed through the landmark Universal Declaration on Human Rights. "She would rather light candles than curse the darkness," Adlai Stevenson once said of her. She did just that, even serving on President John F. Kennedy's Commission on the Status of Women in 1962, the year she died.

## Pearl S. Buck (1892–1973)
### From China, with love

The daughter of Protestant missionaries, Buck spent most of the first forty years of her life in China. With the publication of *The Good Earth*, in 1931, she captured a Pulitzer prize; in 1936, she was invited to join the prestigious National Institute of Arts and Letters. Two years later, Buck became the first American woman to be awarded the Nobel Prize for Literature. While her

irst husband, missionary John Lossing Buck, was stationed in China, Buck aught at various universities there. But in 1935, she divorced Buck, returned to the U.S. and married Richard ohn Walsh, president of the John Day Company, which published her books. With him, she adopted six Asian-American children and was a foster mother o two others. She donated over $1 million to establish the renowned Pearl S. Buck Foundation to aid fatherless Asian-American children.

## Mary Pickford (1893–1979)
## America's sweetheart

Mary—née Gladys Marie Smith—was winsome child actress (and her family's principal breadwinner) who became Tinseltown's first superstar. But behind the performer's demure smile and blond curls was the mind of an astute businesswoman. She parlayed her fame into a massive fortune. In 1919, with D. W. Griffith, Charlie Chaplin and Douglas Fairbanks, her second husband, she formed United Artists. During her career, Pickford starred in more than two hundred silent films and four talkies, and she won an Academy Award in 1929 for her performance in *Coquette*. But she confessed in her autobiography that all the acclaim meant nothing, since she could not conceive a child. Divorcing Fairbanks, she later married Buddy Rogers, with whom she adopted two children. After her retirement in the mid-1930s, Mary retreated with her family to her estate, Pickfair, and lived out the rest of her life as a virtual recluse.

## Amelia Earhart (1898–1937)
## Wings of steel

She set out alone in May 1932 in a single-engine plane to become the first woman to cross the Atlantic solo. Fortified only by a thermos of soup and beset by dangerous weather, Earhart landed her little plane in a farmer's pasture near Londonderry, Northern Ireland, just fifteen hours after takeoff. The feat made the slim, dark-haired beauty an instant celebrity. Earhart's husband, publisher George Putnam, was a staunch supporter of her career, and Earhart went on to break many other flight records. But her life was cut tragically short the month she turned thirty-nine: She and her navigator were on the last leg of a trip that would have been the first round-the-world flight, when their craft was lost in the South Pacific. No trace of the plane or crew was ever found.

## Clare Boothe Luce (1903– )
## Renaissance woman

A person of astonishing versatility, Luce has been an editor at *Vanity Fair*, a correspondent for *Life*, a successful playwright (*The Women* alone grossed more than $2 million), a two-term congresswoman from Connecticut and the first female ambassador to a major power (Italy, from 1953 to 1956). Beautiful and talented, Luce was married briefly to millionaire playboy George Brokaw. (The couple had one child, Ann, who was killed in a freak car accident on the eve of her twentieth birthday.) After she divorced Brokaw, Luce was linked with many luminaries, but it was the dashing Henry (Harry) Luce—founder of the Time-Life empire—who stole her heart. The marriage lasted until Harry's death, in 1967, and today, at eighty-three, Luce remains the glamorous matriarch of conservative Republican politics.

## Rachel Carson (1907–1964)
## Silent spring

A zoologist who graduated with honors from Johns Hopkins University at a time when women were decidedly unwelcome in the field, Carson used her literary gift to write *Silent Spring*, the eloquent 1962 best-seller that awakened the world to the dangers of the indiscriminate use of DDT and other pesticides. By the time *Silent Spring* was published, Carson had already spent fifteen years with the U.S. Fish and Wildlife Service, written several highly acclaimed books, most notably *The Sea Around Us*, all while rearing her two young nieces. Though crippled by arthritis and bone cancer, Carson continued until her death her pioneering battle to protect nature.

## Rosa Parks (1913– )
## The front of the bus

On the evening of December 1, 1955, after an exhausting day as a seamstress (for which she earned seventy-five cents an hour), Parks boarded a bus in Montgomery, Alabama, and gratefully sank into the one vacant seat. When a group of white men boarded at the next stop, she was asked to relinquish her seat. She refused. The driver called the police, and Parks was arrested, booked and jailed for her crime. Within days, 42,000 blacks launched the 381-day Montgomery bus boycott, which ended only when the Supreme Court ruled that segregation on city buses was unconstitutional. Parks's courageous refusal to accept the indignity of segregation sparked the civil rights activism of the sixties. The seventy-three-year-old mother of the movement is still active. She lives with her husband in Detroit, where she works for Congressman John Conyers and speaks out against apartheid in South Africa.

## Betty Friedan (1921– )
## The feminine mystique

During the 1950s, when Americans breathed a collective sigh of relief after the wars and settled down to happy homemaking in the newly created suburbs, the long-fought crusade for women's rights subsided. That's when housewife, mother and writer Betty Friedan sat down at her kitchen table and wrote *The Feminine Mystique*, the book that reignited feminism. In the years that followed, the peppery, quick-witted Friedan would play a visible role, here and abroad, in the movement that came to be known as Women's Liberation. She and her husband, Carl, were divorced in 1969, and she continued to write and to push for women's rights. Now a grandmother, she lives and works in New York City and Sag Harbor, Long Island, and remains a fervent activist.

## Joan Ganz Cooney (1929– )
## Television teaching

"One has only to listen to a child singing a television jingle . . . to realize that the tube is teaching him something. . . . The medium is there; it is only the message which needs changing." That insight led to the revolutionary public-television program *Sesame Street*, the brainchild of TV executive Joan Ganz Cooney, who, in 1968, left her position as the producer of public-affairs documentaries to spend months researching her new project. Her idea led to a generation of children and parents weaned on the antics of Big Bird, Bert and Ernie and the rest of the gang on *Sesame Street*. Under the auspices of the Children's Television Workshop, Cooney also launched *The Electric Company*, a *Sesame Street*- *(continued)*

type program for school-aged kids, and the science-oriented *1-2-3 Contact*. The multi-award-winning Cooney, married to Peter G. Peterson, an investment banker, is credited with launching a noble educational experiment through the most pervasive and powerful medium our culture has ever known.

### Sally Ride (1951– ) The right stuff

When Sally Ride kissed husband and fellow astronaut Steve Hawley goodbye and boarded the space shuttle *Challenger* with her four male colleagues for a picture-perfect lift-off on June 18, 1983, newspapers across the country had a field day. "Ride, Sally, Ride" and "Oh, What a Ride" were banner headlines as the nation—indeed the world—cheered the first American woman in space. Ride, who holds four degrees from Stanford University—a B.A. in English and three advanced degrees in physics—is also a tennis champion and former sportswriter. She flawlessly performed her job as mission flight engineer. Since then, Ride has become one of the most respected members of NASA—witness her appointment last January to the thirteen-member presidential commission to investigate the tragic explosion of *Challenger* on a later mission.

### Geraldine Ferraro (1935– ) A woman for veep

Sixty-four years after women gained the right to vote, an attractive lawyer, wife, and mother of three from Queens, New York, became the first female nominated by a major political party to run for vice-president of the United States. Though the Democratic ticket was defeated, history was nonetheless made as Gerry proved a convincing speaker and a cool head under fire. As it turned out, she was under fire more than she anticipated, given the financial foibles of her husband, John Zaccaro, and the drug-dealing woes of her son, John, Jr. Gerry's composure and her sharp sense of humor proved yet again that a woman can handle the job that is a heartbeat away from the presidency.

The legacy of these and countless unsung American heroines provides a rich tradition of women's achievements. Perhaps when Miss Liberty's next important anniversary dawns, we'll be celebrating yet another milestone: the election of the first woman president of the United States. **End**

# AMERICAN ALMANAC '86

**GEORGE AND BARBARA BUSH continued from page 107**

forget one very embarrassing experience," she says. "It was when George was U.N. ambassador. To this day he doesn't realize how sore I was at him. It was really horrible.

"We had a night where you charge from reception to reception. I'd worn a short, bright-red cocktail suit with gold threads. It could not have been redder. Or louder. After three receptions I said, 'Where to now?' George said, 'Come on. I'll tell you about it later,' and we raced up some stairs.

"Next thing I knew, we were in a funeral parlor. The new ambassador of a Central American country had died. All the ladies were properly dressed in black. And there I was in bright red. We were thrust into the center of the lights as the television announcer said, 'And here come the United States Ambassador and Mrs. Bush.' I couldn't wait to get out of there. I stood out like nothing you ever saw."

We are talking in the private quarters of the vice-presidential home, a white, four-story Victorian gabled house that dates back to the nineteenth century. It is a fifteen-minute ride from the White House in a leafy enclave called the U.S. Naval Observatory. A gatehouse guard checks all visitors' identification before directing them up a winding drive punctuated by electronically controlled barriers. At a black iron gate, another sentry double-checks credentials and phones ahead, announcing a visitor's arrival. Despite the pomp and ceremony that go with the vice-presidency, the Bushes are nice, simple, down-home folks.

### A preppy romance

Barbara Pierce Bush grew up in Rye, New York, the daughter of a publisher. She had the benefit of a good family, good education and good breeding. When she was sixteen years old, she attended a prep-school party and met George Herbert Walker Bush, seventeen years old. Born in Milton, Massachusetts, on June 12, 1924, George was the son of the late Connecticut senator Prescott Bush. Barbara says of their first meeting, "I thought he was the most beautiful creature I had ever laid eyes on. I couldn't even breathe when he was in the room."

Since his early days as a Navy officer, George Bush has been a millionaire businessman, U.S. congressman from Texas, United Nations ambassador, chief liaison officer to China, head of the CIA, head of the Republican party, and, for almost forty-two years, Barbara's husband. The couple have lived in twenty-eight homes in seventeen cities. They are now in the sixth year of their residency in the vice-president's house, the house in which they have lived the longest.

One of the coziest rooms in the whole house is the Bushes' second-floor sitting room. It is their favored place for watching the evening news. It's also off-limits to most people. "This is for special friends," Barbara says, "not crowds. It has the rug that I made myself and am very proud of." Barbara worked on the multicolored flowered needlepoint rug for eight years. "I started it when we lived in China and took it all around the world. Our grandchildren's initials are woven into it. So are mine, in Chinese. Still, I let everyone walk on it. But if we get back to those skinny, metal-tipped high heels, maybe I'll put a plastic covering on it.

"The first day I put this rug down, I showed it to close friends who are smokers. I said to myself, 'It's the acid test. Do I follow with an ashtray or not?' George said later, 'I couldn't believe you. Here they were puffing away, and you acted so calm.' "

In the sitting room is a photograph of C. Fred, the Bushes' aging cocker spaniel, who christened the handmade rug; its only nonneedlepoint design is courtesy of the spaniel. One night after the Bushes went out, Fred jumped for a canapé and upended the whole plate. Looking at the permanent stain near the coffee table, Barbara sighs, "That sort of makes it homey and nice."

The room is not totally inaccessible to outsiders, however. In it, there is an innocent-looking white phone, about which Barbara says, "I do not pick that one up. When we get a call from the White House operator on our regular phone informing us that the vice-president is getting a secure call, George comes in here and picks this one up." And when the vice-president, who has just walked into the room, wants to reach President Reagan, "I press a certain signal on my phone," he says, "and say, 'I'd like to talk to the President. Please tell him that in my judgment it's fairly important.' I don't call just to see how he's feeling. I see him every morning at nine, and my office is two doors away, so when I phone it's recognized as

natter of some priority." For her part, rbara never phones the President, t she does occasionally call Mrs. Rea-n. "We're friends. But not that cozy id of friend you'd chitchat with. 're different. I play tennis, and ncy's a perfectionist."

Even with such direct access to the tion's most important man, George sh is careful not to be too familiar. He plains that he calls his boss "strictly r. President.' It has to do with patrio-m, the feeling that goes with the Oval fice. It's part of the presidency."

But there is also a certain patina at goes with the vice-presidency, and orge Bush has had some experience being singled out for honors. He was corated with the Distinguished Fly-g Cross in World War II, was captain the varsity baseball team at Yale and aduated Phi Beta Kappa with an eco-mics degree in 1948. Still, he never ured he'd become famous. "I thought grow up to be a fireman . . . maybe sident, but that was strictly kid iff, like all kids think."

## The corridors of power

rbara is clearly a self-assured person rself. And she has to be. Because rbara, a woman whose favorite fast d is tacos, has been thrown into the npany of the world's leaders—in-ding China's Deng Xaioping, Rajiv ndhi, of India, the late Anwar Sadat, Egypt, and Britain's Prime Minister rgaret Thatcher. Barbara remem-rs with a laugh one incident with n Prime Minister Malcolm Fraser of stralia. "We were at a big formal ner, and I was too vain to wear my sses. The first course had a big thing the middle of the plate and I cracked ht into it. The Prime Minister ned over and whispered, 'Barbara, t's the adornment.' It was a lobster ll, which I, naturally, was trying to ak and eat." The result of that gaffe hat she now wears bifocal contacts.

Barbara also fondly recalls meeting ana, Princess of Wales, during her erican visit last fall. "I didn't think like the little princess from En-nd. But Diana is the most outgoing ly. I took her to a hospice. She sat on beds of people who were in the last o weeks of life, held their hands and ked how they felt. They glowed. She d, 'How are you being helped? Is the gram working? Are you in any in? Does your medication help?' And se people told her. She said to me, s really the patients who become the ong ones.' She was just so mature.

'George was her dinner partner. Afterward I said, 'I hope my husband behaved.' She said, 'He didn't.' Then she showed me that on his place card he'd written: 'Stay awake. Only twenty-nine and a half minutes and I guarantee you'll be asleep. That is, if the speeches and the music don't go on too long.' She said, 'See?' and tucked the note back in her bag. She was as darling as she could be."

Another fact of life for Barbara Bush is living with top-grade security every day. She recalls the vice-president's high-risk visit to U.S. troops in Beirut in 1983. For security reasons, Barbara had been told that under no circumstances could she say anything to anyone about the trip. At that very same time, American soldiers invaded Grenada. Says Barbara: "Of course he had known about Grenada, and I asked later, 'How could you not have told me about that?' He said, 'I forgot.' A perfectly normal thing for a very, very busy man."

Life is always hectic for the Bushes, but the couple do make a point to have some quiet time just to enjoy each other's company. They wake to a country-music station every morning at six, and, says Barbara, "We read the newspapers, have our juice and coffee in bed and watch the TV news all at once. That's our hour for communication. We're morning people. We wake up feeling good and talk lots. At seven, George showers, dresses and is out."

The bedroom, which, she tells you in her open, honest way, "I cleaned up specially for you," is decorated in warm pastel colors. It features Barbara's collection of miniature cinnabar, porcelain and silver boxes, and a chest lent by the National Trust for Historic Preservation. A double bed is covered with a peach bedspread and three white pillows, one heart shaped.

## President Bush?

As settled as they are in their present position, the Bushes' life may change radically in less than two years, when President Reagan's last term comes to a close. Ultimately, it comes down to the question "Does George Bush really have the fire in the belly to be the next president of the United States?" "I wouldn't be here if I didn't," he says. "And it isn't events that brought me to this spot. It's determination." As for Barbara, she says, "I have only the burning desire to help the most qualified man run for whatever he wants. If that's the office he wants, I'll be there. And I'll work hard."

But this next campaign will be a whole different ball game compared with the last one. "I won't have transportation problems, because I'll still be the wife of the vice-president," Barbara says. "And I won't have to carry my bags anymore. Eight years ago, my aide and I carried our own suitcases across the country." Perhaps the biggest change, Barbara says, is that "now I can raise a bigger crowd. Before, I had trouble attracting fifteen people. These days I can attract five hundred." As always, she'll have plenty to say to those crowds. "I have an open mouth on everything," she says, grinning. "I try not to be, but I read in the newspapers sometimes that I'm feisty."

One issue Barbara isn't willing to talk about is abortion. "I can't get into that," she warns. "I can tell you what George thinks. [George Bush shares the President's antiabortion views.] But I won't tell you what I think." When I reminded her about a conversation she and I had seven years ago, during which we discussed her pro-choice feelings, she replied, "Well, that's too bad. I will not talk about my personal views on abortion. I am not running. George is running. I can only give you his opinion." She pauses and then continues. "George and I don't agree on everything, but there's enough mutual respect to know that the other has weighed all possibilities before coming down on any one side. Years back we sort of argued, but no more. Now I say, 'I don't like such and such,' and he explains his position. Then I say, 'I still don't like it, but okay.' We have a good arrangement."

Barbara is willing, however, to talk about her community-minded efforts, such as her work for the Leukemia Society and the Morehouse School of Medicine, in Atlanta. And she has chosen the eradication of illiteracy as her special focus. "One out of five Americans can't read," she says. "I feel so strongly about this that I'll go across the country to speak out about it. I spend lots of time on the road working for literacy. That's a major part of my life."

Just then, an aide arrives and announces: "The President is waiting for you, sir." George Bush hurriedly leaves, but not before answering a final question. What if the dream fades? What if he runs for president and loses?

"When and if it's all over," he says, "I'll go back to Houston. What I'll do then, I don't know. I haven't thought about it. But I don't fear the future. I'm optimistic. Win or lose, it'll be bright. There are so many things to do. There are people to see and places to go and grandchildren to love." **End**

# AMERICAN ALMANAC '86

**THE AMERICAN DREAM continued from page 105**

from, you can make it big if you work hard enough. This is a land where effort, energy, hard work, dedication, integrity, honesty and performance count.

Many of my readers have become disenchanted with the dream, it's true. For too many, it's a jungle out there; life is rough, and marvelous virtues don't always pay off. Instead, ill-gotten gains prevail. There's no question that this is disheartening and confusing to the millions who write to me. But the *possibility* of attaining that dream always exists, and that's the difference between America and a dictatorship.

**MARTINA NAVRATILOVA** If you are capable, you may.

**TOM BROKAW** I think the American Dream is to have freedom to be who you want to be and where you want to be that person. It sometimes concerns me that there is so much emphasis on financial success when we talk about the American Dream. What I think is the richer dream is to choose a life that brings a deeper happiness spiritually, politically and culturally.

Speaking as a newsman, I think that the American Dream is extremely well served by having many voices that are heard so people can decide for themselves who is telling the truth and who isn't. It is one of our great strengths that we don't have a single television outlet or just one newspaper but instead a wide range of expressions from which to choose.

**LORETTA LYNN** What is America if it ain't a dream? It's the only country where anyone, no matter how educated or uneducated, can make anything happen—if they want it bad enough.

**BEVERLY SILLS** I'm a walking example of the American Dream. I never thought my dream of becoming an opera singer was an impossibility—even though as recently as thirty years ago, you were automatically considered a better opera singer if your name was unpronounceable. Although opera was traditionally known as a European art form, today Americans are almost running the field. And if that's not an example of the American Dream, I don't know what is.

Once or twice, when I've come up against bigotry, I've been appalled that so few of us remember we were all immigrants at one time or another and that our founding fathers were actually castoffs from another world. I do get saddened when I realize there are still a few close-minded people left in this country, but I guess God put them here so we could tell the difference between the real people and the phonies.

**LEE IACOCCA** My father was in love with America, and he pursued the American Dream with all his might. When the chips were down, my mother found nothing wrong with working in a silk mill so I'd have money for school.

Those are the values that the Statue of Liberty represents. The Statue of Liberty is a beautiful symbol of what it means to be free. The reality is Ellis Island. Freedom is just the ticket of admission, but if you want to survive and prosper, there's a price to pay.

**KENNY ROGERS** I always equate the American Dream with mountain climbing. In this land, it's possible that someone will take you in a helicopter, put you on a mountaintop, and you'd enjoy the view. But the view wouldn't be any different if you clawed your way to the top. I happen to think that it's the clawing that makes you appreciate what you see. No matter how you get there, though, America is one of the few countries where the mountaintop is visible and accessible to all.

**MARIE OSMOND** Within the framework of the great American Dream lies the very foundation of its success and promise for tomorrow—our children. As our most precious commodity, they represent the hope of a future that we are building today. If we shape them properly, our enterprise system, political platforms and constitutional rights will continue to be protected and cherished. Children are our hope for the preservation of all that is good about America.

**SENATOR EDWARD KENNEDY** The first thing that comes to mind when I think of the American Dream is the fact that my great-grandparents undertook a difficult voyage to be a part of it. They came to America to escape the famine in Ireland, and here they began a new life. They believed that America was the land of opportunity, that with hard work—and a little Irish luck—they could achieve success. It was true then, and I believe it is still true today.

**DORIS DAY** The American Dream to me means a better world for all animals. My personal American Dream would be to see everyone become a vegetarian so there would be no more eating of the lambs, the piggies, the cows, and the rest of the world's beautiful creatures. What a land it would be they were as free as we!

**JULIA CHILD** The way I learne what the American Dream meant wa by living abroad. In France, where I g my training, the television is all go ernment controlled. You must be terr bly famous or have lots of influence t get before the cameras. Here, we don have that social structure to limit th individual.

In England, if you have the wron accent or don't belong to the upp class, it's hard to get anywhere. Th American Dream says anything ca happen here. Legends that have take other countries centuries to build ca be created here in a decade. There's n place else where an unknown haysee could have come as far as I did.

**ESTEE LAUDER** Women in mos other countries aren't allowed to buil financial empires. For me, the Amer can Dream means that if a woma pushes herself beyond the farthes place she thinks she can go, she *ca* have it all—family, financial succes fun. This may be the only country i the world where the work ethic ca march hand in hand in the beaut and style ethic. It's the dream of a cou try where if you grow old you don have to look it.

**ALEX HALEY** The American Drea has traditionally been represented as melting pot, but I have always muc preferred the idea of America as salad bowl. The melting pot metapho turns everyone into everyone else, a indistinguishable part of a whole, re sulting in a kind of gruel. But if on thinks of all the differing ethnic, racia and religious groups as a salad, th dream makes more sense. You'd be abl to prepare each salad ingredient sepa rately, put all the disparate element into a huge bowl, garnish with what ever dressing you choose—and then en joy the richly delicious combinatio The American Dream is a salad i which each ingredient remains it unique self.

**CHUCK YEAGER** This is a lan where one can take advantage of oppor tunities as they come along. New vistas new possibilities, are forever being pre sented, and if one remains open i spirit and alert to chance, there can b greater happenings than we eve dreamed. We are a country that say yes to adventure.

**ELIZABETH DOLE, U.S. Secretary of Transportation** Th American Dream says that ever woman should have the choice to d whatever she wishes and get the educa

n she needs to pursue her goals. ere are many more women in policy-ıking positions today than ever be-'e. We're becoming partners in law ms, we're entering government ser-:e, and in our lifetime we may well ? a woman president.

**R. ROBERT H. SCHULLER, unding pastor of the Crys- l Cathedral** The American eam means that I have the opportu-:y to make choices, to enlist support · a vision of the future, to lead, even fail, as I walk untried paths. And all ? while, the awesome powers of the ıte are holding open the doors of op-rtunity while I try to bring my vision reality. This freedom is beyond price.

**RUCE SPRINGSTEEN** A perfect ale for our diverse definitions of the nerican Dream comes from Bruce ringsteen. In a recent Los Angeles ıcert, Springsteen stood before his eering fans and announced that he s going to perform a special number. d like to do a song for you that I think the greatest song ever written about nerica," he told the audience. "It gets ght to the heart of the promise of ıat our country is supposed to be out." Then he sang Woody Guthrie's 'his Land Is Your Land."

*hen the sun comes shining*
*ıd I was strolling*
*ıd wheat fields waving*
*ıd dust clouds rolling*
*; the fog was lifting*
*voice was chanting*
*ıis land was made for you and me . . .*
*ıis land is your land,*
*ıis land is my land*
*'om California to the New York island*
*'om the redwood forest*
*) the Gulf Stream waters*
*ıis land was made for you and me.*

S LAND IS YOUR LAND, words and music by Woody hrie, TRO © Copyright 1956 (renewed 1984), 1958 (re-ed 1986) and 1970 Ludlow Music, Inc., New York, NY. ed by permission.

**What does the dream mean to you?**

*This year, as we celebrate our nation's independence and turn our thoughts toward the Statue of Liberty, we hope you'll take a few moments to sit down with your family and reflect on what the American Dream means to you. We ask you to share those thoughts with us at the Journal, as well. Send them to: American Dream, Ladies' Home Journal, 3 Park Avenue, New York, NY 10016. We'll print some of the responses at a later date.*

**THE DREAM LIVES ON continued from page 108**

in the local high school. The Lengs drove a car, watched television on a black-and-white set, and paid to send their eldest daughter, Ma, aged seven, to a school where she could learn English. Simone hired a baby-sitter to care for her two younger children, Man, four, and Mara, three, while she was at work. "We were happy," recalls Simone. "The life we had was enough for us."

But on April 17, 1975, life as the Leng family knew it came to an end. The communist Khmer Rouge revolutionary army swept through the city, toppling the government and driving families from their homes into the countryside. For four long years, the Lengs toiled in the work camps under the strain of hunger, exhaustion and fear. Then, early one summer morning in 1979, flares and mortar fire lit up the jungle. The Vietnamese Army had mounted a surprise attack, forcing the Khmer Rouge to flee to the hills. Suddenly, Simone and her family had a chance to escape. As they hurried to the Thai border, they saw other people moving toward them. "To our amazement, they were Americans. They were speaking Cambodian, and it was such a wonderful sight," Simone says.

Within weeks, thanks to the combined efforts of the United States Catholic Conference and a Cambodian refugee organization in Washington, D.C., Simone and her family were on a plane to Los Angeles, where Mow's cousin, Mith Leng, was waiting to meet them. Mith had settled in the Long Beach area, about thirty miles south of the Los Angeles airport, and he invited the Lengs to stay with him. Simone and her family moved through the airport and out to Mith's car as if in a dream. After four years of living just as Southeast Asian peasants did five hundred years ago, they were overwhelmed by the scale of America.

Simone trembled at being surrounded by so many unknown people and things. Yet she was filled with feelings of hope, joy and trust in the future. "It was strange, but I was very happy," she says. "I thought, I came through hell. Now we are safe."

From the moment they stepped off the plane, Simone and Mow plunged with great energy into shaping a life for their family. They foraged constantly for information and opportunities, just as they had searched for food in Cambodia, remembering that Mow's ability as a fisherman had helped the family survive. They also sought to excel at every new task. Finally, they vowed to do their best to turn every new acquaintance into a friend—a policy that would do much to help their dream of a better life come true.

Simone and Mow knew that they would first have to learn English. Cousin Mith guided them to Long Beach City College, which offered free courses in English as a second language. He also signed them up for government assistance programs and found them a house to rent near the college. The landlord had been reluctant to rent to foreigners, but the Lengs were so quiet and industrious that he was soon forced to admit he had never had a property so well maintained by tenants.

Simone quickly planted a garden of eggplant, pepper and lemongrass, but the family worried that they wouldn't receive their first welfare check for a month. How would they get food? Cousin Mith solved the problem by buying Mow a fishing pole and sending him down to the Pacific Ocean to test his skills in his new country. "Mow caught fish, crab, mussels—enough to feed us," Simone proudly remembers.

When the welfare money finally became available, the Lengs saved as much of it as they could. They continued to eat food they could catch or grow. They clothed themselves and furnished their home with donations from new friends in the community, from local churches and from their teachers.

However, not everyone was friendly. The tenants in the house behind Simone's were soon causing problems. They resented this foreign-looking family. The man backed his car over Simone's carefully tended tomato plants. Then one day, when Mow had spread his daily catch out to dry, the man came out and dumped the fish in the garbage can.

"I was so mad at him," Mow remembers, "and I couldn't speak any English to let him know how I felt. But then I realized that this is America, and people do things differently here."

The Lengs shrugged their shoulders and went on. "It was not so important," says Simone. After all, the neighbor's hostility was nothing compared to their ordeal in Cambodia.

## Getting ahead

Simone bought a sewing machine and began getting up at six to sew dresses for her neighbors and new friends. Mow did odd jobs for his teachers and on weekends went to the beach to pick up aluminum cans to sell. "I never have any free time," he *(continued)*

**THE DREAM LIVES ON continued**

recalls. "I just keep working every day."

Yet Mow and Simone, like most American immigrants, were rewarded by strong feelings of accomplishment. They were mastering their new language, saving money, building a new life. "We're used to living in a very hard place," Simone softly explains. "In Cambodia under the communists, you worked hard and never got ahead. Here, it's so easy to survive. If you just work hard, you'll be all right."

One of the people willing to help Mow and Simone was Jim Martois, then the director of the English-as-a-second-language program at Long Beach City College. Impressed with their diligence, he soon gave them part-time jobs as teacher's aides. Then, in 1982, Martois became project director of LBCC's Refugee Assistance Program, for the city's huge influx of Southeast Asian refugees. Mow obtained a full-time position as a counselor's assistant.

Meanwhile, Simone's children were making friends at school and learning to enjoy such exciting new aspects of American culture as the latest rock videos on MTV. She noticed their voices becoming louder, their strides longer.

Still, "they will never be one hundred percent like American kids," says Simone, "because parents have an influence as well as society, and we still practice Cambodian ways. I tell them about Cambodia so they won't forget."

Simone and her husband are disconcerted by the disrespect youth often show their elders and those in authority and by the casual intimacy between the sexes. "In my culture girls aren't allowed to have boyfriends," Simone says. "I would like to choose my daughters' husbands, the way my parents chose Mow for me. But I know I can't tell them who to marry."

Learning American ways has caused Simone to reconsider her own marriage. "When I came here, I saw that American husbands take care of their wives very well. They carry the children in knapsacks, they change diapers, warm the bottle, they do everything! I have three kids, and my husband never changed a diaper or carried them. The old way is hard on the woman. I don't want to force my husband to do a woman's work, but I'd like him to help when I'm busy."

During their first year in California, life for Simone and her family settled into a routine. Things were looking bright when they were able to buy their first car, a blue 1971 Toyota sedan. But then their landlord surprised them with the news that he had decided to sell his property. The Lengs were upset. It would be difficult to find another house. But instead of giving in, they decided to try to buy the property themselves. They asked their landlord if he could possibly wait one year before selling. Simone says, "Mow told him, 'If you sell now, I can't stop you, but I won't have a place to live.' Our landlord agreed to wait."

Fourteen months later Mow and Simone were able to buy the property, including the house behind theirs—which no longer housed the surly family—for $70,000. They had borrowed from friends, obtained a loan from the school, and applied all their savings.

Now the Lengs were not only homeowners, they were landlords—and it had all happened so fast. But they refused to slow down. "I got a job delivering photo portraits at night and on weekends," Mow says with a rueful smile.

## Hollywood beckons

By 1983, Simone had learned to accept new and strange experiences with relative composure. Still, she never imagined she would see her husband on movie screen. But a casting director for the film *The Killing Fields* came to Long Beach to scout for extras, having heard that a large population of Cambodians lived there. Mow was hired as technical adviser and also served as stunt double for the actor who played Dith Pran, the Cambodian main character. For four months, he worked with the movie crew in Thailand, reliving the atrocities of the Khmer Rouge.

With the money from the film, Mow and Simone were able to repay the college and the friends who had lent them money to buy their house. More recently, they paid off the loan from the Catholic Conference that had allowed them to come to California.

"We have been so very lucky," Mow insists. But friends say that it was not luck, but hard work, perseverance and an optimistic attitude, that helped create the Leng family's new life.

Simone smiles. "Mow and I agree that what we have now is enough for us. Now we want for our children."

She may not know it, but Simone has just voiced the timeless wish of immigrants from all over the world. What better proof is there that the American Dream lives on? **End**

## A DIVERSE POPULATION

Today, 7.5 percent of our country's people are immigrants—less than the 8.8 percent figure for 1940. And the makeup of America's immigrant population has changed dramatically.

Before 1960, most immigrants came from Europe. But between 1975 and 1980, Asians accounted for more than one third of immigrants, Mexicans more than 20 percent and other Latin Americans 17 percent. Europeans made up only 12 percent.

Geographic concentrations of immigrants result when new arrivals gravitate to areas where others from their homeland are living and where they expect jobs to be available. The 1980 census showed that one third of Asian immigrants were living in California and that Los Angeles, not the city in the shadow of the Statue of Liberty, leads the nation's cities with the highest proportion of recent immigrants.

People worry that immigrants take jobs from Americans because they are willing to work hard for low wages. But recent studies by the Urban Institute, a nonprofit research organization based in Washington, D.C., suggest that immigrants contribute more than they take away, because the availability of lower-cost labor may draw new industry, creating jobs. In addition, immigrants are consumers, and growing consumer markets mean more jobs.

An interesting twist is that while many newcomers face difficulties in learning English and obtaining an education, the children of Asian parents are performing outstandingly. This year, for the first time, the top five winners of the prestigious Westinghouse Science Talent Search were all of Asian background, and four of them were immigrants. Christopher Newton, New York public-relations manager for Westinghouse, notes that when the competition was first started, most prizewinners were of Jewish immigrant background. "Education is revered in Jewish and Oriental families," he says. "When such people come to a new environment, they encourage their children to excel. What's gratifying is that the whole country is enriched by the achievements of these newest Americans."

# Share in the Warm Family Spirit of the Ingalls




## Founder's Day Picnic

- 9¼" fine porcelain with 24K gold rim
- Strictly Limited Edition

**First Issue in the *Little House on the Prairie* Plate Collection**

The endearing stories of the Ingalls family have captivated the hearts of millions. First came the books by Laura Ingalls Wilder, remembering the adventures of her childhood, followed by the popular television series inspired by these classics.

Now you can share the close-knit relationship of this famous family with your loved ones every day. The Hamilton Collection proudly presents a vibrant collector plate that portrays the Ingalls at a special event: the "Founder's Day Picnic." As you display this charming family portrait in your home, you can recall the beloved tales of the Ingalls through the enduring medium of fine porcelain.

Gifted American artist Eugene Christopherson has beautifully captured the likenesses of the Ingalls family in an original plate painting for this strictly limited edition. As they gather together with other Walnut Grove citizens to celebrate their town's founding, children romp and play in front of Oleson's Mercantile, decorated with a bright banner and American flags.

This festive plate has generated immediate demand because experienced collectors know that plates inspired by beloved entertainment themes often experience price appreciation after closing. So you are advised to order "Founder's Day Picnic" immediately.

"Founder's Day Picnic" is the first issue in a series of eight plates portraying the Ingalls family in beloved *Little House on the Prairie* episodes. As an original issue owner, you will have the right to acquire all the plates in the collection as they are issued—*without committing to any further plates now.*

Furthermore, you are guaranteed the right to return any plate within 30 days of receipt for a full refund, releasing your series rights.

Each issue in the *Little House on the Prairie* Plate Collection will be priced at just $29.50 and will be strictly limited to an edition of just 10 firing days. To preserve the integrity of the edition, each plate will be numbered by hand and will be accompanied by a Certificate of Authenticity, numbered to match the plate.

Considering the popularity of *Little House on the Prairie,* and the history of market strength in entertainment-theme plates, you should return your application by the date shown to assure yourself a priority reservation.

Ed Friendly Productions, Inc. ©1982.
Note: This is a new edition of a previous plate collection that has been closed.

**Respond By:**
**July 31, 1986**

**Limit: Two plates per collector**

Please accept my application for "Founder's Day Picnic," first issue in the *Little House on the Prairie* Plate Collection. 9¼" diameter; 24K gold rim, hand-numbered. I understand I am under no obligation to buy any other plate.

Yes, I wish to purchase _____ (1 or 2) "Founder's Day Picnic" plate(s) at $29.50 each (plus $2.14 postage and handling) for a total of $_____ ($31.64* or $63.28*).

Please check one:

☐ I enclose full payment by check or money order.

☐ Charge my credit card: ☐ Visa ☐ MasterCard ☐ American Express ☐ Diners Club Exp. Date _____

003164/006328

Acct. No. _____

Signature _____

83998

Name _____

Address _____

City _____

State _____ Zip _____

*Florida residents please add $1.59 per plate, sales tax. Illinois residents add $2.22 per plate.

Please allow 6–8 weeks for delivery. All applications must be signed and are subject to acceptance made only to U.S. and its territories.

**The Hamilton Collection**

9550 Regency Square Blvd., P.O. Box 4405 [illegible] FL 32231

## BABIES FOR SALE

continued from page 64

taken advantage of. People know that if you're childless and really want a baby, they can raise the ante."

In the hope of avoiding both agency backlog and black-market deals, an increasing number of couples are turning to foreign countries for babies. Twice as many children from countries such as Korea, Colombia and India are adopted by Americans today as were ten years ago. Many agencies that handle foreign adoptions are bona fide and nonprofit and charge $4,000 to $8,000 to process legal documents and transport the child to the States.

But there are risks. In 1981, a multimillion-dollar ring was discovered in Bogotá that implicated Colombian judges, nurses, government officials and housewives. Some six hundred babies—which were sold to American and European couples for $10,000 to $15,000—were kidnapped, taken from maternity wards after the mothers were told the baby had died, or purchased from poverty-stricken peasants. And last March, a San Diego mother-and-daughter team pleaded guilty to smuggling some two hundred babies into the country from their unlicensed Mexican halfway house for unwed mothers. They charged $5,000 for a baby and a counterfeit birth certificate and adoption papers.

### A question of ethics

In addition to the financial abuses, baby brokering here and abroad presents moral dilemmas for many experts. They include:

**Insufficient screening of applicants** Many brokers rely mainly on a review of a couple's financial ability to support a child and on their gut feelings about the couple's stability, maturity and morality. Critics charge that this is not enough, citing a Texas case in which a mother who had been admitted to a psychiatric institution twenty-nine times had been allowed to adopt; she later abandoned her child and her husband. Others feel it is wrong that couples in their sixties are able to adopt. Another concern, voiced by Pierce, of the National Committee for Adoption, is that child pornographers or pedophiles might easily be able to conceal their true intentions if adopting privately.

**Incomplete information** about the birth mother. Many lawyers and brokers don't run thorough checks on the mother's medical or family history, which has resulted in tragedies. Several weeks after a Philadelphia couple adopted a baby from a Florida woman, they heard that the mother died of a drug overdose. In another case a pregnant twenty-year-old Kansas City woman who was planning to give her baby to a Long Island couple died of cardiac arrest that was triggered by pneumonia and possibly complicated by her asthma and obesity. Her fetus was nearly full-term and died with her.

**Product mentality** Some couples who have forked over large sums for a healthy white infant want guarantees that they'll get what they paid for. If a pregnant woman should give birth to a handicapped baby, the parents may reject it. When a baby is dumped this way, very often the broker and the would-be parents argue over who should pay the medical bills. When all parties lose interest, the baby is sometimes abandoned at the hospital.

### Fighting back

Legislators and law-enforcement officials are calling for stricter regulations to prevent the profit motive from taking precedence over the welfare of children, natural mothers and adoptive parents. In South Carolina, for example, loopholes in adoption laws have encouraged so many abuses that the state has become known as the nation's baby-buying supermarket. To correct the situation, assistant attorney general B. J. Willoughby helped draft a bill that addresses some of the abuses. But because of pressure to compromise and push it through, she feels that parts of the bill are being watered down to have almost no effect.

On a national level, Senator Robert Dole (R-Kansas) introduced legislation two years ago that would make it a federal crime to commit fraud in the operation of interstate and international adoption services. The act seeks to imprison and fine brokers who are found guilty of defrauding adoptive parents or who are paid "compensation over and above the normal expenses for arranging an adoption." It would also allow victims of fraud to sue for damages. But the bill has gotten bogged down while various revisions are considered.

"No one wants to create unnecessary difficulties in adoption procedures," says Riley. "The bottom line is that adoption is a good thing and everyone wants to encourage it. But balancing all the competing interests requires the wisdom of Solomon." Even with the abuses, would-be adoptive parents are taking the private route because agencies, for all their well-intentioned safeguards, are no longer able to deliver what couples desperately want—babies. "If all parties voluntarily participate in illegal acts and the baby ends up getting a good home," says David Liederman, executive director of the Child Welfare League of America, "then the baby is very fortunate. But that still doesn't make it right." **End**

## ACT OF WILL

continued from page 73

Meanwhile, she would be doing h damnedest to make them proud of he

She stood in the hallway that link the two showrooms, looking first to h right and then to her left.

Each room was a replica of the othe pearl-gray walls and matching carpet white-painted fireplaces and Fren crystal chandeliers. The two roon flowed into each other beautifully, ju the way she had planned.

She hurried into the larger of the tw rooms and looked around for the um teenth time on this cold January day.

A runway now divided the room half, and on either side of it stood rov of gilt chairs. Christina felt a tingle excitement. In less than an hour h first couture collection was going to b presented. She took a deep breath a walked over to the Venetian mirr above the fireplace and lifted her han to smooth her hair.

It was then that she saw them r flected in the mirror, standing in th doorway, looking uncertain and hes tant. She opened her mouth to s something. No words came out.

Her mother took a few steps forwa and then stopped abruptly. "We had come . . . we couldn't stay away."

"Oh, Mummy—"

Both women moved at the same tim and met in the middle of the floor.

Audra looked up at Christina a her bright blue eyes filled with tea "I've missed you so much . . ."

Christina reached out, hugged h mother as if never to let her go. "O Mum, I've missed you, too."

Vincent joined them and put h arms around his wife and his daught They all cried a little and then laughe Finally Christina stepped away a looked at her parents. Her happine was reflected in their shining eyes a joyous smiles.

Christina became a superstar in th international fashion firmament.

She enjoyed her success—eve basked in it. But she understood dee in her heart that the best part of it w the pride her parents had in her. Sh would never forget the expressions o their faces as they watched the go geous models parading down the ru way, under the glittering lights, to th sound of thunderous applause.

The words continued to echo Christina's head weeks later. Audr had come up to her at the champag reception after the show, given her half-apologetic smile and said, "This a lot more than dressmaking, Christi *This is art."* **En**

# Why settle for low?

# Choose the lowest.




# Now is lowest.

By U.S. Gov't. testing method.

SURGEON GENERAL'S WARNING: Smoking By Pregnant Women May Result in Fetal Injury, Premature Birth, And Low Birth Weight.

NOW. THE LOWEST OF ALL BRANDS.

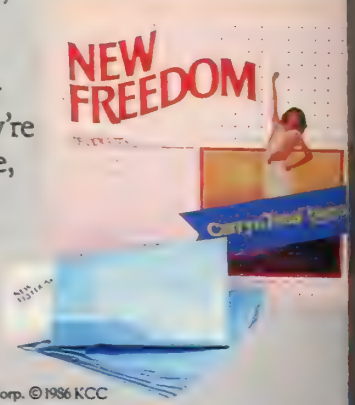
Competitive tar levels reflect either the Jan. '85 FTC Report or FTC method.

SOFT PACK 100s FILTER, MENTHOL: 3 mg. "tar", 0.3 mg. nicotine av. per cigarette by FTC method.



Carry&Toss™ bags
More freedom from...New Freedom®

The terrific Funnel-Dot® protection of New Freedom is easier to carry, easier to toss. A whole supply of these moisture-proof bags comes inside boxes of New Freedom pads. They're portable, disposable, and subtle. Perfect for carrying...and tossing.




®Registered trademark of Kimberly-Clark Corp. © 1986 KCC

## ANOTHER MAN

continued from page 52

casting around for a likely candidate."

But even if a woman is relatively contented with the husband she's chosen, other pitfalls exist. "There are identity crises in every decade of our lives: the twenties, the thirties, the forties," says Miriam Monell Agresti, Ph.D., a Woodbury, New York, psychotherapist and former national president of the American Board of Family Psychologists. "Eventually, a woman may be hit with the realization that some of the opportunities of life are passing her by, that she's getting older—and she may wonder if she's still attractive to the opposite sex."

Such was the case with Sheila, an attractive forty-two-year-old mother of three who looked in the mirror one day and saw only a sagging jawline and masses of crow's-feet around her eyes. "I'd always taken pride in my appearance," she recalls, "but at that moment I panicked. It seemed I was irrevocably crossing the boundary into older middle age." When Sheila turned to her engineer husband, John, for reassurance, he made vague noises of contentment, but that wasn't enough for Sheila. "After fifteen years I wasn't worried about our marriage," she said, "but I was afraid of becoming an invisible woman to the rest of the world. Then I met my son's new piano teacher, Bill, and suddenly I had a fresh reason to get up in the morning. He was in his early thirties, tall, red-headed, with a terrific sense of humor. He seemed to enjoy talking with me, even when the conversation strayed from Brian's piano progress. And I was totally infatuated.

"One afternoon, after Brian's lesson, I invited Bill to stay for coffee. Brian went out to play, so we were alone in the house. Sitting together on the sofa, we suddenly looked into each other's eyes, and I realized that this was the moment: I could let him kiss me and begin an affair—or I could stamp down my raging hormones and remain faithful to my husband. When Bill put his hand on my arm, I shut my eyes tight and whispered, "No, I just can't do this." I asked him to leave, and he seemed to understand. Afterward, I was so relieved. In that one instant, the thrill of anticipation had changed into a sickening feeling of guilt and dread, and I knew that it would never be worth betraying my husband and children for an affair." Sheila smiles ruefully. "At least I had gained the knowledge that I was still a desirable woman in the eyes of an attractive man."

A firm belief in traditional moral or religious principles is enough to keep many women from being unfaithful. Other deterrents are fear of being seen with a lover, fear of pregnancy and fear of sexually transmitted diseases.

### Troubled marriages

Some women still find themselves crossing the line into infidelity, especially if their marriage is unhappy. "A relationship is a living thing," says Dagmar O'Connor, director of the Sex Therapy Program at St. Lukes–Roosevelt Hospital, in New York City. "Sometimes you and your husband are close and sometimes you're more distant. If you're vulnerable to distance and you feel alienated from your partner, you may be drawn to another man. And if you're angry with your husband as well, watch out."

Actually, the one factor that seems more likely than any other to push a married woman into the arms of another man is anger with her spouse. Contemplating infidelity can be a hostile act. If a woman's husband has disappointed her or refuses to communicate, she may plot an affair as a subconscious means of revenge.

What does happen when a woman acts on her feelings? "Once the fantasy becomes reality," says O'Connor, "the thrill is very often gone. Hardly any

flesh-and-blood male can live up to our romantic daydreams."

Karen, a forty-year-old mother of two, found that out when she pursued her obsession with the tennis instructor at her health club. "He had dark, curly hair and a perpetual tan, like a Greek god," she recalls. "Sometimes he would play with his shirt off, and I was dying to run my fingers over his muscular shoulders. He spoke very little, but his eyes said it all. He seemed so strong and wise. I really had him up on a pedestal." One day Karen had the chance to pursue her hero worship to its inevitable conclusion. Over lunch at the club, the instructor asked if she'd like to see a brand-new racquet that had just come on the market. She agreed enthusiastically, and they drove to his apartment. Once inside, no words were needed—by tacit agreement, they fell into each other's arms. "It was thrilling," says Karen. "It was so intense, so passionate. I hadn't felt that way with Jeff, my husband, for years." But as they lay in bed afterward, the tennis pro began talking about his life in a manner that Karen found superficial and boring. "I had to stifle a laugh as I jumped out of bed and got dressed," she recalls. "His personality had nothing to do with the image I'd constructed of him.

"Sure, I was disillusioned. But it made me appreciate my husband that much more. I guess I was lucky—I was able to act out my fantasy and still keep my marriage intact."

Karen was indeed lucky. According to the experts, in most cases, as the fantasy disappears, so does the marriage. Yet many women embark on an affair in the hope of salvaging their marriage. "It is the rare woman who starts an extramarital affair with the conscious goal of breaking up her marriage," says Linda Wolfe, author of *Playing Around* (Morrow, 1975). "When I was doing my research, I interviewed sixty-six adulterous women. Of these, twenty-one (all of whom were then currently unfaithful) said they were having affairs largely in the hope that infidelity would help preserve their marriages. In 1980, when I followed up on the marital histories of these twenty-one women, only three were still married. Not a very promising scorecard."

Yet recognizing the dangers of acting out sexual impulses doesn't stop the impulses themselves—or the troubled, guilty feelings they bring. Whether career woman or homemaker, whether constantly or rarely tempted, a woman finds the problem remains the same: how to deal with temptation without putting one's marriage in jeopardy or making oneself miserable.

Linda, thirty-nine, says she thinks she has finally learned how to avoid the pitfalls of being around attractive men. A reporter on an upstate New York newspaper, she's married to a building contractor and has three teenage stepchildren. It's her second marriage.

"In a job like mine," Linda says, "there are men around all the time—editors, photographers, reporters, politicians, plus the occasional celebrity who comes through town on a publicity tour." Her face is serious, and her gaze is steady. "I'd be lying if I said I wasn't attracted to some of them. But this is my second marriage, and I don't want to botch it up."

So what does she do? "I don't do anything," she says. "When I figured out that I didn't have to do a single thing about these . . . these crushes, there was this incredible feeling of relief. I can just sit back and enjoy the fantasy!"

### Think before you act

The act of thinking things through can also be a powerful ally in suppressing the urge to fool around. "I talked myself out of a potential affair with my office partner, Joel, one morning—in the time it took to put on my makeup," says Elaine, a young advertising copywriter who is married to an architect.

"First," says Elaine, "I tried to imagine what it would be like sneaking around to hotel rooms with him. Then I tried to picture kissing him in the morning before he'd brushed his teeth. I even tried to feel the way I'd feel if my husband ever found out.

"By the time my mascara was set, I figured out that when the affair was over, I'd be no better off than I am now—and probably a whole lot worse. I was no longer attracted to him, and I didn't have to quit my job to realize that."

Realizing that your fantasies are normal and that you don't have to act on them is a great comfort, but it's important to pay attention to what these impulses say about your life. You may know you want to remain faithful, so perhaps your erotic fantasies can be put to work to improve your marriage. Or you might choose to interpret an erotic obsession as a signal of dissatisfaction with your life that only you can do something about. Whatever you decide, you're bound to act appropriately if you are comfortable with your feelings—and feel good about yourself.

"I'm glad I have these urges," says Sara, thirty-nine, the mother of a ten-year-old boy. "They make me feel young and sexy, and thinking about another man makes me want to flirt with my husband. Best of all, when I sense that another man is attracted to *me*, I know I can accept the compliment with a gracious smile, feel terrific about myself and then get on with my life." **End**


A catalogue so exclusive even Bloomingdale's doesn't carry it.




It has all the high-impact fashions we're famous for, but you won't find this catalogue in Bloomingdale's.

To get yours, just mail this coupon with $3. Or call us and charge it. We'll send you a season of fall fashion catalogues, and a $3 gift certificate to make shopping more fun. Bloomingdale's By Mail. Carried by fine mailmen everywhere.

**Call toll-free 1-800-222-8300 ext. 410.**
Or mail to: Bloomingdale's By Mail Ltd.,
Dept. 410, P.O. Box 4160,
Huntington Station, N.Y. 11746

Name _____

Address _____

City _____ State _____ Zip _____

Please allow 4–6 weeks for shipment. 410

© 1986 Bloomingdale's By Mail Ltd




*Wipe away facial hair with Surgi-Cream*

Unlike depilatories made to remove bristly underarm and leg hair, Surgi-Cream is extra gentle. Especially formulated for facial use. You apply Surgi-Cream with fingertips. 5 to 8 minutes later you wipe away every trace of facial hair leaving the skin soft and ever so smooth. You'd never know hair had been there.

Surgi-Cream has been the professional preference of hairdressers for over 20 years. As its name implies, Surgi-Cream is also used in hospitals. Buy a tube at your nearby beauty salon or drug counter.

For answers to the most asked questions about facial hair removal, write:

SURGI-CREAM
Immunogenetics Inc., Dept. LJ1
2285 E. Landis Ave., Vineland, N.J. 08360

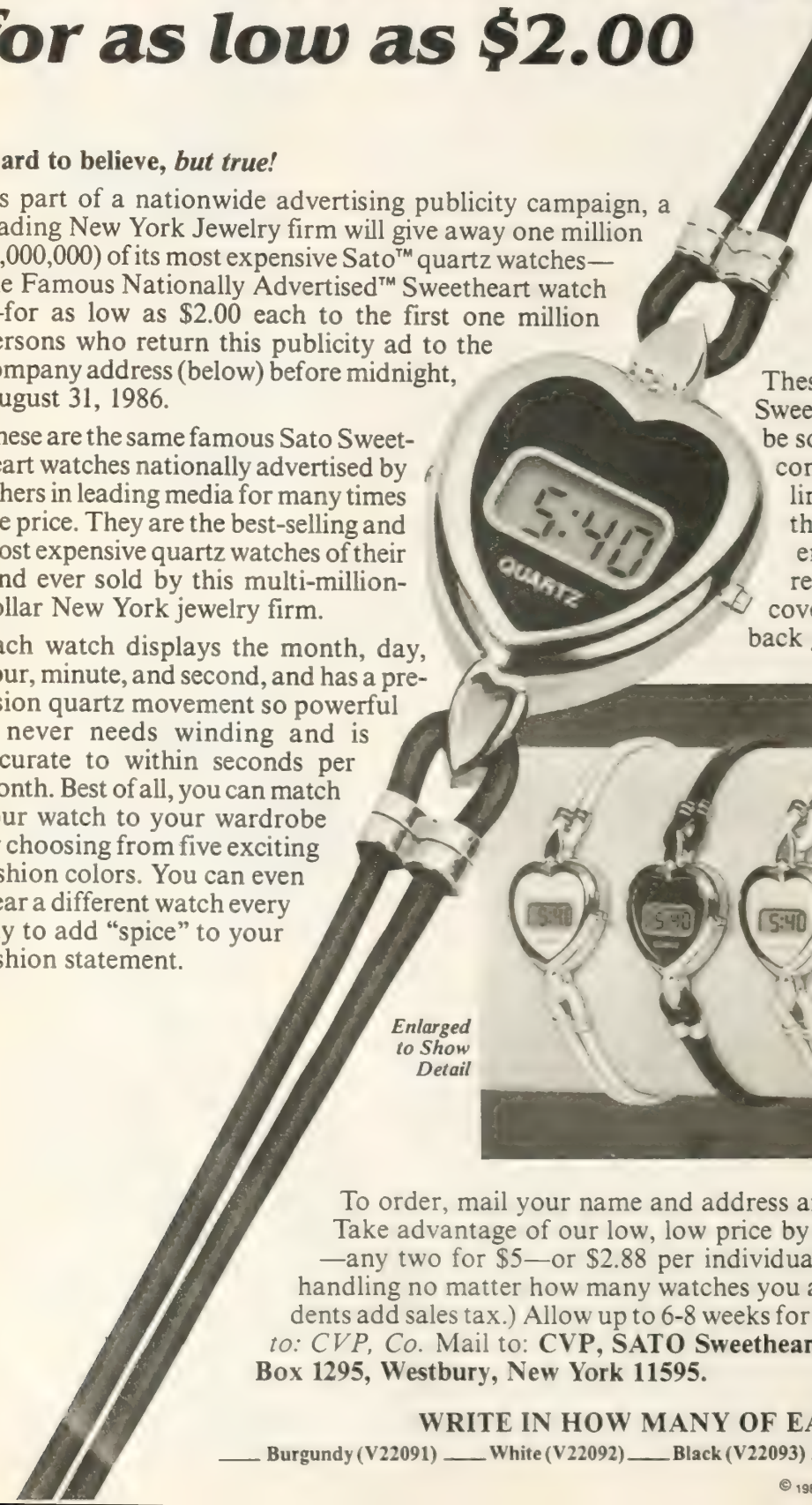
# Why Are We Giving Away Famous Nationally Advertised™ Sato™ Sweetheart Watches™ for as low as $2.00

**Hard to believe, *but true!***

As part of a nationwide advertising publicity campaign, a leading New York Jewelry firm will give away one million (1,000,000) of its most expensive Sato™ quartz watches—the Famous Nationally Advertised™ Sweetheart watch—for as low as $2.00 each to the first one million persons who return this publicity ad to the company address (below) before midnight, August 31, 1986.

These are the same famous Sato Sweetheart watches nationally advertised by others in leading media for many times the price. They are the best-selling and most expensive quartz watches of their kind ever sold by this multi-million-dollar New York jewelry firm.

Each watch displays the month, day, hour, minute, and second, and has a precision quartz movement so powerful it never needs winding and is accurate to within seconds per month. Best of all, you can match your watch to your wardrobe by choosing from five exciting fashion colors. You can even wear a different watch every day to add "spice" to your fashion statement.




These nationally advertised Sato Sweetheart quartz watches will *not* be sold at this publicity price by the company in any store. There is a limit of 5 watches per address at this price, but orders mailed early enough (before Aug. 25) may request up to 10. Each watch is covered by a full one-year money-back guarantee.




*Enlarged to Show Detail*

To order, mail your name and address and your choice of watch color. Take advantage of our low, low price by ordering any five for only $10—any two for $5—or $2.88 per individual watch. Add $2 shipping and handling no matter how many watches you are requesting. (New York residents add sales tax.) Allow up to 6-8 weeks for shipment. *Make check payable to: CVP, Co.* Mail to: **CVP, SATO Sweetheart Watch Offer, Dept. 949-103, Box 1295, Westbury, New York 11595. (V22090)**

**WRITE IN HOW MANY OF EACH COLOR:**

____ **Burgundy (V22091)** ____ **White (V22092)** ____ **Black (V22093)** ____ **Pink (V22094)** ____ **Beige (V22095)**

© 1986 Raffoler Ltd., 1200 Shames Drive, Westbury, N.Y. 11590

# BLAIR




## CAPTURE THE FEELING OF A DREAM VACATION IN THESE BREEZY RIVIERA SHIRTS

*Close your eyes...and picture yourself in these pastel pretty Shirts. You'll be swept away in a look that's always relaxed... always fresh...always right with everything you wear. Available from BLAIR, they're yours to try for one week free.*

*Create your own carefree looks with the sunsplashed stripes and distinctive leaf prints. Each styled with the features you want—from cool cuffed sleeves to crisp collars and straight tailored hems. Every Shirt is woven of fine cotton and polyester for easy care. And priced for exceptional value!*

*Order your two Riviera Shirts today for only $15.95...at under $8 each they make dressing a breeze.*

7-DAY FREE TRIAL

YES! Please rush my two BLAIR® Riviera Shirts for a week's FREE TRIAL. Then I'll send just $15.95 plus postage and handling—or return the Shirts at my expense and owe nothing.

☐ **To save even more,** I've enclosed my payment now so that BLAIR pays ALL postage and handling costs. All my money will be instantly refunded if I'm not pleased

TO ORDER: Choose color(s) and style(s) wanted and write your size in the appropriate boxes.

Misses: 8, 10, 12, 14, 16, 18

Women's: 38, 40, 42, 44

| | Pineapple | Strawberry | Blueberr | Mint |
|---|---|---|---|---|
| Floral | 11 | 12 | | |
| Stripes | 21 | 22 | | |

6217 Two Rivi

☐ Mrs
☐ Miss _____

Address _____ Apt # _____

City _____ Zip _____

Home Phone No. ( ) _____

subject to approval

Mail today to: **BLAIR, WARREN**, PA 16365

Only in Continental U.S.

Made in U.S.A.

UNIVERSITY STUDY WITH MYCITRACIN® TYPE ANTIBIOTIC REVEALS:

TRIPLE ANTIBIOTIC FIRST AID OINTMENT
Aids in healing, doesn't sting and helps prevent infection.
For burns, cuts, nicks, scrapes, scratches, and abrasions.



Mycitracin®
Bacitracin/Polymyxin/Ne
Upjohn

triple antibiotic

TRIPLE ANTIBIOTIC, TOPICAL FIRST AID OINTMENT
Mycitracin®
Bacitracin/Polymyxin/Neomycin

Aids in healing, doesn't sting and helps prevent infection.
NET WT 1 OZ

*Chance of infection cut 68.4% for children with minor skin injurie*

A doctors' study conducted at a leading university used a first ai ointment with a formula such as found in triple antibiotic Mycitrac It was applied to a variety of minor skin injuries among a group of boys and girls age two to five.

The result? The group using the ointment developed 68.4% few incidences of skin infections than a group that did not. Or: those children who did not use the ointment were more than three times likely to become infected. When minor cuts, scrapes and burns occ use soothing Mycitracin.

*Helps keep small hurts from becoming big infections.*

## "YOU CAN'T SEE MY HEART"

**continued from page 39**

about Richard Jahnke than any photograph ever could. Although he had been assaulted by his father since he was a small child, Richard was never beaten badly enough to be taken to a hospital. It was the mental and verbal torture—his father's constant taunting, the heartbreak of watching helplessly as his mother was intimidated and his sister fell apart—that finally drove him to the edge.

Through his testimony and many subsequent interviews, Richard managed to make a great number of people understand what living with domestic violence was like. This was no small victory for a sixteen-year-old boy. Yet going public with his story exacted a price. When Richard was allowed to finish high school pending the outcome of his appeal, he found coping with the notoriety of being "the boy who killed his father" an overwhelming burden.

"After the trial, I had this support group that treated me like a saint. I was going to be a warrior for peace and stop all child abusers, help all the children I could. It was pretty unrealistic.

"Toward the end of my senior year, I started wanting to die. I think I was just tired of being Richard Jahnke, the guy who shot his father."

Governor Herschler arranged for Richard to receive six months of residential psychiatric treatment before being sent to the state reform school. Confined to the hospital grounds and cut off from the suffocating publicity and blind sympathy, Richard was finally able to confront the enormity of his crime and its consequences.

"The guilt had been pretty constant," he says. "I did end his life, and that was wrong. But I started to understand how the whole situation was set up for me. I can accept that. I also came to realize one thing. I did not know my father. I saw only his cruel side. He very rarely talked to me. Once in a while, I saw these small glimpses of what he could be. It's been the same with Mom. I've been getting to know her through therapy and spending time together. And now I know she's there for me."

Richard's progress was so impressive that the governor granted him early parole. He is now a lean, self-assured nineteen-year-old freshman at a local community college, but he plans to transfer in the fall to a university in another state, where he will be able to build his new life in relative anonymity.

### The future

The Jahnkes no longer dwell on their violent past, but they've learned a valuable lesson from it. Richard and Deborah say they want to be emotionally and financially prepared before they have families of their own; they believe that their parents made the fundamental mistake of having children before they were ready.

"I'm going to hold off on marriage for a while," Richard says. "There are a lot of problems with relationships I still have to work out. I'm going to try to learn from Dad's mistakes, too. I've met a lot of people who have the freedom that I fantasize about. Yet they lock themselves in their own cell, in their own hell. That's what Dad did. Maybe he could have got a divorce. Maybe he could have done something else. I don't know. But I don't want to make the same mistakes he did."

Maria did not want to make the same mistakes, either. Last September, she married John Druce, the owner of a local auto-repair business, whom she describes as "the Gary Cooper type—very quiet, laid-back." The two had been friends for some time before they began dating. Friendship, which Maria describes as "so important," is something she never really shared with her first husband.

At the wedding, young Richard and Deborah accompanied their mother down the aisle and gave her away. It was a happy day for all. **End**

## THE QUALITY-TIME TRAP

continued from page 78

ıes. And how can we comply with the ipulation that quality time al-ays be happy and warm if our chil-en misbehave during it? Countless omen confess to feeling terribly ilty if they scold rather than play ıring a period that was set aside r quality time.

There is another big obstacle to giv-g the kind of quality time women ink they should. Many mothers rush ome to give their all, only to discover at it's not on the child's agenda. One oman told me of a day she had left ork early to spend some quality time ith her four-year-old. "I was going to ke her out to eat. Just the two of us. ıe only problem was that when I got ome she was glued to the tube and dn't want to go. I insisted, and she ıt up a fuss. By the time we left, she as in tears, and I nearly was, too."

By insisting that quality is its ulti-ate goal, we are distorting the real eaning of the parent-child relation-ip. What most of us really want is to ake our children feel cared for and nnected to us. Certainly, playing ith them, working on a project, snug-ing and reading are all ways to rengthen that bond. It's important for children to know that their mother *en-joys* spending time with them. But set-ting limits and dealing with unaccepta-ble behavior are also part of a relation-ship, and the time we spend with our children can and should include these kinds of interactions as well.

Interestingly, researchers in the Harvard University Pre-School Project found that youngsters who were most competent came from homes in which parents acted in the role of "consult-ants." Many of these mothers worked outside the home and spent less than 10 percent of their time interacting ex-clusively with their babies. But while they accomplished household tasks or talked on the telephone they were available to answer a question, put a piece in a puzzle or help a toddler up from a fall. Burton L. White, Ph.D., who was director of the project, said, "I think some parents do a disservice to their children by being around them too much and paying too much atten-tion to them."

When the mother stays in the back-ground, a child learns the valuable skill of getting and holding her atten-tion when he needs it. And he also learns that he doesn't need it just be-cause she is there. Most employed mothers would probably not want to stay in the background too long. But it's encouraging to know that your child won't be harmed—and might even be helped—if you do.

### A shared responsibility

While mothers seem to have taken quality time to be their full re-sponsibility, fathers can and should be involved, too—whether for play, setting limits or just being on call.

It isn't only that children need to know that both parents love them, al-though the importance of that is ines-timable. Each parent brings his or her own style and interests to interactions with children. While one parent might be the reader, storyteller and board-game player, the other might prefer to take the kids on outings or help them with building projects.

Quality time—the concept as it is now understood—is by and large a fic-tion: It is what we want our children to want, because it provides a way for us to discharge the guilt we feel. Instead, we should try to be more relaxed about the time we spend with our children, rather than carrying out a pre-scribed procedure. Sometimes the eve-nings and weekends with our children will be wonderful; sometimes they'll be disappointing. But we will all do better if we accept good times and bad times as natural times in a family. **End**




**LADIES' HOME JOURNAL TINS FROM THE PAST OFFER**

As seen on page 80

**Ladies' Home Journal Tins From the Past Offer**
**Dept. J075**
**P.O. Box 506**
**Chappaqua, New York 10514**

**Fully refundable if not satisfied!**

Please send me the tins in the quantities indicated below.

| Quantity | Item |
|---|---|
| _____ (#660) | Singer Sewing Machine Tin |
| _____ (#661) | Mandeville & King Seed Company Tin |
| _____ (#662) | Heinz Blackberry Jelly Tin |
| _____ (#663) | Coca-Cola Girl Tin |

Any one $5.95 plus $2 postage & handling.
Any two $10.95 plus $2.50 postage & handling.
Any three $14.95 plus $3 postage & handling.
Any four $18.95 plus $3 postage & handling.

Total $_____

Enclosed is my check/money order made payable to RMS SALES.
Or charge my ☐ Mastercard or ☐ Visa.

**Signature**_____

**Card No.**_____ **Exp. Date**_____

**Print Name**_____

**Address**_____

**City**_____ **State**_____ **Zip**_____

For Canadian orders use U.S. funds. Add $3.00 to postage & handling charges.

## PRINCESS AND HER PROTEGE

**continued from page 48**

polite. It's Commonwealth Day, a national celebration of Britain's ties with its present and former colonies, and as the diplomats step out of their limousines and into the church for the service, the people wait patiently behind the barricades for the star couple. Cameras are focused, and signs carefully hand-painted with such slogans as "Dallas loves you both" are at the ready.

Then, after what seems like an interminable procession of dignitaries, a dark-green, chauffeur-driven Bentley pulls up to the gate. Through the windows of the car, the crowd glimpses a well-coiffed blond head. There is a ripple of excitement. The door opens, and out steps Diana—tall, leggy and chic in a sapphire-blue suit and a matching hat. The Fleet Street photographers, perched on ladders for a good angle, shoot furiously. Then Charles exits the car on the other side; he seems slighter and more fair-haired than in photographs. As quickly as they have arrived, the couple disappear inside Westminster Abbey, and the crowd disperses. In spite of the long wait, no one is disappointed.

While the public adulation and the media attention have not changed, the woman who stepped out of the dark green Bentley most certainly has. Diana is not the same shy girl who married Prince Charles. When she first caught the Prince's eye, she was the perfect example of a traditional, well-bred British girl. Today, Diana is the ideal representative of modern royalty, and the foremost celebrity in the world.

After five years in the spotlight, Diana's only girlish traits are her giggle—which friends say is charming—and her habit of biting her nails. Otherwise, she is elegant and sophisticated from head to toe and has mastered the art of being a working princess.

Diana has become so adept at juggling her responsibilities, as wife, mother, media darling and patron to twenty-two charities, that she has been instructing the newest princess-to-be, athletic, outdoorsy Sarah Ferguson, twenty-six, in such subjects as fashion, the press and charity work.

And the Princess is delighted to be helping, because not only is Sarah Ferguson (nicknamed Fergie) going to be her sister-in-law but, according to Sarah, "the Princess of Wales and I are extremely good friends." The royal wedding marks Diana's first success as a matchmaker. Diana's grandmother, Ruth, Lady Fermoy, helped bring her and Charles together. Diana has always admired her grandmother and would like to assume a similar role.

The friendship between Sarah and th Princess goes back several years, to th time of Diana's engagement. Sarah, a though a commoner, had always bee close to the royal circle; her father, Majo Ronald Ferguson, was polo manager firs for Prince Philip, then for Prince Charle It was Sarah who helped introduce Di ana to the subtleties of the sport, whic is one of Charles's favorite pastimes.

Diana and Sarah quickly found the had many things in common beside polo. They were close in age, with similar sense of humor. They also ha the same taste in clothing, rock musi and fun times. And the girls had bot suffered in adolescence because thei parents divorced. Diana's parents di vorced when she was eight years old and her mother married Peter Shand Kydd almost immediately afterward.

When Sarah was just fourteen, he mother, Susan, ran off with Hector Ba rantes, an Argentinian polo playe leaving Sarah's father to raise his tw young daughters (Sarah's sister, Jane is now twenty-eight). Sarah's mothe and her husband left England to live i Argentina, and Sarah has remaine much closer to her father and his sec ond wife, also named Susan.

### Royal romance

The Queen and the rest of the roya family have always liked Sarah, bu they tended to think of her as the tom boyish youngster she used to be. Eve Prince Andrew, who considered Sarah good friend, had never thought of her i a romantic light. It was Diana—wh once harbored a teenage crush on An drew herself—who recently decide that it was time everyone, especiall Andrew, saw Sarah differently.

Sarah's first public date with th Prince was at Royal Ascot a year ago At that time, she was still living wit her longtime boyfriend, forty-eight year-old Paddy McNally, former man ager of a champion race-car drive Over the next couple of months, Sara and Andrew saw little of each other. H was serving in the Navy as a helicopte pilot on board H.M.S. *Brazen*; she wa busy with her work in London (sh runs the London office of a fine-art publishing company). But in Septem ber, Sarah gave McNally an ul timatum: He had five days to promis he'd marry her, or the relationshi would be over. The five days up, Sara kept her word. As soon as Diana hear that her friend was unattached, sh phoned her brother-in-law with th good news. Andrew immediately calle to ask Sarah out. Over the next fe months the relationship grew stronge And so did Sarah's ties to the royal fam ily. Outings with Diana to go skiing i Klosters and to visit Sandringham, th royal family's Norfolk *(continued)*

low, brand name flavor--low, low price!

# New Cambridge

## The generic priced cigarette that puts flavor first!




Regular & Menthol, Kings & 100's

Philip Morris Inc. 1986

SURGEON GENERAL'S WARNING: Quitting Smoking Now Greatly Reduces Serious Risks to Your Health.

Mfr. suggested retail price. Not available in all areas.

12 mg "tar," 0.9 mg nicotine av. per cigarette by FTC method.

# TAKE CONTROL




New Dry Idea® Solid anti-perspirant.
More wetness protection than any other solid.
And it goes on smooth and easy, too.

# NEVER LET THEM SEE YOU SWEAT.

© 1985 The Gillette Company

untry estate, followed. Diana even in-ed Sarah to Kensington Palace, where e and Andrew could meet in private. But the beginnings of the romance, cording to the couple, go back to that st date at Ascot, when Andrew play-lly tried to force Sarah to eat choco-e pastries, even though she was on a t. Sarah equally playfully tossed the stries back. As Andrew said later, en royal marriages have humble be-nnings. (Sarah has since lost about enty-five pounds. Under Diana's idance, she has been eating mostly lads and cottage cheese.)

While Diana has taken Sarah under r wing—vowing that her friend will ver make the same fashion and pro-col mistakes she did—Sarah already s a bit of a head start. For one thing, e is not a shy nineteen-year-old, ter-ied of media attention. Sarah has monstrated enormous self-confidence her dealings with the press and has en parried reporters' questions with e-liners and jokes. Part of Sarah's ise and maturity comes from her ex-rience as a working woman. At the ne of her engagement, she stated at she would continue working after r marriage. She would be the first yal bride ever to do so. Unfortunately, otland Yard was horrified by the ospect of providing daily protection for rah in an ordinary office building, and e finally conceded, "I've got a job to , and I would like to continue, but I ll do so only as long as it's practical."

In general, plans for the July 23 wed-ng are proceeding smoothly. The only tch so far involves Sarah's stepfather, ector Barrantes. Barrantes is Argen-nian, and Britain's relations with Ar-ntina have not been friendly since e Falklands War, in 1982. Argentin-n polo players have not been allowed play in England since the war, and arrantes's presence at the wedding ould be awkward for the royal family. t Barrantes and Sarah's mother in-st that he will attend.

For Diana, the marriage between her other-in-law and her best friend eans that she will always have a com-nion close by. Sarah and Andrew are pected to live in Buckingham Palace, st a few minutes by limousine from harles and Diana's apartment at Ken-ngton Palace. Because Sarah is con-dered an insider in the royal circle, ere will be no awkward period of ad-stment. In fact, Sarah is distantly re-ted to both the Queen and Diana. She ill have no problem being admitted to the cozy, cliquish royal family.

Diana's biggest influence on Sarah is kely to be in the area of fashion. Be-fore her engagement, Sarah sported the classic cardigans, button-down blouses, pleated skirts and delicate jewelry that are the hallmark of Britain's own brand of preppies, the Sloane Rangers (named for their favorite shopping area, around London's tony Sloane Street). At 5 feet 7 inches, with a mane of red hair and a face full of freckles, Sarah has always been attractive. But her image and her wardrobe needed to be upgraded to withstand the public scrutiny she now undergoes.

Diana and other members of the royal circle have introduced Sarah to the creations of British designers, both conservative and trendy. The change was immediately evident: Sarah appeared with Prince Andrew after the announcement of their engagement in a stunning wide-shouldered navy wool crepe-suit from Alistair D. Blair, a young British designer. The suit would have cost about

"Just keep smiling, for goodness' sake, keep smiling," whispered Diana to Fergie, as the photographers clicked away.

$750 but was presented to Sarah by the designer as an engagement gift. It is likely that just as Diana changed from a slightly chubby teenager with schoolgirl tastes to a sophisticated princess whose fashion influence is felt the world over, so Sarah's image will gradually be transformed from well-bred working girl to well-dressed royal.

### A job to do

As far as her duties as a princess are concerned, Sarah has said that the work will be a great honor and that she's "much looking forward to carrying it out . . . or whatever I'm supposed to do." Her official title will be Her Royal Highness, the Princess Andrew, and maybe also Duchess of York, if the Queen adheres to tradition and names Andrew Duke of York. Since Andrew is now fourth in line for the throne—after Charles and his two sons—it is very unlikely that Sarah will ever be queen. (In fact, it is probably because she has so little chance of being queen that the royal family readily ignored Sarah's past—her two serious boyfriends, McNally and Kim Smith-Bingham, a businessman.)

As Princess Andrew, Sarah Ferguson will have her share of factory openings, hospital visits and charity benefits to attend, and she could have no better teacher than the Princess of Wales to help her handle this role. When Sarah recently accompanied Diana on board the *Brazen*, there were hordes of photographers present to record the event. Sarah's lessons were well under way, as Diana whispered to her, "Keep smiling, for goodness' sake, keep smiling."

Sarah will most likely begin to develop her own special causes and charities, just as Diana favors organizations and charities that benefit children and the elderly. Diana's special charm around the very young and the very old still amazes people who see her in action. Remembers royal photographer Tim Graham, "On one appearance in Wales, Diana saw a little child in the crowd crying. She went over to him, reached into her bag and pulled out a chocolate bar. [While she is an avid dieter, Diana has a fondness for sweets.] The child, frightened, wouldn't take the candy. So Diana tucked it into his pocket and said, 'There you are. Have it later.'"

Diana's favorite children, of course, are her own: William, four, and Harry, almost two. Both boys are lively and rambunctious but also remarkably unaffected considering the unusual circumstances of their upbringing. Several days a week, William has been attending a London nursery school, where his habit of sparring with children on the playground has earned him the nickname Billy Basher from parents. And Harry recently made a public appearance to demonstrate his newfound walking ability. He performed so well that Diana had to chase after him as he nearly toddled right into a crowd of photographers. Family friends say that around her youngest son, Diana is constantly saying, as only a mother can, "My dear Harry, what *do* you think you are doing?!"

William and Harry especially enjoy family visits to the country: either to Balmoral, the Queen's country home in Scotland, or to Highgrove, Charles and Diana's country home in the Cotswolds. Although Diana has always preferred London shopping and culture to horses, hunting and fishing, she is happy to spend time with her family in the country, where they all have more freedom to relax and play.

Diana and Charles are searching for a new country home to replace Highgrove, which they feel is too small for their growing family *(continued)*

# Want more mail?

We're the 2,600 mail order catalogers, publishers, retailers, and service companies that make up the DMMA (Direct Mail Marketing Association), and we think you have the right to decide how much and what kind of advertising you receive in the mail.

So if you like to shop by mail, and you want more mail, check "Yes." Then tell us what kind of mail you prefer.

If you don't like advertising mail, and you want less, check "No." We'll try and stop as much of your national advertising mail as we can.

Mail this coupon to DMMA's Mail Preference Service, 6 East 43rd St., New York, NY, 10017.

You'll see a big change in your mail.

Name

Address

City

State Zip LHJ



☐ **Yes.**

I'd love more mail. Especially on the subjects I've circled below.

A Books & Educational Materials
B Clothing
C Collectibles
D Crafts
E Food & Sundries
F Gardening
G Gifts
H Hardware & Tools
I Health & Beauty
J Home Furnishings or Housewares
K Records & Musical Instruments
L Sporting Goods



☐ **No.**

I want less mail. Please remove my name and address from as many national direct mail advertiser's mailing lists as possible. Here are the names of others at my address who also want less mail, or variations of my own name by which I receive mail.

**DMMA**

Direct Mail Marketing Association

We think your mail matters.


## PRINCESS AND HER PROTEGE

**continued**

and too close to public roads to provide adequate security.

What else is ahead for Diana and her family? Charles has said that he would like to have a daughter, and no doubt Diana, too, would delight in a pretty little girl. But the Princess may plan to wait awhile before adding another child to the family. Queen Elizabeth, after all, waited ten years after Charles and Anne before having Andrew and Edward.

In the meantime, Charles and Diana are enjoying this time with each other and with William and Harry. This November, the couple will travel to the Middle East (without their sons). Their nine-day itinerary will take them to Saudi Arabia, Bahrain, Oman and Qatar. It will be interesting to see how Diana interprets the strict Muslim dress code, which requires that women completely cover their arms and legs. She will have to be tolerant of a social code that considers women second-class citizens. And both Diana and Charles will have to contend with elaborate security measures designed to protect them from the terrorism so prevalent in that part of the world.

### The private princess

One of the most revealing signs of Diana's new maturity, according to palace insiders, is her attitude toward Charles's former girlfriends. After her marriage, Diana, feeling threatened, effectively banished many of Charles's women friends from the royal social circle. But lately, Diana has reestablished relations with several of Charles's exes, two in particular who were especially close to the Prince. Lady Tryon, an Australian nicknamed Kanga (who runs a successful Beauchamp Place clothing boutique, a Sloane Ranger favorite), was allowed to organize a dinner for Charles and Diana after the London premiere of *Out of Africa*. The other woman is Camilla Parker-Bowles, wife of Henry Parker-Bowles, an old polo-playing friend of the Prince's.

It is around her own friends that Diana feels most relaxed. She is still close to her three former roommates, as well as to "Tally," the young Duchess of Westminster, and Lady Penelope Romsey, who lent her estate, Broadlands, to Charles and Diana as a honeymoon retreat. The Princess loves to invite friends to salad lunches or casual teas at Kensington Palace, where she can relax, giggle and gossip freely. Now that Sarah Ferguson is to marry into the family, Diana will finally have a good friend who can truly understand the pressures, and share the joys, of being a princess. **End**

# Journal Store

By Sheryl Kraft

1.






2.



3.

**Stop here for convenient shopping with this wide selection of merchandise. Enclose your personal check or money order; allow 4 to 6 weeks for delivery**

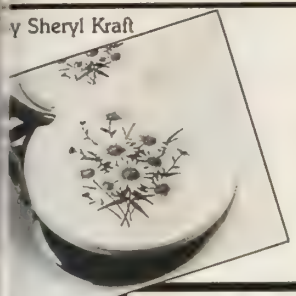
1. **Happy feet!** Scandinavian Natural Treatment. Stimulating Foot Bath, 6.8 fl. oz. and cooling and softening Foot Cream 2.8 fl. oz Herbal based product including Pine-needle Camphor and Arnica. Only $4.50 Add $1.50 postage, you save $6.00. We will also send you FREE our 72 page Beauty Guide. Fleur de Sante', Inc. P.O. Box 16090, Ft Lauderdale, FL 33318.

2. **Do-it-yourself electrolysis** With PERMA TWEEZ, you can safely and permanently remove unwanted hair without puncturing the skin. Clinically tested and recommended by many dermatologists; and, saves hundreds of dollars over salon electrolysis! $16.95 ppd. Send to GENERAL MEDICAL CO., Dept. LHJ JE42, 1935 Armacost Ave., W. Los Angeles, CA 90025.

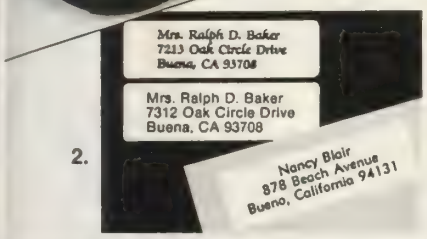
3. **Bronze baby shoes** For a limited time only, baby's first shoes are gorgeously plated in solid metal for just $5.99 a pair. Also available: portrait stand (shown), ashtray, bookends, TV lamps. Perfect gift for grandparents! Send no money: write for full details and money-saving certificate. AMERICAN BRONZING CO., Box 650-FE6, BEXLEY, OH 43209.

# Journal Store

y Sheryl Kraft



1.




2.



3.

**Stop here for convenient shopping with this wide selection of merchandise. Enclose your personal check or money order; allow 4 to 6 weeks for delivery!**

1. **Brighten your kitchen** These decorative burner covers come in eighteen beautiful designs, and are affordably priced. Electric and gas range sizes available; constructed of strong steel and fine porcelain enamel. For free color brochure, write: MAX BURTON ENTERPRISES, Dept. L-76, 502 Puyallup Ave., Tacoma, WA 98421.

2. **Exclusive label selection** These self-adhesive labels come in seven colors: white, gold, silver, transparent, blue, pink, or yellow. Printed in black ink; up to 26 letters and spaces per line, 3 or 4 lines. Select your favorite type style: Block (#PR), or Calligraphy (#CPR). Select from two quantities: 450 or 1,000 labels. 450 white, gold or silver for $7.95; 1,000 white, gold or silver for $12.50. Transparent, blue, pink or yellow labels are $8.95 for 450, $13.50 for 1,000. Add 75¢ to each order for p&h. BRUCE BOLIND, Dept. LHJ-7, BOLIND BUILDING, P.O. BOX 9751, BOULDER, CO 80301.

3. **Stop sweat for 6 weeks** Drionic®—the heavy sweater's answer to costly and embarrassing underarm, hand or foot sweat. Short treatment with electronic Drionic keeps these areas dry for 6 week periods. Recommended by dermatologists everywhere. Send for free information. Clinical studies available to physicians. Write General Medical Co., LJE-43, 1935 Armacost Ave., Los Angeles, CA 90025

## FACING THE PAIN OF GUM SURGERY?

New scientific advance! More and more people are finding that the need for gum surgery was completely eliminated! Can you imagine what it can mean to you if you didn't have to go through surgery, endure the pain of healing? Yes! Hundreds now report that by following the new Pro Tech oral hygiene program that they have never known healthier gums, and cleaner teeth!

Try the Pro Tech program for only 30 days. If you are not completely happy with the results, we will refund your entire purchase price!

**ORDER NOW CALL TOLL FREE 1-800-233-7534**

**You have so much to gain, and nothing to loose!**

Use your VISA or MASTERCARD

30 DAY PRODUCT SUPPLY FOR ONLY $29.95 or send your checks or money order to:

PRO TECH 212 HARTMANN DRIVE LEBANON, TENN. 37087

All orders processed immediately! Satisfaction guaranteed or your money back.
P.S. Our program and products are also great for bleeding gums, cankor sores, and loose teeth.



## MATERNITY BUSINESS SUITS & DRESSES

**Catalog** with swatches and fit guide $3, refundable with order. Visit our stores in **Atlanta, Boston, Charlotte, NC, Chicago, Cleveland, Dallas, Denver, Harrisburg, PA, Haverford, PA, Houston, Los Angeles, Mesa, AZ, Minneapolis, New Orleans, New York, Philadelphia, Pittsburgh, San Francisco, Stamford, CT, Washington, D.C.** or inquire about opening a store in your area. Telephone 215-625-0151. P.O. Box 40121 Dept. LA6C , Phila., PA. 19106

Mothers Work




ADDRESS LABELS WITH NICE DESIGNS

Any initial in Old English or Script, most dogs, palm, gull, saguaro, U.S. flag, pines, horse, treble clef, rose, happy face . . . also any zodiac sign, roadrunner, palette. Printed in black ink on 500 white or 250 gold gummed labels. To 20 letters per line, 4 lines. Order by initials shown. . . .

| | | |
|---|---|---|
| #DD | 500 white 1¾"x⅞" | $3.95 |
| #GDD | 250 gold 1¾"x⅞" | $3.95 |
| #DR | 500 white 1½"x½" | $3.50 |
| #GDR | 250 gold 1½"x½" | $3.50 |

Please add 75¢ postage and handling. Useful 80-P. Gift Catalog, $1.00. Bruce Bolind, 37-L Bolind Bldg., Boulder, CO 80302. (Since 1956, thanks to you!)

## COLOR PHOTOS $1.75



YOUR CHOICE
- 24 Wallet Photos 2⅓x3⅓"
- Three 5x7" Enlargements
- One 8x10" Enlargement

Send any photo. 8x10 or smaller (returned). Add 65¢ per selection for post./handl. and an add'l. 50¢ ea. for 1st class mail. Money back guarantee

**COLOR LAB**
P.O. Box 230A, Irvington, NJ 07111

GREAT COLOR WALLETS and ENLARGEMENTS

**EXPRESS PHOTO SERVICE℠** ONLY $2.50



FULL COLOR • BORDERLESS
Five choices only $2.50 each
- ★ 40 Wallet Photos
- ★ 32 Wallets & 1 5"x 7"
- ★ 20 Jumbo Wallets
- ★ 4 5"x 7"s & 8 Wallets
- ★ 2 Custom 8"x 10"s

Vibrant Permaprint™ copies on KODAK paper. Send any instant print or photo up to 8 X 10 (returned). Add 75¢ each set for handling and postage. For priority rush service add $2.00 per order.

**RELIANCE COLOR LABS, INC.**
Studio E-852-7A P.O. Box 159, Stamford, CT 06904

Ladies' Home Journal

## SUBSCRIBER SERVICES

**Change of Address:** Please attach mailing label from this magazine and write in your new address below. 6-8 weeks advance notice is needed.

**Mailing List Name Removal:** We occasionally make our mailing list available to organizations whose offer we believe might be of interest. If you do not wish to receive any mailings from companies not affiliated with Meredith Publications, Inc., please check the box below and attach your mailing label.

**Complaints:** For duplicate issues, late delivery or any problems, attach mailing label and send details to the address below.

☐ **Change of Address**
☐ **Please remove my name from your rental list**

FCP-7

NAME_____

ADDRESS_____

CITY_____ STATE_____ ZIP_____

**Mail to: LHJ P.O. Box 10895 Des Moines, IA 50336-0895**



**Bel'-Schön keeps the promise other wrinkle creams break.**

It's never too soon or too late to start caring for your skin. For the younger woman, Bel'-Schön softens and moisturizes and, with consistent use, will smooth and tighten those problem wrinkle areas. Bel'-Schön, a new and unique blending of emollients and skin conditioners, has proven its effectiveness to many satisfied women in Canada, and now, finally, it is available to you. Rich in the goodness of natural ingredients, Bel'-Schön soothes and tones skin tissue. It moisturizes and nourishes. Your skin feels younger.

Let Bel'-Schön work for you. Send $14.95 for a two oz. trial size to:

Hoffman Laboratories,
6750 Cedar Road North
Waconia, MN 55387

AUGUST
LADIES' HOME
Journal

A SUPER SUMMER ISSUE



Richard Osaka

**GREAT READING**
Curl up with a new best-seller by James Herriot and an exciting mystery by Mary Higgins Clark

**LAZY-DAY MEALS**
Easy recipes for cooking with herbs or making main-dish salads, peachy desserts and terrific ice-cream treats

**LOOKING GOOD**
No-nonsense answers to ten of the toughest beauty problems

**EAT BETTER, FEEL BETTER**
Make your family healthier with tips on nutrition from doctors around the world

**SEX REPORT**
Don't miss *LHJ*'s update on marital sex, with the latest on contraceptives, and exercises to improve your lovelife!

Plus . . . secrets we know about you . . . family fashions for fall . . . and lots more!

**On sale July 15**

# LAST LAUGHS

## OUT OF THE MOUTHS OF BABES

"My five-year-old daughter still occasionally sucks her thumb. Her grandfather recently questioned her about the habit. "It's okay, Grampy," she explained. "I don't inhale." —*Lucinda M. York, Athens, GA*

I was making a cake when our young neighbor Eunice came to visit. Remembering how my children had always loved to taste the icing, I asked, "Would you like to lick the beaters?" She looked at me in disgust and replied, "My mother washes ours!"
—*Helen Marshall, Thoreau, NM*

My five-year-old nephew asked his mother to help him find a shoe. She was very busy with another child and said, "Oh, Adam, go look for yourself." "But, Mom," he replied matter-of-factly, "I already know where I am —it's my shoe I'm looking for!"
—*Dianna Hatton, Tipp City, OH*"

## TERMS YOU PROBABLY ALREADY KNOW

**BABY-SITTER**
**Someone who is never available on a Saturday night**

**DIVISION OF LABOR**
**When your husband cleans the glove compartment and you clean the house**

**OVERACHIEVING HOMEMAKER**
**One who dusts the top shelves**

**YARDWORK**
**What your teenager will eagerly do for anyone else in town for two dollars an hour**

From the book NEW WIVES' TALES, by Brenda Nell Davidson. Copyright © 1986 by Brenda Nell Davidson. Published by Price/Stern/Sloan Publishers, Inc., 410 N. La Cienega Blvd., Los Angeles, CA 90048.

## PARLEZ-VOUS? ME TOO!

I used to always worry
'Cause French was Greek to me.
I knew more than I thought I did,
As you will shortly see.

There's shrimp croquette
and rendezvous,
Bouquet, ménage à trois,
Mon ami and crême de menthe,
And lace brassière (or bra).

Parlez-vous, risqué, brochure
(Mon Dieu, but I am clever),
Bordeaux, boudoir, chablis blanc,
And rue de la whatever.

I don't know why I worried
That French was Greek to me.
I think it's très, très evident
I speak it fluently.

—*Chris Haas*

**FOR BETTER OR FOR WORSE** **By Lynn Johnston**




From the 1986 FOR BETTER OR FOR WORSE CALENDAR, by Lynn Johnston. Copyright © 1985 Universal Press Syndicate, published by Andrews, McMeel & Parker. Reprinted by permission.

ADIES' HOME JOURNAL
August 1986

3 9042 01504361 2

THE BEST BREAST EXA

STEP-BY-STEP PHOTO CHART EVERY WOMAN SHOULD HAVE

# Journal

1.50
gust
986
ies'
me

YAL WEDDING



e mother who
de it happen

IE TEN
UGHEST
AUTY
OBLEMS—
LVED!

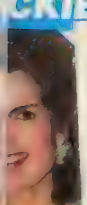
CK HUDSON



Why he lived the way he did

OL COOKING:
AIN-DISH SALADS
E-CREAM TREATS

CKIE & CAROLINE



SUPER SURVEY: 350,000 WOMEN TELL ALL!

BOOK BONUS: A PERFECT MYSTERY

THE SEXUAL STAGES OF MARRIAGE

MERYL STREEP
"What do I want? I want it all"

BURLINGAME CA 94010
480 PRIMROSE RD
BURLINGAME PUB LIB
JUN87 ED 02502 02
91-BRLPRM-480995 2 07DUQ
**********CAR-RT-SORT**CR46

JUL
LIBRARY


CLAIROL®
Loving Care
Color Mousse
Loving Care
Color Mousse
Don't just cover your gray, Mousse it!
When you use Loving Care® Color Mousse, you do more than just cover your gray. You keep the beauty of your own natural color. Because Loving Care has no peroxide to change your color. It just brings back the color you've lost...only where you've lost it... only where you're gray.
So don't just cover your gray. Mousse it!
Loving Care Color Mousse from Clairol.®
© 1986 Clairol Inc.




# HOW TO RELIEVE ARTHRITIS PAIN AND INFLAMMATION

**Take Bufferin® to relieve minor arthritis pain fast.** Bufferin goes to the heart of the pain and works where you hurt to quickly relieve minor arthritis pain. So you feel better for hours.

**Take Bufferin to reduce inflammation that Tylenol can't effectively reach.** Many people with arthritis pain, swelling and stiffness don't realize that inflammation is the primary cause. And many don't know that while Tylenol works on pain, it does not effectively reduce inflammation, but Bufferin does. Taken regularly, Bufferin reduces inflammation, so after several days you begin to feel relief from the swelling and persistent pressure around joints.

Arthritis can be serious. If pain persists more than 10 days or redness is present, consult your doctor immediately.

**BUFFERIN. FOR THE PAIN AND INFLAMMATION OF ARTHRITIS.**




Use only as directed.

BRISTOL-MYERS


REVLON




**Revlon introduces the most fabulous new nail enamel in 25 years.**

**No other nail enamel outwears it, outcolors it, outshines it, without the usual touchups.**

Day for day, application to application, no other nail enamel outwears it.
Every stroke is brimming with rich, sumptuous color that holds a truly lustrous shine.
It really is a marvelous new enamel, the likes of which you've never seen before.

**Revlon. The difference between looking good and looking great.**

LADIES' HOME Journal

**MYRNA BLYTH**
EDITOR-IN-CHIEF

**Tamara Schneider**
ART DIRECTOR

**Jan Goodwin**
EXECUTIVE EDITOR

**Mary Mohler**
MANAGING EDITOR

ARTICLES
**Margery D. Rosen, Beth Weinhouse, Roberta Anne Grant,** senior editors
PAMELA S. GUTHRIE, DIANE SALVATORE, ERIC SHERMAN, associate editors
RACHEL HAGER JEANNE CURRY

BOOKS AND FICTION
**Mary Lou Mullen,** editor
SOFIA MARCHANT

BEAUTY AND FASHION
**Lois Joy Johnson,** editor
MARJORIE WRIGHT
MARGARET L. O'HANA

FOOD AND EQUIPMENT
**Jan Turner Hazard,** editor
SUSAN J. SARAO
DIANE DILALO HOLTAWAY
ELIZABETH A. MARKS BEVERLY STEPHENS
MARGOT ABEL BERNICE MITTMAN

DECORATING AND DESIGN
**Marilyn Diane Glass,** editor
SALLY J. JONES

COPYWRITER
**Linda Glassberg**

EDITORIAL PRODUCTION
**Nina Keilin,** editor
JANE FARRELL, KAREN JACOBSON, copy editors

EDITOR-AT-LARGE
**Sondra Forsyth Enos**

PUBLIC AFFAIRS
**Margaret Hickey**

READER SERVICE
**Lietta Dwork**

ART DEPARTMENT
**Jane Wilson,** design director
**Stephanie K. Birdsong,** associate art director
**Jeffrey Saks,** associate art director

ART PRODUCTION
**Ellen G. Lander**

**Paul Sawyer,** graphic system manager

EDITORIAL BUSINESS MANAGER
**Marion Davies**

ASSISTANT TO THE EDITOR-IN-CHIEF
**Alberta Harbutt**

**Contributing Editors**
LAWRENCE BALTER, Ph.D.
KATHERINE BARRETT MARGARET DANBROT
DOROTHY CAMERON DISNEY
SONYA FRIEDMAN, Ph.D. CLIFF JAHR
CONSTANCE LEISURE ARNOLD PALMER
RITA ROONEY JEFF ROVIN
MICHAEL J. WEISS (WASHINGTON, D.C.)
NANCY J. WHITE

**ROBERT D. THOMAS**
PUBLISHER

A Meredith Publication
**Robert A. Burnett**
President & CEO
**Jack D. Rehm**
Executive Vice President

# EDITOR'S JOURNAL

# THE MARVELS OF MIDSUMMER

*By Myrna Blyth*

**AUGUST** I know this ripest of all summer months can get too hot and muggy, but just think of all its full-blown joys. What do I like so much about August? A whole lot of lovely things: the way each weekend seems like a mini vacation, the way tomatoes *really* taste like tomatoes. I like swimming in the lake a half mile up the road from our house in the country. I like paddling a canoe and trying to get close to the wild ducks that live in the lake, too. What about riding around in the car with all the windows open, listening to rock-and-roll music? Or sitting around with old friends talking and laughing while the sun ever so slowly sets? Or harvesting your own raspberries at a pick-your-own-raspberry farm and picking so many that you just have to gorge or they'll spoil? Raspberries for breakfast, lunch and dinner. Oh, the problems of August!

**MEMORIES** This month always makes me think of summers past and the funny, happy memories we all have stored away. I remember the time I took my sons for a week in the country. On the first day we found a little garden snake in their kiddie pool. Do you think they would go into the pool for the rest of the week? What do you do with a two-year-old and a five-year-old for a sweltering week in the country when they won't go near the water? Then there was the time we took a trip out West. My husband and I were full of wonder at the scenery. The boys, aged seven and ten, didn't bother to look—they were much too busy fighting over miniature racing cars in the backseat. Now my nineteen-year-old son is a congressional intern, and his sixteen-year-old brother is working as a computer operator. I just hope they're storing up funny, happy memories of their own.

**RIGHT NOW** But just as I want this month to be special for you, I want our August issue to be special. And I think it is. First of all, there's some wonderful reading: several selections from current and future best-sellers, including a short story from world-famous vet James Herriot's new book (page 66) and a riveting mystery by top suspense writer Mary Higgins Clark (page 46). There are important articles as well. Most important, undoubtedly, is the breast self-examination feature (page 59). We present a chart and photographs prepared in cooperation with the American Cancer Society that show you more clearly than ever before how to do a breast self-exam. Please do a BSE and check off August on the calendar that's part of our chart. Make this month special by enjoying yourself *and* by taking care of yourself.

© 1986 Meredith Publications, Inc. All rights reserved. "Never Underestimate the Power of a Woman" is a trademark of Meredith Publications, Inc., registered at U.S. Patent Office. Title "Ladies' Home Journal" registered at U.S. Patent Office and foreign countries.

Ladies' Home Journal ® (ISSN 0023 7124) August 1986, Vol. CIII, No. 8. Published monthly by Meredith Publications, Inc. 3 Park Avenue, New York, NY 10016. Back-issue copies available. Subscription prices U.S. and Possessions, 1 yr. $20.00; Canada, 1 yr. $26.00; all other countries, $28. Second Class postage paid at Los Angeles, CA, and at additional mailing offices. Authorized as second-class matter at Post Office Department, Ottawa, Canada, and for payment of postage in cash. **POSTMASTERS: Send address changes to Ladies' Home Journal, P.O. Box 10895, Des Moines, IA 50336-0895.**

**Send all subscription correspondence and change of address (include latest mailing label and allow 8 weeks for change) to P.O. Box 10895, Des Moines, IA 50336-0895.**

Robert D. Thomas, SVP/Publisher
Robert Kelly, Advertising Director
James C. Whitelaw, New York Manager
Frederick W. Becker III, Eastern Manager
Mary Morgan, Prime Showcase
Jack Sackley, Midwestern Manager
Paul Bade, West Coast Manager
Sharon Rogers, San Francisco Manager
Terry Giella, Sales Administration Manager

Myrna Blyth, SVP/Editor
Jeremy Grayzel, SVP/Operations
Dean Pieters, VP/Development
Carole Mandel, SVP/Circulation Director
Mitch Lurin, VP/Marketing Services
Esther Laufer, VP/Promotion Director
John W. Condit, VP/Manufacturing
Michael C. Senior, Newsstand Sales Director
Michael I. Cook, Business Manager

The Journal cannot process unsolicited manuscripts or art material, and the Publisher assumes no responsibility whatsoever for their return.

# The 4 month curl that gave us a 10 year headache.

We didn't know whether to break out a bottle of champagne or another bottle of aspirin when we finally did it. The longest-lasting maximum curl possible, minus one important thing. Damage you used to live with.

Introducing Ravé Performance Perm.

A mere decade. To give you what no one else can.



A perm that's full of glorious body and curl, curl, curl.
A perm that's 4 months of manageability.
A perm that has no odor. (It's our curls that linger, not the smell.)
A perm that's no regrets.

Why the 10 year wait?

You see, up until now, perms that curled a lot were full of harsh smelling chemicals that damaged a lot. If you knew just how much damage, you'd have waited, too.

If not us. Who?

If anyone knows about perm technology, it's Rave. In 1978, we invented the no-frizz perm. The question that kept us up for nights, 3,130 of them, was how to combine that technology with more curl.

Our competition was tough.

We experimented with the perms you used. And learned what not to do. Like give you a perm that looks good–if you don't look too close.

We searched for strong curl that looks better the closer you get to it. A perm that holds up, month after month after month.

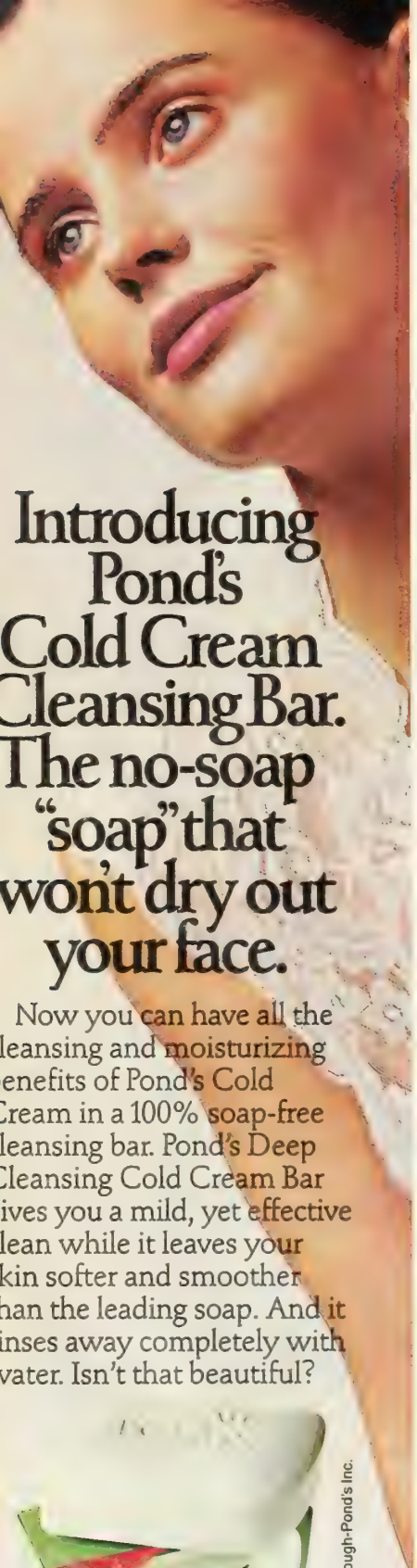
And then one month, it happened. Rave Performance Perm!

Nice guys really do finish last.

Sure we could have given you a perm with maximum curl before the Bicentennial. Before you chose a L'Oréal or a Lilt or an Ogilvie perm. Before you went gray. But that would also mean giving you damage. And we have to look in the mirror, too.




New Rave® Performance Perm.
Curls that last and last. At last.






LADIES' HOME

# Journal®

VOL. CIII NO. 8 AUGUST 1986


## Articles


4 EDITOR'S JOURNAL

13 CAN THIS MARRIAGE BE SAVED?
"I tried too hard to please him"
*By Jane Marks*

18 A WOMAN TODAY
"We are sharing a miracle"
*By Nancy Ireland*

23 THE WEDDINGS OF THE SUMMER
Britain's Queen Elizabeth and America's own royalty, Jackie O., are proudly planning the two biggest social events of the season: the weddings of Prince Andrew and Caroline Kennedy.

34 MONEY NEWS
*By Katherine Barrett and Richard Greene*
Shrewd and sensible financial tips to help make you a better investor, a smarter consumer.

38 20 MUST-KNOW FACTS ABOUT FOOD AND YOUR HEALTH
*By Lawrence Galton*
Important advice from researchers around the world.

51 SEXUALITY, CONTRACEPTION AND HEALTH
An up-to-the-minute report on everything from the latest birth-control methods to a proper breast examination.

62 BRAT PREVENTION
*By Joyce Maynard*
Does Johnny refuse to eat veggies? Does Suzy always throw temper tantrums? If your kids think the world revolves around them, don't despair. Learn how *not* to raise spoiled children.

74 MEDINEWS
*By Beth Weinhouse*
Medicine to travel with; all you need to know about summer sun; new diet pills; and more.

76 MY DINNER AT THE WHITE HOUSE
*By Joan Paulson Gage*
A dream come true! We all fantasize about dining with the President—here's the inside story from someone who did.

86 PARENT NEWS
*By Mary Mohler*
Information about child rearing in the eighties.



Kobal Collection

## BOOK BONUS

**A special gift from us to you: terrific summer reading to carry along wherever you spend those lazy August afternoons. Enjoy!**


46 LUCKY DAY
*By Mary Higgins Clark*
A thriller that will baffle even the best of detectives.

66 THE STOLEN CAR
*By James Herriot*
A delightfully heartwarming tale from everyone's favorite vet.

70 ROCK HUDSON: WHY HE LIVED THE WAY HE DID
*By Jerry Oppenheimer and Jack Vitek*
Underneath his boyish charm was a side of Rock we never knew.

84 NEW WAYS TO LOOK AT YOURSELF AND OTHERS
*By Anthony Robbins*
We'll help you relate better to co-workers, family and friends.

# Smart shoppers know there's only one stop for Sesame Street® fashions.

It's elementary. It's JCPenney. Because only JCPenney carries an exclusive collection of infant, toddler and pre-school Sesame Street® apparel. So whether you're looking for Big Bird, Bert or Ernie, you'll find them all in the Sesame Street collection only at JCPenney. Outfits shown from $8.99 to $14.00.




You're looking smart at JCPenney

Available at most large stores. Prices may be higher in Alaska, Hawaii and Puerto Rico. © 1986, JCPenney Co., Inc.
Sesame Street® and the Sesame Street sign are trademarks and service marks of Children's Television Workshop. © 1986 Children's Television Workshop. Sesame Street Muppet Characters © 1986 Muppets, Inc


AT LAST

# SOCKS TOUGH ENOUGH TO FILL BOTH THEIR SHOES.



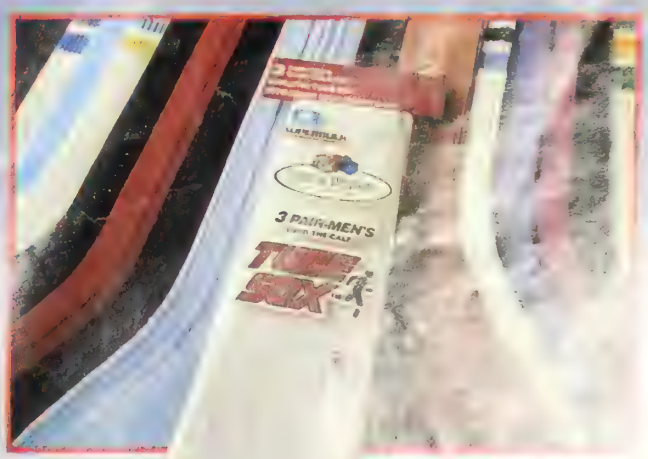
FRUIT OF THE LOOM®

UNCONDITIONALLY GUARANTEED

QUALITY RUNS IN THE FAMILY.

## INTRODUCING FRUIT OF THE LOOM® SOX WITH SUPERBULK.™

They both need socks that won't quit when the going gets tough. That's why Fruit of the Loom Sox are reinforced with SUPERBULK. They're made strong to last long. So try our socks out on your tough guys...and girls.




© 1986 Fruit of the Loom, Inc. One Fruit of the Loom Drive, Bowling Green, KY 42102. An operating company of Farley

Now...end everyday feminine problems

Feminine itching

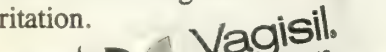
simple to relieve

...as easy as a headache

This instantly-soothing medication relieves external feminine itching as easily as aspirin relieves a headache.

That's good news because minor feminine itching is about as common as a headache—caused by everyday things like jogging, pantyhose, even normal perspiration.

VAGISIL® Feminine Itching Creme has been formulated with medication recognized effective by expert gynecologists. In fact, it's been used by over 4 million women who need fast relief from itching and irritation.




Of course, should irritation persist, see your doctor. But if you're like millions of other women, VAGISIL® will relieve the problem. As simply as aspirin relieves a headache.

Feminine moisture

end it now and stay fresher all day

Now stay drier, feel fresher all day with VAGISIL™, the first Feminine Powder with a totally unique formula to solve wetness problems. Its special moisture absorber is 25 times more effective than talc—with a natural skin-protecting emollient. Created with a leading gynecologist—100% talc-free, so safe, even its light, clean scent is hypoallergenic.




Vagisil

FEMININE POWDER & ITCHING MEDICATION

©1986 COMBE Inc. Use as directed

89 29 SECRETS WE KNOW ABOUT YOU
*By Clive Enos, Ph.D., and Sondra Forsyth Enos*
350,000 women shared their secrets about all those little things like sex, kids, money, and more!

100 THOROUGHLY MODERN MERYL
*By Jeff Rovin*
This superstar says her most challenging role is being a good mother to her three children.

164 LAST LAUGHS

## Good looks

28 BEAUTY JOURNAL
Luscious skinny snacks; tips for sensitive skin; and more.

108 HERS, HIS, THEIRS
Fashions for the whole family to share! Here's how to wear them and where to find them.

## At home

102 VINTAGE LIFESTYLE
*By Marilyn Diane Glass*
A super tour of the grand houses and glorious vineyards that make the Napa Valley famous.

## Food

42 ICE-CREAM TREATS
Our seven cool creations that taste as great as they look.



Tohru Nakamura

94
SOLVED! THE 10 TOUGHEST BEAUTY PROBLEMS
*By Lois Joy Johnson*
Our expert techniques will take you from troubled to terrific.

68 EASY AS 1-2-3
*By Beverly Stephens*
A cheesy western frittata, garden-fresh salad and tangy pesto bruschetta.

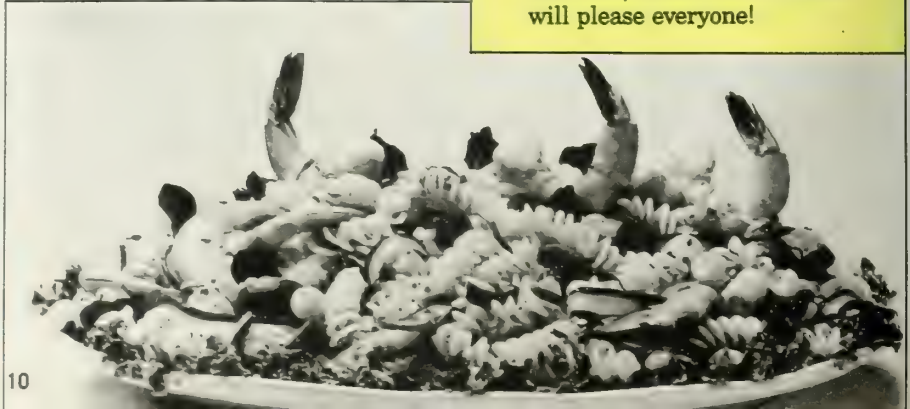
98 JUST PEACHY!
*By Mary D. Higgins*
They're at their ripe and juicy best, so don't miss our scrumptious cake, pie and other peachy-keen delights.

112 COOKING WITH HERBS
*By Jan Turner Hazard*
Aromatic and exotic, they turn ordinary foods into succulent feasts. Our recipes prove it! Plus an informative herb chart to clip and save.

142 RECIPE INDEX

Cover photo of Meryl Streep, Eva Sereny/Sygma. Inset photos: Prince Andrew and Sarah Ferguson, Rex/RDR; Rock Hudson, Pictorial Parade; Jackie O., Brian Quigley/Outline.

92
MAIN-DISH SALADS
Easy to prepare and simply delicious, these low-cal meals will please everyone!



Thom Uesano

Whirlpool
Home Appliances

# The refrigerator that's programmed to serve the needs of your family.

Who ever heard of a smart refrigerator? We did. In fact, we built one. A refrigerator with a brain that protects your food. A refrigerator that's been designed to tell you when things are right and when things are wrong. You see, at Whirlpool we know how much a refrigerator means to a family. That's why we build them the way we do.

## Computer controls that help protect your food.

Our Serva-Door® refrigerator is a computerized marvel. And it does something that most refrigerators can't do. Its Systems Sentinel® II computer control system will independently maintain separate yet accurate temperatures in the refrigerator and the freezer at the same time.

## A monitor that gives you a warm warning.

Sometimes the refrigerator door is open for an extended period of time, like after school, or grocery day. When that happens a computerized monitor in the door will automatically tell you that the temperature is getting a bit warm inside. Then all you have to do is program it for maximum cooling. And you can do it with just a touch of your finger.



## Convenience everywhere you look.

Of course, computers are just part of the story. We know how important convenience is. That's why we offer so many extra convenience features. Like textured-steel doors that help hide messy fingerprints. Adjustable glass shelves. Plus crispers and meat-keepers that have their own climate controls.

## A promise of quality that we stand behind.

Every Whirlpool appliance is backed by our promise of good, honest quality. It's a promise we've kept for 75 years, and we support it with programs like our toll-free, 24-hour Cool-Line® telephone service* to help you with problems or questions. It's just one more way we can make your world a little easier.

*Call 800-253-1301.
In Alaska and Hawaii, 800-253-1121.
In Michigan, 800-632-2243.

**Making your world a little easier.**

© 1986 Cosmair, Inc.

L'ORÉAL

# L'ORÉAL IS GOING TO CHANGE THE WAY YOU COVER GRAY.

Avantage.

Look closely: see natural looking color. Beautiful tones and highlights. Color that was always yours. Even better.

No peroxide. No ammonia. It's gentle. Washes away gradually.

Turn gray to your advantage. Avantage, from L'Oréal.

Because you're worth it.




## AVANTAGE

NO PEROXIDE, NO AMMONIA
HAIRCOLOR LOTION

L'ORÉAL

# "I TRIED TOO HARD TO PLEASE HIM"

*Barbara was so concerned about making Justin happy. What happens when a wife loses sight of herself? By Jane Marks*



*The true story reported here is from actual interviews, though names and other details have been altered to conceal identities. The counselor in this case was Esther Rosenthal, M.S.W., A.C.S.W., a family therapist in private practice in Belle Harbor, New York.*

## BARBARA'S TURN

"I thought marrying Justin was the best thing that could ever happen to me," said Barbara, a stunning woman of twenty-five with shoulder-length dark hair. "But over the last two years, I've given up so much of myself, I feel empty. Maybe my mother was right. . . .

"Sure, Justin and I came from different backgrounds, but opposites attract—and, in our case, the initial attraction was electric. I came from a large—I guess you could say *boisterous*—middle-class family. And although I was never as close to my mother as I would have liked—I remember trying to talk to her about problems at school, but she sort of listened with half an ear—I still valued her opinion. Nevertheless, when I met Justin, I was so in love, I was convinced it would work no matter what.

"Justin grew up in the Midwest, the youngest of three children. His wealthy parents were conservative, restrained and very proper.

"We met when I was a senior in college. To celebrate the end of exam week, I had gone with friends to a disco near campus, and as soon as I walked in, I spotted him standing at the edge of the dance floor. He was so handsome, my heart stopped, but then I noticed he seemed a little unsure of himself.

"Without thinking, I walked up and asked him to dance. He was very nice and obviously very smart—he was an associate at a large law firm downtown. But he didn't come on to me like every other guy I have ever known. We just had a lovely time, and when I had to leave, he asked for my phone number. That was the beginning of a fairy-tale courtship—five weeks later he asked me to marry him.

"When my parents met Justin, they did like him, although to this day, my mother remains skeptical about the future of this relationship. Still, she agreed to have the wedding ceremony and reception at home. Justin's mother had died five years earlier in a boating accident, but we were very disappointed that Justin's father couldn't make it. He was recovering from minor surgery and couldn't travel, though he invited us to visit as soon as we could.

"After a honeymoon in the mountains, we settled into a garden apartment not far from the elementary school where I was to start teaching second grade. Everything seemed perfect—I couldn't get over feeling grateful that a man like Justin could actually love me—until our first fight.

"Justin often worked late and took the subway home. I begged him to call when he had to stay late so I could drive to get him—the trains are deserted at that time of night. He agreed, but then, two nights later, he came home by subway anyway, well past two in the morning. I was terrified, and I guess I didn't handle it right. I screamed at him. Yelling didn't seem like a big deal to me; everyone in my family yells all the time. But Justin froze!

"'Barbara, if you have something to say, say it like a human being,' he told me icily. I knew it, I thought, I'm much too emotional for him. I vowed never to make that mistake again.

"When school was out that summer, we went to visit Justin's father. Though Justin had told me about his childhood, I was still awed and intimidated by their stately mansion. Overflowing with priceless heirlooms, it made me very conscious of my own family's odd, cluttered home. Justin's father was really daunting. He was a formal man, and everyone treated him with such deference. Justin had told me how inconsolable he had been at his wife's death; he had actually removed every picture of her from the family albums. On the second day of our visit, though, I decided to break the ice. 'I think you like people to be scared of you,' I told him while we were having cocktails before dinner. He looked shocked at first, but then he burst out laughing!



Richard Osaka

"However, it didn't take me long to realize that maybe I should tone myself down a bit. After all, for the whole weekend, everyone's eyes were on me—Justin's included. But the visit did give me some clues about pleasing Justin and fitting in. Seeing my husband in his natural habitat, so to speak, made me realize that my clothes and style were all wrong. When I looked at how sedately everyone else was dressed, I felt horribly out of place. So, I stopped wearing brightly colored clothes, hoop earrings and dramatic makeup and switched to the classic style of his sister, Kathryn.

"Yet, while it was basically a lovely visit, when we returned home, I started to feel unhappy. I sensed more acutely than ever the difference in our backgrounds as well as in our current interests. For instance, we had met at a disco, but I realized that Justin really didn't like to dance. Whenever I suggested we go out, he'd get upset and say he'd rather do something else. Finally I decided I better not mention it anymore.

"When we bought our house six months ago, I had hoped we'd find new activities and friends, but it just hasn't worked out that way. Incredibly, Justin is totally uninterested in meeting our neighbors. When I was growing up, everyone knew everybody *(continued)*



# CAN THIS MARRIAGE BE SAVED? *"We have drifted apart, but it's because she's changed," said Justin.*



continued

else. On summer nights, my parents would have a barbecue, and before you knew it, half the block was there.

"Justin, however, was firm. He's a private person, he told me. It was clear that his mind was made up, so I didn't pursue it.

"Our most recent visit to his family convinces me that we've drifted miles apart. The trip coincided with my birthday, and I had hoped we could all celebrate together out there. But during the flight, Justin warned me not to mention my birthday, because it was the same day as his mother's and it would be much too painful for his dad. I couldn't help feeling angry.

"What's wrong with me? I feel sad most of the time and also very tired. I've noticed, too, that Justin does a lot more reading at night, and we certainly don't make love as often as we used to. I haven't mentioned anything to Justin; I don't want him to think I'm a complainer. But I know I have to talk to *somebody,* because I have no idea how to salvage our marriage."

## JUSTIN'S TURN

"Barbara's right—we *have* drifted apart," said Justin, a tall man with sun-streaked hair. "But I think it's because she's changed so much.

"The woman I married was vibrant, so different from the girls I had grown up with. I really can't describe the excitement I felt when Barb started talking to me at that noisy disco. I had really been dreading the evening. A cousin of mine was visiting from out of town, and he wanted to see a big-city disco, so I agreed to go, but I was feeling like a fish out of water until Barbara came over.

"I'd always been pretty cool about asking women out—but this time was different. I asked for her phone number and called her immediately. I loved the fact that she was never afraid to speak her mind. And she had a very original, dramatic style that might have seemed flashy on someone else but on Barbara was sensational.

"I knew Barbara was the woman I had been waiting for, and I didn't think the differences in our backgrounds mattered one hoot, either. I admit I can't stand all the arguing that goes on in her family, but I could tell there was also a closeness, which I did envy.

"You see, when I was a kid, no one ever opened up—or argued or raised his voice, either. If you had a problem, it was handled quickly and decorously. My parents decided what was to be done, and that was that.

"Maybe that's why I became so upset the night Barbara screamed at me. I decided to take the subway home because I thought it was absurd for her to drive all the way downtown to pick me up.

"No sooner had I walked in the door than Barbara started screaming like an animal. I was shocked—and scared. I couldn't help wondering if she had somehow fallen out of love with me.

"Still, despite Barbara's tendency to be emotional, I was always so proud of her. I remember the first time she met my family. Everyone thought she was terrific—even my father, who's a very intimidating person. As a child, I was never able to talk with him about anything. When my mother died, Dad became even more distant. Somehow, Barbara managed to crack his icy veneer, teasing him and making him laugh. Unlike the rest of us, she wasn't afraid to be honest; he liked that.

"But for some reason, Barbara just stopped being warm to him; she put up this wall. When I think about it, over the last year or so, she's stopped being warm to me, too. She's now very subdued, without that playful flair.

"Did I ever say anything to her? Of course not. I didn't want to make her self-conscious or have her think I was criticizing her. I figured, if it was something I had done, it would blow over.

"I must admit, though, while I never asked Barbara to change to please me, I am glad she's become a bit more sensible about some things. For instance, I love spending quiet evenings at home, and you won't hear me complain that Barbara has stopped suggesting we go dancing. I'm very clumsy, and dancing is embarrassing for me, so I would always suggest something else—such as going out to eat or to the theater. Since Barbara never seemed to object, I assumed she didn't mind.

"For a while, Barbara was also trying to set up get-togethers with the neighbors, which I'm not keen on. My dad always said the best neighbors are the ones you don't get close to, because as soon as you do, they walk into your house without knocking or want to borrow this or that. Since she never pushed it, I figured she agreed with me.

"However, I think the incident last month with her birthday made us both realize we needed some help. Instead of graciously accepting a change in plans, Barbara reacted like an absolute child.

"Can we ever get back to the way we were? If I've done something to make my wife unhappy, I certainly wasn't aware of it."

## THE COUNSELOR'S TURN

"This was a case in which opposites attracted—and almost destroyed the marriage," said the counselor.

"Barbara came from a large, emotional family that put much emphasis on togetherness but not enough on nurturing individual needs. Although I had no doubt Barbara's parents believed they were showing love and concern, their apparent failure to tune in to their daughter's desires and disappointments as she was growing up—Barbara's comment that she could never talk to her mother comes to mind—undermined their daughter's self-confidence.

"On the other hand, Justin, calm and conservative, was the opposite of everything Barbara had grown up with. She admired him to the point of idolizing him, but she was so lacking in self-confidence that she felt almost unworthy of his love. Her mother's predictions that the marriage would fail deepened her insecurities. Afraid of losing him, and misreading some of his thoughts, Barbara changed, like a chameleon, into what she believed Justin wanted her to be. Ironically, Justin had fallen in love with the very qualities Barbara felt a need to change. Thus, in her misguided efforts to please him, she lost her spontaneity and spunk. Her recent bouts of fatigue could be attributed to this mild depression.

"Both Barbara and Justin were also shockingly poor at expressing their true needs and feelings. Believing that their early love would carry them over hurdles, they ignored the basic requirement for a good, long-lasting marriage: open and honest communication.

"What's more, neither Justin nor Barbara knew how to have a constructive argument. Justin had been trained never to argue at all; indeed, as soon as he heard a raised voice, he withered inside and felt like a small child being punished. Barbara, on the other hand, had been taught that yelling was par for the course.

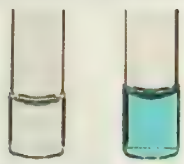
"To strengthen Barbara's sense of self-worth, we concentrated on getting her to become more *(continued)*

# "Darling, of course I'm sure. I just did my FIRST RESPONSE Pregnancy Test"



**"But how can you be so sure, so soon?"**

**"Darling, with FIRST RESPONSE® you don't have to wait days or weeks to find out the truth anymore. I just did the test and today's the day I'm due! It only took 20 minutes and it's as accurate as any lab.**



Not Pregnant. Pregnant.

**"And I know I can rely on my result. Because FIRST RESPONSE is simple to do, and so easy to read. I'm pregnant if the liquid turns blue; not pregnant if it stays clear. That's it. There's no second guessing.**

**"And that, Darling, is why I'm so sure, so soon."**




FIRST RESPONSE® Pregnancy Test, from the maker of Tampax® tampons, is the most sensitive home test ever. It's based on technology that made a major breakthrough in pregnancy testing. And is so sensitive it can reveal even slight traces of pregnancy hormone with 99.5% accuracy.

You can also depend on our medical information staff for answers to any questions you may have about the test. Our toll-free number is listed in every FIRST RESPONSE test kit.

Now there's a fast, accurate response to the question of pregnancy. FIRST RESPONSE Pregnancy Test, to be sure.

**You can always trust your FIRST RESPONSE.**

From the maker of

FIRST RESPONSE, a line of professional quality home diagnostic tests, and TAMPAX are registered trademarks of Tambrands Inc. © Tambrands Inc., 1986

# overnight success

Cellular Replacement Formula



© 1983 Coty N.Y.

# Phase out the aging look of dry skin.

**Remarkable advance in face treatment technology:** This night-strength formula is so effective it virtually reverses the aging look of dry skin while you sleep. Phases away dry lines. Phases in softer, smoother, younger looking skin.

**Clinical tests prove it:** Overnight Success begins to work overnight. After just 3 nights use, 98% of women showed measurable improvements. Discover Overnight Success tonight.




## Wake up to younger looking skin tomorrow.

assertive. Afraid of confrontation, she got into the habit of suppressing how she felt. I explained that her husband couldn't read her mind.

"Little by little, Barbara caught on. As their third anniversary approached, Barbara told Justin that she really wanted to go dancing. Justin, of course, preferred dinner at a fine restaurant, but together they worked out a compromise: Justin would pick the restaurant, and Barbara would choose a nightclub.

"During one session, Justin also revealed that he wanted to establish a closer relationship with his father but didn't know how. I suggested he had nothing to lose by telling his father exactly how he felt. Justin agreed and later reported that his father had at first resisted any conversation that centered on his deceased wife, but Justin had persisted. That broke the ice.

"When Barbara saw the breakthrough, she realized it was indeed 'safe' to be her old self with Justin's father. In fact, when Justin's father learned that Barbara's birthday coincided with his wife's, he promised a big celebration for the next year.

"Not surprisingly, as Justin was learning to be more outgoing and relaxed with his father, he became more outgoing in general, more willing to attend social functions. Of course, differences remain, but Barbara has learned not to feel threatened. Instead, she makes a point of taking an aerobics class with her neighbor or even dropping over for coffee by herself on weekend mornings. Her self-confidence has zoomed; she is happier, and, not incidentally, she has forsaken the sedate look she adopted from Justin's sister.

"Barbara and Justin stopped coming for counseling last Christmas. Just recently, Barbara called to announce joyfully that she's expecting a baby around Thanksgiving. We agreed they have a great deal to be thankful for." **End**

**CORRECTION**

*In the book Medical Makeover, by Dr. Robert M. Giller (Wm. Morrow, pub.), there were several errors. When the Journal excerpted the book in our July 1986 issue, some of those errors were reprinted. On page 28, 400 mg of vitamin E should read 400 IU, and 50 mg of selenium should read 50 mcg. On page 30, all vitamin B-12 notations should be in mcg, not mg. The Journal would also like to point out that the majority of the doses recommended by Dr. Giller are considerably higher than the FDA's recommended daily allowances. Check with your doctor.*

No preservatives.
No cholesterol.
No nitrates.
No kidding!




Bac*Os adds great bacony taste to your meal without adding preservatives, cholesterol, or nitrates. Also, Bac*Os has ¼ less sodium than real bacon.

H242 | MFR COUPON | NO EXPIRATION DATE

Save 20¢

on your next purchase of

BacOs®

or

**Consumer:** Limit one coupon per purchase, no other coupon may be used in conjunction with this coupon. **Retailer:** You are authorized to act as our agent and redeem this coupon at face value plus 8¢ handling, in accordance with our redemption policy, copies available upon request. Send coupons to: GMI COUPON REDEMPTION, P.O. Box 900, MPLS., MN 55460, or our authorized clearing houses.

**Void** if copied, and where prohibited, licensed, or regulated. Good only in U.S.A., A.P.O's, F.P.O's. Cash value 1/100 cent upon presentation for payment.

0786

General Mills

16000 56120

# "WE ARE SHARING A MIRACLE"

*I don't know if my young daughter will have the chance to grow up; I just know that every moment with her is filled with joy. By Nancy Ireland*

It's a beautiful spring day, and my daughter, Marka, aged four, has just come home from preschool. She bounds into the house, her eyes bright and her face glowing. I gather her in my arms and kiss her as she snuggles against me. We cuddle for a moment until she reminds me, "Mommy, my sandwich."

As I head into the kitchen to make her lunch, I feel grateful that I have yet another afternoon to spend with my daughter. Although our time together might seem perfectly ordinary, to me each moment with Marka is a miracle.

Our lives changed forever two years ago on a similar spring day. Marka, then two years old, was playing with her brother, Keith, Jr., four and a half, when suddenly she vomited. I thought she had the flu, and our doctor confirmed my diagnosis. But over the next few days Marka developed a high fever, and she was unable to keep down even a teaspoon of soda. Certain she was becoming dehydrated, my husband, Keith, and I called our pediatrician, who admitted her to our local hospital.

After a series of diagnostic tests and X-rays the doctors told us Marka had gastroenteritis—inflammation of the mucous membrane of the stomach and intestines—and they began to treat her for it. But Marka's condition continued to deteriorate. She was sleeping constantly, and when she was awake she was so weak she could barely lift her head off the pillow. I had a feeling that there was something horribly wrong with Marka, but everyone kept reassuring me that she would soon get better.

A few days later, I was holding Marka when I saw that her eyes were fluttering from side to side, as if she had no control over them. I was terrified, and I knew I had to do something quickly. No matter that I was only a mother going against the medical establishment, I was going to find out what was wrong with my daughter if I had to fight every doctor in the hospital.

I called in a new pediatrician, Dr. Richard Rosenfeld. As soon as he saw Marka, Dr. Rosenfeld ordered a CAT scan—an X-ray that can pick up small abnormalities in the brain.

An hour later, after he got the results of the CAT scan, Dr. Rosenfeld called me into a private room.

"Marka has a brain tumor," Dr. Rosenfeld told me gently. "There's more than a ninety percent chance that it's malignant."

My body suddenly grew hot, and my heart ached so badly I thought it would burst. "Oh, my God," I whispered.



Martin Benjamin/Black Star

**Nancy Ireland and her four-year-old daughter, Marka, enjoy a loving moment at their home**

It was my worst nightmare come true. But I knew I couldn't let the horror of the diagnosis overwhelm me. I needed to be strong so that I could do whatever was necessary to save my daughter's life. At that moment my husband walked in. I'll never forget the look of terror and helplessness on his face when he heard the diagnosis.

Dr. Rosenfeld told us that we would have to take Marka to Children's Hospital in Boston as soon as possible for an operation to remove the tumor. They had the best technology in the area to perform the delicate operation. I phoned my best friend, who agreed to take care of Keith, Jr. We drove home to say goodbye to our son and headed for Boston.

Marka was admitted and scheduled for surgery at noon the following day. An army of doctors came into her room—strangers who had never even seen my daughter smile. I wondered if they could possibly understand how valuable her life was.

That night Marka's condition became much worse. Her pulse and blood pressure began to drop rapidly. At 2 A.M., her condition had so deteriorated that the doctors decided to do emergency surgery to try to remove as much of the tumor as possible. Marka didn't respond or recognize me when I touched her, and I realized what it would be like if my daughter never woke up. I kissed Marka and told her that I loved her. Then I looked at Dr. Edwin G. Fischer, her neurosurgeon, and wordlessly put my daughter's life in his hands.

My husband and I began our vigil outside the operating room. The nurses had warned us that the operation could take up to eight hours. Four hours after they began I was startled to see Dr. Fischer walking toward us looking tired and drawn. My heart plunged to my toes. Had I kissed my daughter for the last time?

"Marka's fine," Dr. Fischer reassured us quickly. He told us that they had been able to remove 90 percent of the tumor. It had been the size of a half dollar in the back of her small head, blocking the flow of blood, which caused tremendous pressure to be put on her brain. Dr. Fischer explained that they had left a thin layer of the tumor on the fourth ventricle in her brain. Trying to remove that layer, he said, might have caused neurological damage. He had sent a biopsy of the tumor to the lab. My husband *(continued)*

# Haircolor You Can Take Off As Easily As You Put On.

## New Fanci-Full Color Styling Mousse
by Roux



Vanessa casts nighttime magic using *Golden Spell* for rich color and body.



Vanessa tones her silky blonde hair with *Sweet Cream* while highlighting her bangs with *Mauve Decade*.



Vanessa's soft, wavy look comes alive with *Hidden Honey*.



Vanessa adds fire and sass to her hair by color tipping with *Mad Gold* and *Red Riot*.

Fanci-Full, the #1 name in temporary haircolor invents the first truly temporary color styling mousse.

*Foams in easily, styles superbly, shampoos out INSTANTLY.*

Comes in 12 fabulous shades of color that can brighten, enhance, refresh or accent your hair without worry or commitment.



Bashful Blonde | Mauve Decade | Mad Gold | Hidden Honey | Red Riot | Frivolous Fawn | White Minx | Chocolate Kiss | Sweet Cream | Lucky Copper | Silver Lining | Golden Spell

Available in most retail outlets and better beauty salons in the U.S. and Canada.



MFG. COUPON EXPIRES 6/30/87

**SAVE 50¢** 50¢

ROUX FANCI-FULL MOUSSE
5 OZ.

TO RETAILER: This coupon will be redeemed for 50¢ plus 8¢ handling when submitted by a retail outlet in accordance with the terms of this offer. Void if taxed, restricted or prohibited by law. Will not be honored if presented by brokers, jobbers, peddlers or agencies. Limit one coupon per purchase. Consumers: All other purchases must be paid for at established retail prices. Any other use constitutes fraud. Coupons may be transferred or sold. Cash value 1/20 of 1¢. Offer good only on purchases made in the U.S.A. Redemption must be shown upon request. Void all coupons presented by unauthorized persons. Void if faked, lost, stolen or prohibited by law. Void if taxed, restricted or prohibited by law

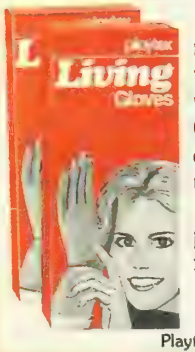
# PLAYTEX PUTS A HOLE IN THE THEORY THAT CHEAPER IS BETTER.

ORDINARY LATEX GLOVES



PLAYTEX LIVING GLOVES






Playtex Gloves may cost a little more initially. But not necessarily in the long run. Because Playtex Gloves last longer than ordinary latex gloves for your toughest household jobs with solvents, like paint stripping. That's because Playtex Gloves are blended with neoprene to help prevent holes, cracking and splitting. Neoprene is the same tough material used in industrial gloves.

Try the comfortable taper fit, soft absorbent lining and powerful protection of Playtex Gloves. You'll love your hands for it. **Playtex® Living® Gloves**

Playtex® and Living® are registered trademarks of International Playtex, Inc. © 1984 Playtex.


## A WOMAN TODAY
**continued**

and I held each other tight and thanked God Marka was still alive.

Marka was taken to the intensive care unit (ICU) to recuperate, and my husband and I were able to see her immediately. I was sure her head would be completely bandaged in gauze, but instead, her head was bandaged and shaved only in the back. She looked so normal that it was hard to believe the deadly tumor had existed. I kissed Marka, hoping she would know her mommy was with her.

Marka was transferred out of ICU after twenty-four hours. I stayed by her side constantly. No matter how much pain she was in, Marka never complained or cried. From her I drew my strength and determination.

Three days after the operation we received the results of the biopsy. Marka had a high-grade ependymoma of the fourth ventricle (a highly malignant brain tumor). It's one of the rarest and most serious types of brain tumors a child can have. In fact, fewer than 10 percent of all brain tumors in children are ependymomas. Keith and I spoke to Dr. Nancy Tarbell, Marka's radiotherapist, and she told us she would use radiation treatments to try to destroy any cancer cells remaining in Marka's brain and lessen the chances that the cancer would spread.

Dr. Tarbell also informed us of the possible side effects of this type of radiation. These could include learning disabilities, hearing impairment, growth impairment and a temporary loss of hair. But in comparison with our daughter's losing her life, these side effects seemed almost trivial, and we didn't hesitate for a second to give our consent. Marka would receive treatments five days a week for seven weeks on an outpatient basis.

Because we lived far away, Marka and I stayed in Boston, at the Ronald McDonald House, where patients and their families can live while they receive treatment at a hospital. My husband had returned home to stay with Keith, Jr., and they visited us every weekend. Marka loved the Ronald McDonald House because there were plenty of other children and toys. And it was good therapy for me as well, since I could talk with other parents whose children had cancer.

During those seven weeks, our days revolved around Marka's radiation treatments. The treatments were so scary for Marka that as soon as she saw the doors of the hospital she'd start screaming and kicking to get away. It took all my courage and resolve to take her there. The anesthesiologists would give her an injection of anesthetic so that she'd be immobile during the radiation. The treatments took only about ten minutes.

But then the exhausting two-hour process of helping Marka out of the anesthesia would begin. I'd cradle her in my arms, trying to comfort her. First, she'd make bubbling noises, then she'd have wild nightmares and thrash about. When she regained full consciousness, we'd leave the hospital with a pan for the numerous times Marka would get sick on the way to the Ronald McDonald house. She spent most of the day recovering; the process would begin again the next morning. Marka became very pale and gradually lost all her hair. The radiation made her so nauseated that she had no interest in food and she began to lose weight.

When we finally reached the last day of treatment, I couldn't wait for my husband and Keith, Jr., to arrive to take Marka and me home. But when I tried to thank the hospital staff and the people at the Ronald McDonald House, my voice cracked and my eyes filled with tears. Still, they understood what I was trying to say. I was going home, and Marka was able to come with me.

When we arrived at our house, our neighbors welcomed us with balloons and a banner at the front door. But even though it was a joyous occasion we had a new ordeal to face. The doctors had told us that there was a more than 80 percent chance that the tumor would recur within the next few years, giving Marka only a 19 percent chance at most to survive five years, an important milestone in recovery from cancer.

With such odds, it's a miracle that Marka is still with us today, two years later, with no sign of tumor recurrence. Her hair has grown back, and she looks like any other four-year-old. She's bright and talkative, and she has lots of friends. However, Marka sees her doctors regularly, and she's tested every six months for possible disabilities resulting from the radiation treatments. She attends a special-education preschool so that we can catch and treat any disabilities that might develop.

Although we've gone through so much in the past two years, we still have our daughter, and that's all that matters. I try not to think about whether Marka will have the chance to grow up and go to college or get married and have children of her own. I've learned instead to live one day at a time and appreciate each experience I share with my daughter. Knowing that we've made it through yet another day is truly the greatest miracle of all. **End**

# Training Table.

he training never ends for
r. Goodwrench.
As cars change, he changes.
o keep up with the latest
evelopments, he does his
omework. Studies GM Ser-
ce Bulletins. And chooses
om 119 specialized courses
GM's Regional Training Center. Courses in turbo-charger technology. Electronic instrumentation. Multi-port fuel injection. And more.

Sure, there are other things he'd rather be doing. But tonight, he's in training. Because he's Mr. Goodwrench. And tomorrow, customers out there will be depending on him.

**No one knows your GM car better than Mr. Goodwrench. No one.** He has the genuine GM parts your GM car needs. Including GM Goodwrench Brake Shoes and Disc Pads.

GM QUALITY SERVICE PARTS GM
GENERAL MOTORS CORPORATION

Ask for them.




Mr. Goodwrench

CHEVROLET • PONTIAC • OLDSMOBILE • BUICK • CADILLAC • GMC TRUCKS


We could have named it
Satiny Smoothness or
A Touch of Lace.
But we named it Wise Buys.™
Because another beautiful thing
about the Wise Buys Bra Collection
is the price. $10 to $13.
Wise Buys™ by Maidenform®
Cotton. Exclusive of Decoration. Prices are suggested retail. Prices higher in Canada. ANTRON® Du Pont registered trademark

# THE WEDDINGS OF THE SUMMER

*On this page and the next, a behind-the-scenes look at the nuptial celebrations of the Kennedy clan and the British royal family*



Brian Quigley/Outline

## THE MOTHER OF THE BRIDE

**BY SHARON CHURCHER AND ELLEN HAWKES**

*Jackie and her daughter have differed before, but they see eye to eye on Caroline's choice of a mate*

It was at Jacqueline Kennedy Onassis's Christmas party in 1981 that the new man in her daughter Caroline's life was first formally introduced to New York City's glittering social set. The annual Yuletide gathering at Jackie's elegant fifteen-room Fifth Avenue apartment had always been a high point of the season, but that year Jackie seemed to have an air of secret excitement.

After greeting her many guests, Jackie crossed the room to Caroline, who was chatting animatedly with her escort. He was in his late thirties, tall, with graying hair and that certain reserved cordiality and aura of superiority usually associated with Kennedy men. Jackie broke into their conversation and exuberantly took him by the hand, leading him through the crowd of celebrities—politicians, best-selling authors, Hollywood luminaries and millionaire businessmen. With her world-famous throaty giggle and whispery little-girl voice, Jackie announced, "I want to introduce you to somebody. I want you all to meet my daughter's new friend, Ed Schlossberg."

That was the beginning, and this past spring Caroline and Ed finally decided to tie the knot. It came as a surprise to no one. From the moment Caroline first set eyes on him, "she fell madly in love," according to family friend Maura Moynihan, daughter of New York senator Daniel Patrick Moynihan. "They have a great relationship, and both have a tremendous sense of humor." Schlossberg himself once said of his relationship with Caroline: "The most remarkable part of it is that we've never had a fight."



Paul Adad/Outline

**Artist and intellectual Ed Schlossberg has been very warmly received by the entire Kennedy clan, especially by Jackie herself**



© Globe Photos

**Meeting of the minds (and hearts): Caroline and Ed are avid fans of culture, art—and each other**

The couple are so close that they have been almost casual about the wedding itself, leaving most of the planning till the last minute. Caroline has told her family that they want a small, subdued ceremony. Beyond that, the only thing known for certain is that the July 19 ceremony will be held at Our Lady of Victory in the quaint old town of Centerville, on Cape Cod, with the reception in neighboring Hyannis Port. And apparently, so low-key is Caroline in making arrangements that a mere two months before the wedding, her *(continued on page 27)*

YOU ARE INVITED TO ATTEND...

# *A Christening*



*Doll shown much smaller th*
*29" overall length (from to*
*bonnet to bottom of gown).*

**MOTHER OF THE BRIDE**
**continued from page 23**

guest list was reportedly unfinished, with the invitations still to be sent. She had not made a decision about her gown, although it was rumored that designer Carolina Herrera, a favorite of Jackie's, was the top contender. (Ed, on the other hand, has reportedly planned to deck out his ten groomsmen in the funky designs of Willi Smith.) Nor had the bride and groom settled the question of whether the Catholic ceremony would include a rabbi.

This casual attitude about the details notwithstanding, the decision to marry marked a turning point not only in Caroline's life but in her uneasy, sometimes adversarial relationship with her mother. Caroline had often found herself at odds with Jackie's idea of what was best for her. Jackie always meant well, of course. Amidst all the pressure-cooker publicity, the world's most celebrated woman has always been determined that if nothing else worked out, her children would prosper, as indeed they have. They've grown up well adjusted and happy, in contrast with their troubled, tragedy-prone cousins.

It was simply that Jackie's campaign to model Caroline after herself did not always elicit her strong-minded daughter's cooperation. Jackie had long urged Caroline to dress like a debutante, but Caroline donned well-worn sweatshirts and corduroy Levi's and adamantly refused to have a coming-out party. Jackie insisted she keep sensible hours, while Caroline discoed till dawn with young British blue-bloods. And Jackie wanted Caroline to cultivate a taste for French cuisine, but her daughter was content with sausage pizza washed down with beer.

But the young woman who resisted such strong influence from her mother seems to have been more receptive to it from the man who was eventually to become her fiancé. Like *(continued on page 146)*



Camera Press London/H R.H Prince Andrew

# THE MOTHER OF THE GROOM

**BY BETH WEINHOUSE**

*She's queen of a kingdom but plain Mum to her middle (and favorite) son, Andrew*

When Prince Andrew marries Sarah Ferguson, he'll be fulfilling one of his mother's most fervent wishes for him. And by the knowing and satisfied smile on Queen Elizabeth's face these days, we can surmise that she was confident all along that her middle son would make a wise choice of bride.

To the rest of us, however, the outcome wasn't nearly so obvious. For the past several years, when Andrew has appeared in the news in America, it hasn't been for his charitable causes, but for his escapades with a long, long string of beautiful women. And most of them, like soft-core porn actress Koo Stark, were considered highly unsuitable marriage partners for a prince, even one who's only fourth in line to the throne. In fact, twenty-six-year-old Andrew's amorous adventures long ago earned him the nickname Randy Andy.

The Prince has been high-spirited since childhood. While the burden of Prince Charles's future as king forced him to shoulder responsibilities early, and the youngest brother, Prince Edward, is serious and studious by nature, Andrew was always the palace prankster. It was Andrew who put itching powder in his mother's bed one night, and Andrew who climbed onto the palace roof and turned the television antenna around so that the Queen had to frantically telephone the repairman in order not to miss a horse race she wanted to see. And Prince Andrew did not limit his victims to members of his family; he once mischievously sprayed a horde of press photographers with white paint. (They were not amused.)

Although Queen Elizabeth put her royal foot down after the spray paint affair, she was much more tolerant of her son's amorous adventures. She seemed perfectly content to let her son enjoy his youth. Girlfriends were invited to family functions at one or another of the palaces or castles, and the Queen looked the other way when Andrew took vacations in the Caribbean with his latest girlfriend. Elizabeth, who was always tolerant of her son's high spirits, was sure that when Andrew stopped sowing his wild oats and the time was right, he would calm down. Her certainty came from her confidence in the way she had raised him.

When *(continued on page 148)*

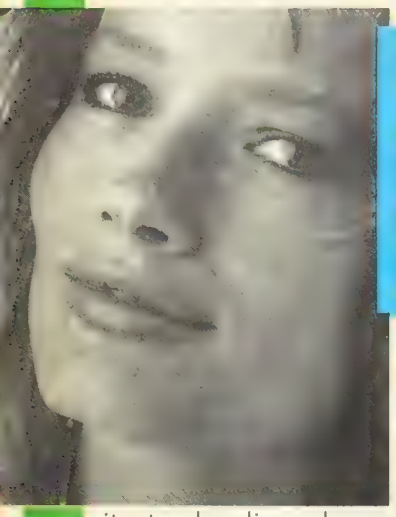


**Above center: Queen Elizabeth's official sixtieth birthday portrait was taken by Prince Andrew. Above: a joyous Elizabeth, with her son and Fergie, greeting cheering crowds on the Queen's birthday [illegible] April**

# BEAUTY JOURNAL

*Terrific skin savers, luscious low-cal nibbles, a fanny firmer. Next page: tricks for longer lashes, and more*

## SENSITIVE SKIN



**Best keep-calm tactics for skin that acts up**

Frequent redness, blotches, itching, burning . . . all are characteristic of sensitive skin. Flare-ups occur in different people for different reasons, but *anyone* whose skin tends to act up should take a few precautions: Never scrub with a cloth or sponge; use hands only and *tepid* water (even extremes of hot or cold can provoke a reaction!). Try a superfatted soap; if skin still overreacts, switch to a hypoallergenic cleanser. Avoid beauty products containing ingredients commonly cited as irritants—lanolin and propylene glycol (found in many moisturizers), phenylenediamine (used in some hair-coloring preparations), PABA and benzophenones (in some sunscreens), alcohol, fragrance, preservatives—and high-pH products. In general, stick with products that are unscented and hypoallergenic. Don't wear wool or other scratchy fabrics. Launder clothes with *mild* soap or detergent (tip: cheap brands tend to be harsh). Skip chlorine bleach and fabric softeners. Learn to recognize and stay clear of allergenic plants, especially poison ivy, oak and sumac; don't touch pets, tools, other items that may have been in contact with these plants. If the worst happens, wash, then soothe affected areas with calamine lotion and ask your doctor about a hydrocortisone cream or lotion.

Our experts: Gary Dugan, Ph.D., director of skin-care research and development, Avon Products; Marcia Levis, vice-president of marketing, Almay Cosmetics.

## DERRIERE CHAIR LIFT



Diane Texe Harris

**For sleekness and better tone through the buttocks and hips, here's an easy exercise you can do daily: Lie on your back on the floor. Place your feet flat on the seat of a chair and grasp chair legs in your hands as shown. Keeping your shoulders and head in contact with the floor, raise and lower your pelvis by contracting buttocks muscles. Repeat fifteen times.**

Exercise created by Nancy E. Besser, director, One-to-One Fitness Center, New York City

## FRESH FRUIT SNACKS
### UNDER 100 CALORIES

Boost your intake of essential vitamins and minerals . . . next time you want a sweet treat, reach for one of the goodies listed below.

| fruit | quantity | calories |
|---|---|---|
| apple with skin | 1 medium | 80 |
| apple juice | ½ cup | 59 |
| apricot | 3 small | 55 |
| apricot nectar | ½ cup | 68 |
| banana | 1 medium | 100 |
| blueberries | 1 cup | 90 |
| cantaloupe | 1 cup diced | 48 |
| casaba melon | 1 cup diced | 46 |
| cherries (sweet) | 1 cup | 82 |
| cranberry juice | ½ cup | 83 |
| cranberry-apple juice | ½ cup | 94 |
| figs, fresh | 2 small | 60 |
| grapes, Concord | ½ cup | 52 |
| grapes, seedless | ½ cup | 58 |
| grape juice (frozen) | ½ cup | 66 |
| grapefruit juice | ½ cup | 50 |
| honeydew melon | 1 cup diced | 55 |
| lemonade (sweetened) | ½ cup | 55 |
| mango | 1 medium | 88 |
| nectarine | 4 oz. | 73 |
| orange | 1 medium | 77 |
| orange juice | ½ cup | 60 |
| orange-pineapple juice | ½ cup | 64 |
| papaya | 1 cup cubed | 71 |
| peach | 1 medium | 38 |
| peach nectar | ½ cup | 60 |
| pear | 1 large | 100 |
| pear nectar | ½ cup | 65 |
| persimmon | 1 medium | 80 |
| pineapple | 1 cup diced | 82 |
| pineapple juice | ½ cup | 68 |
| plum | 1 large | 27 |
| pomegranate | 4 oz. | 71 |
| raspberries, black | 1 cup | 98 |
| raspberries, red | 1 cup | 82 |
| strawberries | 1 cup | 53 |
| tangerine | 1 large | 39 |
| watermelon | 1 cup diced | 42 |

More beauty news on page 32


IN THE HEAT OF THE CITY
THE LADY KEEPS COOL AND DRY
Lady's Choice
Lady's Choice
© 1986 Shulton, Inc.



It was François Coty who, as founder of The House of Coty, created the stylish, feminine, luxurious world of fragrance as we know it today.

Now...you are invited to share in the renaissance with three individually magnificent perfumes created for today that recapture the romantic splendor of the past.

### La Rose Jacqueminot... a playful indulgence.

The fragrance that launched The House of Coty. A captivating, unexpected melange of rare roses re-created for the woman for whom romance is an art form.

### Chypre...evocative elegance for women of style.

A new trend in fragrance. At once evocative and elegant with a mysterious aura that sparks sensuality.

### Les Muses...reflect the many sides of you.

A multi-faceted fragrance, re-created to appeal to a woman's inner self. Its radical personality changes dimension with your mood.



Château D'Artigny—former home of François Coty.

INTRODUCING TH

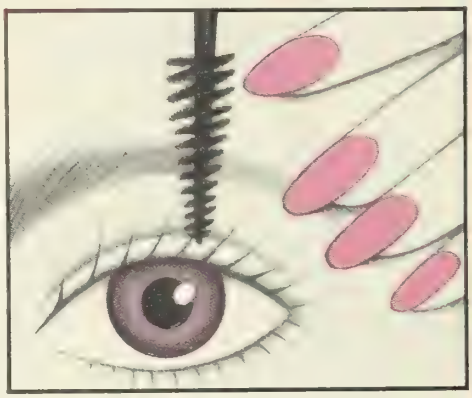



# HATEAU COLLECTION BY FRANCOIS

Romantic fragrances

# BEAUTY LAB

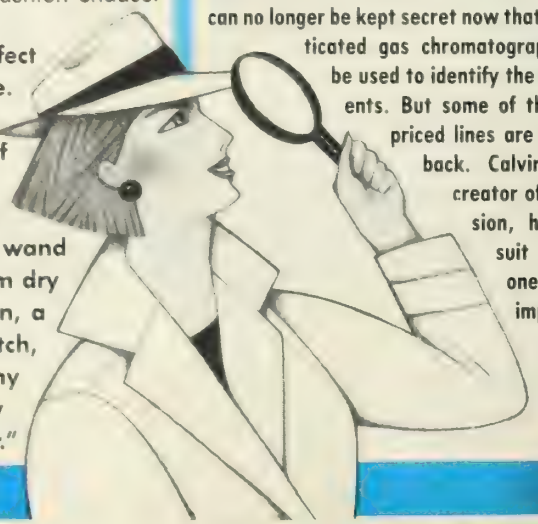
***Long, flirty lashes . . . every woman wants them. Here are the tested mascara tricks that will help you get them!***



It takes more than a fast flick of the mascara wand to frame your eyes with long, thick, silky-looking lashes, says top makeup artist Rex, who has developed his own special lash-building technique. But the results are *always* worth the extra effort, as you'll see from our readers' comments below. Here's Rex's foolproof method: First, apply foundation and powder to your face as usual. But before proceeding with blush, lipstick or eyeshadow, sweep on a thin coat of mascara. **BLOT** "loaded" mascara wand on tissue first. Then, with your left hand gently lift and hold lid taut as you wield mascara wand *vertically*, as shown, brushing mascara upward. Do each lash separately. **COMB THROUGH** using a tiny lash brush, and separate lashes after each application. Now whisk on blush, allowing mascara time to dry before you apply a second coat. Line your lips, then brush on mascara coat number three. Fill in your mouth with lipstick, then apply a fourth coat of mascara. With four or five coats of layered-on mascara, you'll have the swoopiest, sexiest lashes ever . . . and as a bonus, you'll find that mascaraed eyes help establish parameters for your eyeshadow. **MORE MASCARA TIPS** For easiest application, sit at a table in front of an adjustable mirror angled slightly back; tilt your head forward so that you are looking down into the mirror as you work. A *fat* mascara wand with thick bristles is best. If your lashes are very pale or you want even more definition, dip the tip of an eyeliner brush into mascara tube and dot color on *tops* of lashes close to the roots. **COLOR** Stick to brown, brown-black or black mascara unless the skin around your eyes is smooth and firm. If that's the case, go ahead and have fun with wild fashion shades.

## READER TESTED

**Rex helped two LHJ readers perfect the layered-on mascara technique. Dark-haired Joan, thirty-five, was especially pleased. "One coat of mascara was never enough on me," she said. "But when I applied two or three coats, my lashes always looked gooped-up and spiky . . . totally unnatural. Holding the wand vertically, combing through the lashes and then letting them dry before doing the next coat makes all the difference!" Susan, a twenty-nine-year-old with blond hair and lashes to match, loved the trick of dotting mascara on lash tops. "It makes my lashes look twice as long, gives my eyes the emphasis they need, but without the heavy, dark liner I used to wear."**



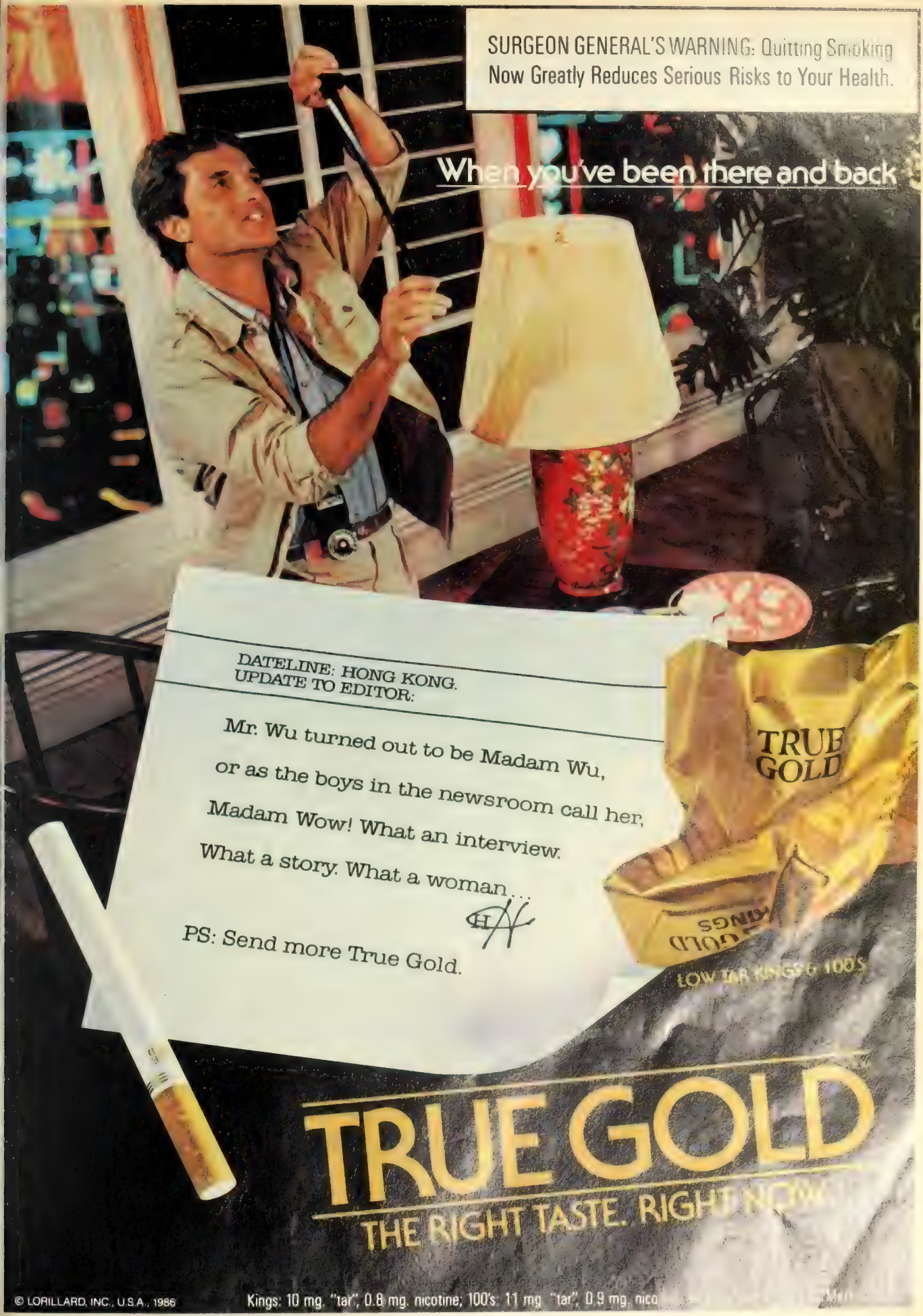
# TRENDS

## IMPOSTOR FRAGRANCES

**You've seen them around . . . fragrances with names like Primo, Confess and Ninja. When you try them, they're vaguely familiar. No, make that *very* familiar. Because Primo, Confess and Ninja, all manufactured by Parfums de Coeur, are part of the hottest new phenomenon in perfumery. They're impostor fragrances—almost exact replicas of their higher-priced inspirations. Primo, for example, duplicates Giorgio, created by the chic Beverly Hills boutique of the same name. Confess is a knock-off of Calvin Klein's Obsession. And Ninja copies Yves St. Laurent's Opium.**

**Mark Laracy, president of Parfums de Coeur, says his company did $16 million worth of business in 1984. Projected sales for 1986: $75 million. Jeanne Philippe, Dynamite Enterprises and Essence are newer and smaller companies but are coming on strong with their own low-cost versions of the popular, pricey originals. (Just how low-cost are the copies? Obsession perfume sells for $160 an ounce; Essence's copy, called #306, costs $28 an ounce. Obsession cologne retails for $28.50 per 1.7-ounce bottle; Parfums de Coeur's copy, Confess, goes for just $7.50 an ounce.)**

**How can the impostor fragrance companies get away with it? Isn't there a law prohibiting fragrance pirating? Not really. Scents are not patented, and their recipes can no longer be kept secret now that sophisticated gas chromatography can be used to identify the ingredients. But some of the high-priced lines are striking back. Calvin Klein, creator of Obsession, has filed suit against one of the impostors. Stay tuned.**


SURGEON GENERAL'S WARNING: Quitting Smoking Now Greatly Reduces Serious Risks to Your Health.
When you've been there and back
DATELINE: HONG KONG.
UPDATE TO EDITOR:
Mr. Wu turned out to be Madam Wu,
or as the boys in the newsroom call her,
Madam Wow! What an interview.
What a story. What a woman...
PS: Send more True Gold.
TRUE GOLD
LOW TAR KINGS & 100'S
TRUE GOLD
THE RIGHT TASTE. RIGHT NOW.
© LORILLARD, INC., U.S.A., 1986
Kings: 10 mg. "tar", 0.8 mg. nicotine; 100's: 11 mg. "tar", 0.9 mg. nico

# MONEY NEWS

*Up-to-the-minute advice to help you manage your money*
*By Katherine Barrett and Richard Greene*

## UNEXPECTED DIVIDENDS



Obviously people invest in the stock market to make a profit. But there are also a number of surprising perks available to owners of some companies' shares. According to Eamonn Fingleton, author of *Shareholder Freebies*, some of the best offers available now include: a pack of company products for new stockholders of Chesebrough-Pond's (retail value $65); discounts of up to 50 percent at many Marriott hotels for stockholders; 40 percent discounts on Charles of the Ritz fragrances and cosmetics for new shareholders of Squibb; discounts on Samsonite luggage and many Beatrice foods for Beatrice shareholders; a yearly catalog for Pfizer stockholders of discounts up to 75 percent on the company's discontinued items, mostly cosmetics and toiletries. *Shareholder Freebies*, a forty-page booklet with information on about fifty companies, usually costs $7.95, including postage and handling. However, *Ladies' Home Journal* readers who want the book can get it at a special discount price—$3.00—from Buttonwood Press, LHJ Offer, 41 Park Avenue, New York, NY 10016.

## SHOPPING FOR A NEW CAR?

A new car is the second-biggest investment for most families—after a house. So it pays to know a few insider's tricks for getting the best price:

- Shop at the end of the month; the dealer may be more eager to make a sale at that time if he has to fill a quota
- If the salesman has to ask his boss if he can lower the price, stop talking to the salesman; ask for the boss.
- Know the real value of your trade-in. You can check with the *National Automobile Dealers Association Official Used Car Guide*—available in libraries and in many banks.
- Consider cars the dealer has in stock—you may be able to get a better price on those than on special orders.
- Before you look, know exactly which model and accessories you want and how much you're willing to spend.

For a free glove-compartment-size booklet, *AAA's Car-Buying Checklist*, send a self-addressed, stamped business-size envelope to AAA, Public Relations, 8111 Gatehouse Road, Falls Church, VA 22047.

## ARE YOU SAVING ENOUGH?

How much should you be saving for retirement? The chart below was prepared especially for *Ladies' Home Journal* readers by Howard Ross, chief financial planner of the Shulman Group, a financial-planning company based in Lake Success, New York. It shows the percentage of gross income a married couple should set aside for retirement each year. The chart assumes they have no corporate pension plans and nothing has been saved up to that point. "The sooner you start retirement planning, the easier it will be to achieve your objectives," Ross says. "If you wait until you're fifty-six years old, it will be nearly impossible; nobody could realistically save half or more of her income or even the forty-one percent required at the lower end of the spectrum."



| AGE RANGE | ANNUAL INCOME (in thousands) | | | |
|---|---|---|---|---|
| | 12–25 | 26–40 | 41–60 | 61 and over |
| 25–35 | 3% | 4% | 5% | 6% |
| 36–45 | 7% | 10% | 13% | 14% |
| 46–55 | 19% | 27% | 34% | 38% |
| 56 and over | 41% | 59% | 74% | 82% |

## HELPLINE

**Q** A friend agreed to buy some of my furniture, but after I'd paid for it to be delivered, she backed out, saying we had no written contract. Doesn't an oral contract have some value?

**A** Whether you can enforce an oral contract generally depends on the value of the goods involved. If the items you were selling had a value under $500, then your oral agreement is legally binding in most states, according to Robert Lashaw, a New York City attorney. If the value was more than $500, then you probably should have obtained a written contract. But it doesn't have to be a formal "party of the first part" document. In fact, a signed note about the deal or a letter of some sort will probably give grounds to collect the cost of delivery in most small claims courts.

# Teddy Bears

**Only $9.50 each!**



*PICNIC BEAR*
*If you go down to the woods today!*

*PERFORMING BEAR*
*Up to his old tricks again.*

*SLEEPY BEAR*
*Time for bed, Ted!*

Shown actual size.

©DM

## *An adorable collection of fine bone china sculptures*

What makes teddy bears so irresistible? Is it their endearing clumsiness? Their good-humored smiles? Or is it that we each remember a comforter, companion, and confidant in the shape of our own childhood teddy?

Ever since President Theodore Roosevelt gave his name to the very first "Teddy" bear, people all over the world have fallen in love with these cuddly little creatures.

### Captivating personalities wonderfully captured in fine bone china

These adorable sculptures wonderfully capture the lovable attitudes of their tubby little bodies and the good-natured expressions of their bear faces in twenty-five delightful poses.

Each sculpture is crafted in fine bone china by skilled artisans. Moreover, the detail of each bear's facial expression is painted by hand.

### Attractively priced display

You may wish to proudly display your entire collection for family and friends. Therefore, a handsome custom-made display will be made available to you at an attractive price (without obligation to purchase it, of course).

### A remarkable value at only $9.50 each

Each teddy bear is priced at just $9.50 — a remarkably affordable price for fine bone china sculptures of this quality. This low price is guaranteed for all twenty-five sculptures, even if the price of fine bone china should rise during the course of the collection. Moreover, the *TEDDY BEARS* collection will not be available in stores — it is available exclusively from the Danbury Mint.

### Convenient acquisition plan

You need send no money now. Simply return the Reservation Application. Your first sculpture will be shipped individually. Thereafter, every other month, you will receive a set of two sculptures which can be paid for in two monthly installments. You may charge each installment to your VISA or MasterCard.

If you are not completely satisfied with any sculpture, you may return it within thirty days for a prompt replacement or refund. You may discontinue your subscription at any time.

### Act now to avoid disappointment

No one can resist a teddy bear. Consequently, we expect a high demand for these appealing little creatures — especially at such an attractive price! Please send your Reservation Application without delay!

RESERVATION APPLICATION

**TEDDY BEARS** W-11

The Danbury Mint
47 Richards Avenue
Norwalk, Conn. 06857

Please respond promptly

Please accept my reservation for *TEDDY BEARS*, a collection of twenty-five hand-painted, fine bone china sculptures. The cost of each sculpture is $9.50 (plus $1.75 for shipping and handling).

I need send no money now. My first sculpture will be shipped individually. Thereafter, every other month, I will receive a set of two sculptures which can be paid for in two monthly installments. Any sculpture that I am not satisfied with may be returned within thirty days for a replacement or refund, and this subscription may be canceled by either party at any time.

Name _____
PLEASE PRINT CLEARLY

Address _____

City _____ State/Zip _____

☐ Check here if you want each monthly installment charged to your: ☐ VISA ☐ MasterCard

_____
Credit Card Number Expiration Date

Signature _____

Allow eight to twelve weeks after payment for initial shipment.

# Before you take another bite...

# 20 must-know facts about food and your health

**By Lawrence Galton**

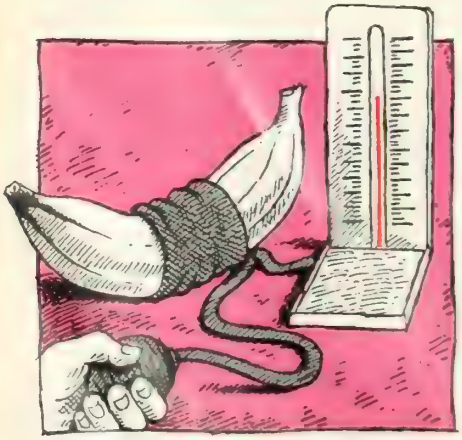
There's a good reason (at least twenty!) Mom always told you to eat a balanced diet. Here, from researchers around the world, is some important advice.

**1.** Are you taking calcium carbonate to help prevent osteoporosis? Take it with a meal rather than on an empty stomach to make sure you get the full benefit of the supplement, say researchers at Creighton University School of Medicine, in Omaha. Stomach acid—which is produced in greater quantity during and right after a meal—promotes absorption of calcium, but as we age, acid production falls off. Since food boosts stomach acidity, timing your supplement to coincide with meals makes sense.

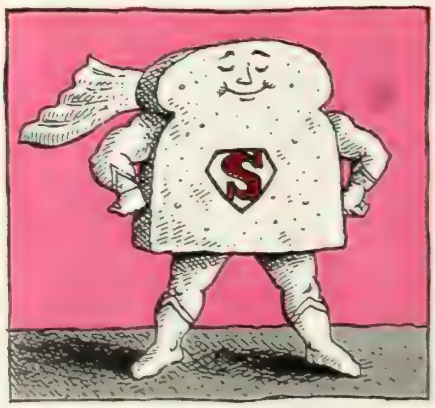
**2.** We've all heard that a vegetarian diet dramatically reduces cholesterol buildup—a major factor in arterial disease. Still, many of us find it difficult to forsake meat dishes for bean sprouts or tofu. Now, however, scientists at the Wistar Institute, in Philadelphia, have found a way to derive the benefits of a vegetarian diet without entirely eliminating meat. Studies of laboratory animals suggest that a diet containing half animal and half vegetable protein—instead of the two thirds animal and one third vegetable protein that Americans typically consume—will reduce cholesterol buildup. So if you're serving any meat dish, balance it with two servings of such protein-rich vegetables as beans, peas or lentils.

**3.** Cheers! Scientists at Flinders Medical Centre, in Australia, report that moderate amounts of alcohol can help prevent gallstones, accumulations of cholesterol in the gallbladder, which can cause abdominal pain, bloating and gassiness. In a recent study, doctors found—not surprisingly—that a high intake of sugar and fat may increase the risk of gallstones. On the other hand, one ounce of alcohol a day actually lessened the risk of developing the condition.

**4.** Many patients suffering from hypertension must take a diuretic to prevent edema, the swelling of body tissues due to water retention, which can place undue stress on the heart. Unfortunately, diuretics also cause the body to lose a vital mineral—potassium. Bananas, apricots, oranges and other citrus fruits are good sources, but a number of people rely on liquid potassium supplements—many of which taste terrible. What to do? Doctors at the University of Pittsburgh School of Medicine suggest a tasty alternative: low-sodium potato chips. A rich source of potassium, the chips will raise potassium levels without an unpleasant aftertaste. *(continued)*



**Bananas lower blood pressure**



**Carbohydrates for quick energy**




Larry Ross

**Easy on the colas**

# With Fleischmann's®, you'll never know you're cutting cholesterol.

Current medical research indicates that Americans consume too much cholesterol. Fortunately, you can have great taste and still cut cholesterol. With Fleischmann's Margarine. And Fleischmann's can even help cut cholesterol in two ways:

First—Fleischmann's has no cholesterol, so none gets into your body.

Second—Fleischmann's is low in saturated fats and high in poly-unsaturates. Which means when you add Fleischmann's to a sensible diet, it can actually help reduce the cholesterol already in your system.

So try Fleischmann's. After all, no research has indicated that you should cut down on taste. Just cholesterol.

15¢ MANUFACTURER'S COUPON | EXPIRES 8/31/87 15¢




SAVE 15¢ when you buy any one package of Fleischmann's Margarine.

834969

RETAILER: One coupon per purchase of product indicated. Any other use constitutes fraud. Consumers pay sales tax. Void if copied, transferred, prohibited, taxed, or restricted. Good only in the U.S.A., APO's, FPO's. We will reimburse you for the face value plus 8¢ handling, provided you and the consumer have complied with the offer terms. Cash value 1/20¢. NABISCO BRANDS, INC., DEPT. 5921, EL PASO, TX 79966.

5 29000

There's never been a better time for the great taste of Fleischmann's

## 20 MUST-KNOW FACTS
**continued**

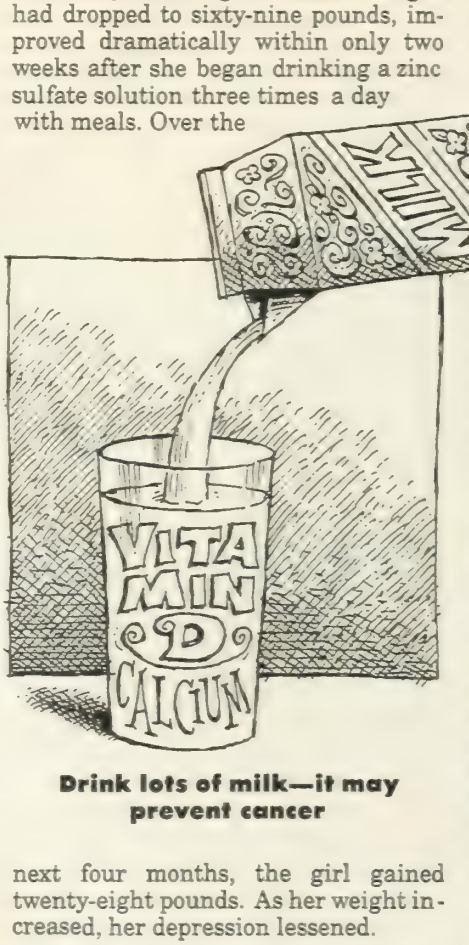
**5.** Two doctors at Harvard Medical School have found that tryptophan, an amino acid that occurs naturally in the body, may be of significant help in relieving moderate pain. They treated a young woman with chronic knee pain, a woman with chronic shoulder pain and a man with chronic low-back pain; the patients reported substantial relief after taking high doses of tryptophan twice a day for several weeks. Why does tryptophan work? Since this amino acid turns into serotonin, a chemical in the brain associated with pain relief, doctors speculate that by injecting tryptophan into the body they can boost a patient's pain threshold. How can you increase your tryptophan level? You can buy tryptophan tablets at health food stores (take a two-gram dose twice a day) or—even better—drink more milk.

**6.** If diarrhea is a problem for your otherwise healthy youngster, consider cutting down the amount of apple juice she drinks. Physicians at the Hartford Hospital, in Hartford, Connecticut, studied children who had been suffering severe bouts of unexplained diarrhea and found that five experienced a marked worsening of symptoms after drinking just one eight-ounce glass of apple juice. Apparently, some children's intestines cannot absorb the high concentration of carbohydrates in apple—as well as pear and grape—juice. The carbohydrates pass directly to the large intestine, where they act as a cathartic. Before embarking on medical tests to find the cause of the diarrhea, try restricting such high-carbohydrate fruit juices.

**7.** Researchers at the University of California, Berkeley, recently discovered that unbroken, uncooked eggs resist invasion by bacteria, but heated eggs do not. After cooking, they can absorb water—plus any bacteria present—through their shells. So when you're going on a picnic, refrigerate the eggs until you leave, then pack them in insulated bags.

**8.** If you have a family history of adult-onset diabetes, think about reducing fat as well as sugar intake, say researchers in Britain. In peasant communities around the world where adult-onset diabetes is rare, typical diets are high in fiber and carbohydrates and very low in fat.

**9.** New findings by physicians in Reading, England, may offer a ray of hope for victims of anorexia nervosa, a serious and potentially fatal eating disorder in which sufferers literally starve themselves. While doctors note that the underlying causes of the condition are stress and other emotional factors, the starvation itself leads to a deficiency in the mineral zinc. This, in turn, can adversely affect normal taste and smell and further reduce the appetite. However, one severely depressed thirteen-year-old girl, whose weight had dropped to sixty-nine pounds, improved dramatically within only two weeks after she began drinking a zinc sulfate solution three times a day with meals. Over the next four months, the girl gained twenty-eight pounds. As her weight increased, her depression lessened.



**Drink lots of milk—it may prevent cancer**

**10.** Once you've opened a can of orange or grapefruit juice, transfer the juice immediately to a nonmetallic container. According to Denis Bourcier, Ph.D., a scientist formerly at East Carolina University, in Greenville, North Carolina, the lead used to seal the can begins to dissolve into the juice as soon as the can is opened. Within five days, the level of lead, which is poisonous, can shoot up to five times the Environmental Protection Agency standard for acceptability.

**11.** Another reason to drink milk: Data from a study of two thousand men (originally conducted by the Chicago Western Electric Company and recently interpreted by researchers at the University of California, San Diego) reveal that over the years, people who didn't drink milk were three times as likely to develop colorectal cancer as those who drank two to three glasses a day. Why? One guess is milk's vitamin D helps calcium join with cancer cells that may be present to form a harmless substance that is passed out of the body. Though doctors caution it's still too early to make dietary recommendations, drinking low-fat milk (or eating low-fat yogurt, for those with a deficiency of lactase, the enzyme necessary for the proper digestion of milk) certainly can't hurt. Don't, however, take vitamin D supplements, thinking you're getting the same benefit. Large doses of this vitamin can be toxic.

**12.** Scientists at the Centers for Disease Control, in Atlanta, found a link between poison ivy and cashew nuts when they investigated a mysterious outbreak of poison-ivy-like dermatitis in Pennsylvania. Their conclusion: The cashew tree is a member of the same plant family as poison ivy, poison oak and poison sumac, and if you're sensitive to one you may be sensitive to the oil in cashews, too. Peanuts, anyone?

**13.** Doctors in England have identified one simple measure that helps minimize painful kidney stone development: drinking plenty of water, especially in hot weather, when you perspire more. Why does this work? No one knows for sure, but it might have something to do with the fact that an increase in fluids enhances the body's ability to keep cholesterol in suspension (facilitating elimination) instead of having it build up and be deposited in the form of stones.

**14.** Many pregnant women are concerned about protecting their unborn child against allergies. Now, Robert Hamburger, M.D., a pediatrician at the University of California, San Diego, School of Medicine, and his colleague Robert Zeiger, M.D., report success with a new and simple way to achieve protection. During the last three months of pregnancy and as long as she nurses—crucial months for boosting a baby's immune system—a woman should avoid whole eggs, peanuts and, with her doctor's okay, cow's milk. All are highly allergenic. She should also avoid any other foods to which she knows she is sensitive.

**15.** Boston University School of Medicine dermatologist Barbara A. Gilchrest, M.D., and her colleagues report even more convincing evidence that a diet rich in carotenoids—the nutrients related to vitamin A found in yellow, orange and red *(continued on page 145)*




Introducing the only high fiber cereal made with no added sugar or salt. Just 100% crunchy whole wheat and bran.

**If you're eating bran because it's good for you, why add sugar or salt?**

# ICE-CREAM TREATS

Here's the scoop! We've found seven great ways to turn America's all-time favorite dessert into eye-catching, crowd-pleasing treats that taste even better than they look. (And you don't have to tell anyone how easy they are to put together!) Turn the page for our foolproof recipes. Enjoy!

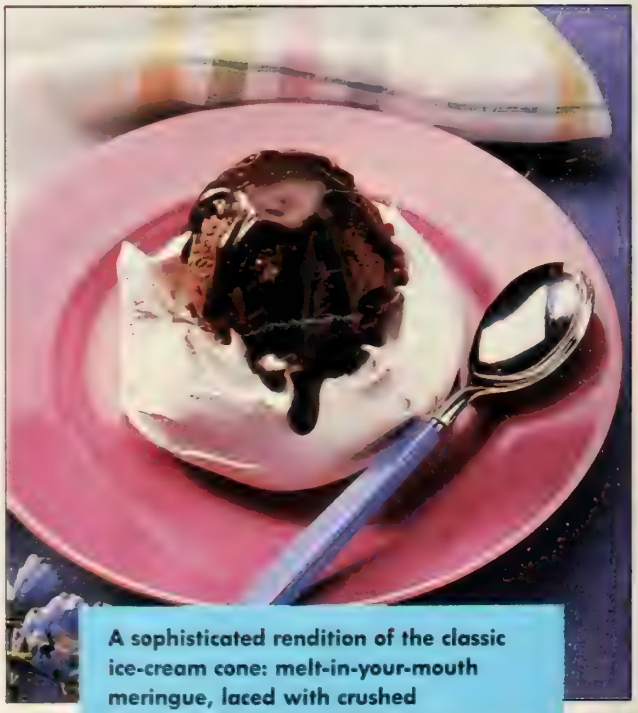


Katrina Filary

**An ordinary tube pan is the secret of our four-flavor Sweet Surprise Mold. We used lime, orange and raspberry sherbets, plus coconut ice cream, but you can make up your own combinations. (Kids really love this at parties!)**



**If you've been looking for an elegant finale for a summer dinner party, this is it: a vanilla-ice-cream "crust" laden with pineapple sherbet and fresh fruit, all drizzled with raspberry sauce.**



**A sophisticated rendition of the classic ice-cream cone: melt-in-your-mouth meringue, laced with crushed hazelnuts. Fill with mocha chip ice cream, top with fudge sauce—and dig in!**




# Brach's Pick-A-Mix®. One-stop shopping for candy lovers.

Candy lovers stop at the Brach's Pick-A-Mix candy stand for variety and value. Freshness and fun.

It's the place to find your favorites. Cool Starlight Mints. Juicy Jelly Bars. Chewy Caramels. Delicious assorted Chocolates. Rich Neapolitan Coconuts. And 16 other tempting varieties.

Every piece starts with the finest ingredients. And each is individually wrapped for freshness.



Which makes it easy to pick a little or a lot. Pick all your favorites and everybody else's too.

Pick-A-Mix by the bagful is a money-saving way to have fun.

So head for the Brach's Pick-A-Mix display next time you shop. Candy lovers know it's the best stop to make.

BRACH'S

**Nobody treats America like Brach's.®**

© 1986 E. J. BRACH & SONS




## ICE-CREAM TREATS
**continued**

### SWEET SURPRISE MOLD

pictured on page 42

*The surprise here is the scoops of raspberry sherbet.*

1 quart orange sherbet, softened
1 quart raspberry sherbet
1 quart coconut ice cream, softened
1 quart lime sherbet, softened

Place a 10-inch tube pan in freezer 1 hour. Spread orange sherbet evenly in bottom of pan. Return to freezer to firm. Center scoops of raspberry sherbet close together in a ring on top of orange sherbet. Return to freezer to firm. Spread coconut ice cream evenly on each side as high as the raspberry scoops. Return to freezer to firm. Spread lime sherbet evenly over the raspberry and coconut. Return to freezer several hours or overnight.

To unmold, insert a small spatula or knife about 1 inch deep around inside rim of pan to loosen. Invert onto a cold platter. Place warm, wet cloths around all sides of pan to release mold; remove pan. Return mold to freezer to firm. Makes 16 servings, 255 calories each.

### MOCHA HAZELNUT MERINGUES

pictured on page 42

*When you have extra egg whites, whip up this elegant dessert. Meringue shells keep at room temperature indefinitely.*

4 egg whites, at room temperature
½ teaspoon cream of tartar
Pinch salt
1 cup plus 1 tablespoon sugar
½ cup ground skinned, toasted hazelnuts
1 quart mocha chip ice cream
Hot Fudge Sauce (recipe follows)

Preheat oven to 250°F. Line 2 cookie sheets with foil. Trace eight 3-inch circles on foil.

In mixer bowl beat egg whites until foamy. Add cream of tartar and salt. Beat in 1 cup sugar a tablespoon at a time, until very stiff and glossy, 5 to 7 minutes. In bowl mix remaining sugar and nuts. Fold into meringue.

Scoop meringue onto circles on prepared cookie sheets. With spoon spread from centers to form "nests." Bake 55 minutes. Turn off oven; let stand in oven 1 hour. Remove from foil and cool completely on wire racks. Fill each shell with 1 scoop mocha chip ice cream. Serve with Hot Fudge Sauce if desired. Makes 8 servings, 260 calories each without sauce.

#### Hot Fudge Sauce

1 cup unsweetened cocoa powder
¾ cup granulated sugar
½ cup firmly packed brown sugar
⅛ teaspoon salt
1 cup heavy or whipping cream
½ cup butter or margarine, cut up
1 teaspoon vanilla extract

In medium saucepan combine cocoa, sugars and salt. Stir in cream and butter or margarine. Bring to a boil over low heat, stirring constantly; boil 1 minute. Remove from heat and cool 5 minutes. Stir in vanilla. Makes 2¼ cups, 80 calories per tablespoon.

*To microwave:* In 4-cup glass measure combine cocoa, sugars and salt. Stir in cream and butter or margarine. Microwave on High 3 to 5 minutes, until boiling; stir well. Microwave on Medium 3 to 5 minutes, stirring every 1½ minutes, or until desired thickness. Cool 5 minutes. Stir in vanilla.

### ICE CREAM FRUIT PIE

pictured on page 42

*The crust waits in the freezer until just before serving, when you spoon in your favorite fresh fruit combo.*

¼ cup graham cracker crumbs
1 quart vanilla ice cream, softened
½ pint pineapple sherbet, softened




by drop...

by drop...

NEW DRAMATIC RESULTS RENEWS YOUR SKIN CELLS AND POSTPONES VISIBLE SIGNS OF AGING.

Now, Dramatic Results' unique formula will:

- *Promote cell renewal; encourages fresh cells to the surface of your skin.*
- *Protect your skin by holding moisture; keeps it soft, supple, glowing.*
- *Postpone those visible signs of aging.*

DRAMATIC RESULTS. IT WORKS. IT'S GUARANTEED.*

*TRY NEW DRAMATIC RESULTS SKIN RENEWAL FLUID. IF YOU'RE NOT SATISFIED WITH THE RESULTS, SEND PRODUCT BACK WITH PROOF OF PURCHASE WITHIN 90 DAYS AND WE GUARANTEE A FULL REFUND.

- 3 cups assorted fresh fruit (any combination of strawberries, peaches, pineapple, honeydew, mangoes, grapes), cut up
- Raspberry Sauce (recipe follows)

Lightly grease a 9½- or 10-inch pie plate. Sprinkle with crumbs. Refrigerate until set. Spread vanilla ice cream evenly inside plate to form a pie shell. Freeze until firm. Spread pineapple sherbet evenly over ice cream. Cover and freeze until ready to serve.

Just before serving, fill ice cream shell with fruit and drizzle on Raspberry Sauce if desired. Makes 8 servings, 200 calories each without sauce.

Raspberry Sauce

- 2 packages (10 oz. each) frozen raspberries in syrup, thawed
- ⅓ cup confectioners' sugar
- 2 tablespoons lemon juice
- 2 tablespoons black raspberry liqueur

In food processor or blender combine raspberries and sugar; puree until smooth. Strain to remove seeds. Stir in lemon juice and liqueur. Makes 2¼ cups, 25 calories per tablespoon.

## BAKED ALASKA LOAF

*This luxurious dessert was created at New York's Delmonico's to honor the purchase of the Territory of Alaska.*

- 1 pint pistachio ice cream, softened
- 1 pint coffee ice cream, softened
- 1 pint cherry vanilla ice cream, softened
- 1 pound cake, cut into ¾-inch slices

Meringue

- 4 egg whites, at room temperature
- ¼ teaspoon cream of tartar
- Pinch salt
- ¾ cup sugar
- ½ teaspoon vanilla extract

Place an 8½×4½-inch loaf pan in freezer 1 hour. Spread pistachio ice cream evenly in bottom of pan. Return to freezer to firm. Spread coffee ice cream evenly over the pistachio. Return to freezer to firm. Spread cherry vanilla ice cream evenly over the coffee. Top with cake slices, fitting pieces as necessary to cover ice cream. Freeze several hours or overnight.

To unmold, insert a small spatula or knife about 1 inch deep around inside rim of pan to loosen. Invert onto an ovenproof platter. Place warm, wet cloths around all sides of pan to release mold; remove pan. Return ice cream to freezer to firm.

*Meringue*: In small bowl beat egg whites until foamy; beat in cream of tartar and salt. Gradually beat in sugar a tablespoon at a time. Add vanilla and beat 5 minutes more, until thick and glossy.

Spread meringue over ice cream, sealing tightly to platter; return to freezer. (*Can be made ahead. Cover and freeze up to 3 days.*) Adjust oven rack to lowest position. Preheat oven to 450°F. Bake until browned, about 4 to 5 minutes. Serve immediately. Makes 8 to 10 servings, 375 calories each per 8, 300 calories each per 10.

## ICE CREAM PUFFS

*Keep these in the freezer for an anytime bon-bon treat.*

- 1 cup water
- ½ cup butter or margarine
- ¼ teaspoon salt
- 1 cup all-purpose flour
- 4 eggs
- 1 quart favorite flavor ice cream
- 3 squares (1 oz. each) semisweet chocolate
- 1 square (1 oz.) unsweetened chocolate

Preheat oven to 400°F. Grease 2 cookie sheets. In medium saucepan combine water, butter or margarine and salt. Bring to a boil over medium heat; boil until butter is completely melted. Reduce heat. Add flour all at once. Stir with a wooden spoon until mixture leaves sides of pan. Continue stirring about 1 minute to dry mixture. Cool slightly. Add eggs one at a time, beating until *(continued on page 142)*

# LUCKY DAY



Hodges Soileau

*From the queen of suspense, a marvelous mystery with an ending so shocking that it will surprise even the most clever of sleuths*

**By Mary Higgins Clark**

Nora Barton walked quickly, grateful on this gray, chilly day that the subway was only two blocks away. She and Jack had been fortunate to get an apartment in Claridge House when it opened six years ago. With the way prices had skyrocketed, they'd never be able to afford one now. And its location on Eighty-seventh and Third made it accessible to subways and buses. Cabs, too. But cabs weren't included in their budget.

She wished she'd worn something heavier than the jacket she'd gotten at the wrap party for the last film she had worked on. But with the name of the film blazoned on the breast pocket, it was a visible reminder of the fact that she did have solid acting experience. As Nora waited for the light to *(continued on page 134)*

Copyright © 1986 by Mary Higgins Clark. From MURDER IN MANHATTAN, created by Bill Adler. Copyright © 1986 by Bill Adler Books. Reprinted by permission of William Morrow & Co.

# New Cambridge

## The generic priced cigarette that puts flavor first!




Regular & Menthol, Kings & 100s

© Philip Morris Inc. 1986

12 mg "tar," 0.9 mg nicotine av. per cigarette by FTC method.

SURGEON GENERAL'S WARNING: Quitting Smoking Now Greatly Reduces Serious Risks to Your Health.

Mfr. suggested retail price.

# IF YOUR MAXI DOESN'T LOOK LIKE THIS, YOU COULD BE HAVING A FEW TOO MANY ACCIDENTS.



© P&G 1986

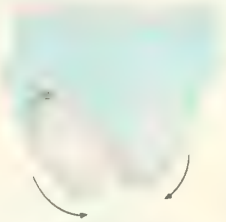
*It may look incredible, but when you find out what it does, you'll wonder why someone didn't make a pad like this a long time ago.*



New Always Plus with Panty Protectors covers where other maxis can't.

*Introducing Always® Plus. A whole lot more protection than any other maxi—super or otherwise. □ Because Always Plus has Panty Protectors that cover more of your panties. □ So it protects you better where you've always wanted better protection. □ On the sides. Where stains can get on your panties and (uh-oh) even on your clothes. The Panty Protectors have adhesive on the bottom. So they wrap around the edges, stick to the underside, and help hold the pad firmly in place. Snugly and securely. □ And, of course, since it's from Always, the whole pad is covered with the unique Dri-Weave surface that helps keep wetness away from you. □ So new Always Plus is cleaner and drier, and you are better protected than with any other maxi.*





Panty Protectors wrap around your panties to help prevent accidents.




The special Always Dri-Weave covering traps virtually all the wetness inside the pad.

INTRODUCING

# always plus

*Better protection than any other maxi.*




An extra long pad for super protection.

A long pad for super protection in a thinner design.

A regular length pad with extra protection.



# HOW FIBRE TRIM® STOPPED THE BRITISH POUND FROM FLUCTUATING

While it may be acceptable for currency to fluctuate, your weight should not. Yo-yo dieting is unhealthy, to say nothing of discouraging.

Naturally, the British found that sort of erratic behavior particularly loathsome. When Fibre Trim® offered a natural, sensible way to slim, they rapidly queued up. And helped make Fibre Trim the number one diet aid in all of Europe.

## A MORE CIVILIZED WAY TO SLIM

Sadly, each time you lose weight on a crash diet, it gets even more difficult the next time around.

More and more people believe that to lose weight permanently, you ought to lose it gradually. By eating healthier food, a little less food, and moving around more. And that's precisely the Fibre Trim wa

## FIBRE TRIM VS. A STIFF UPPER LIP

Eating less is simple in theory. And with Fibre Trim, equally simple in practice.

Fibre Trim is natural food fiber you take before meals. So you can eat less without feeling famished




## A UNIQUE FIBER BLEND IN A CLASS BY ITSELF

Fibre Trim is quite unlike any other diet aid. It's a unique blend of different types of fiber—a carefu blend devised by leading fiber experts. (Beware of imitations.)

Since Fibre Trim is made from natural source fiber, it can become a healthy way of life—a way to stay trim, for good.

## THE EUROPEAN WAY TO SLIM. FOR GOOD.

FT-032/13704309-8/86
© 1986 Schering Corporation

What every woman should know

LHJ's UP-TO-THE-MINUTE REPORT ON

# SEXUALITY, CONTRACEPTION AND HEALTH

New information and advice from leading national experts

## THE SEXUAL STAGES OF MARRIAGE

We begin this special section with a unique look at the evolution of married passion and intimacy through the years of a relationship

## Honeymoon

### PHYSICAL

Sexual arousal and excitement are at a peak in the early part of marriage; within the first three years, however, desire decreases by half for many couples. New wives have the lowest rates of orgasm of all married women. The following physical factors will affect sexual frequency: ● Birth control: The surer the method, the more sex a couple will have—fear of unwanted pregnancy interferes with desire (see our chart on page 54). ● Hormonal fluctuations, fatigue or stress. ● Painful intercourse due to insufficient lubrication or infection.

### EMOTIONAL

Couples commonly expect marriage to solve sexual problems that may have been evident during courtship. When they recognize that marriage isn't a cure, they may become sexually estranged, especially if they have difficulty discussing their dissatisfaction. Also, most couples are not prepared for the drop in desire that occurs in most marriages. Stress, anger, resentment and fear that the marriage won't last can strain relationships and sex. In addition, tension from other problems—finances, family planning, and so on—can affect sexual desire.

### SOLUTIONS

Couples should never compare their frequency of sex with [illegible] averages. Married sex is almost universally episodic. In fact, some experts maintain that the initial phase of high passion is actually the abnormal state. Since sexual patterns are usually established early in marriage, it's important to form good habits such as exploring new ways to satisfy each other and communicating when satisfaction plummets. If a physical problem interferes with sex, don't let the situation continue for more than a few days; consult your physician.

# Pregnancy/ postpartum

## PHYSICAL

Pregnancy brings profound changes to sex. Couples trying to conceive experience a surge in desire, but if pregnancy is not achieved within a few months; the sexual relationship may suffer. Once a woman is pregnant, most couples experience a decline in sexual frequency and desire during the first three months, an upsurge of sexual interest during the second trimester and a decline between the sixth month and delivery. After birth, several factors may impede sex: vaginal dryness due to a sharp decline in estrogen levels; the discomfort due to episiotomy (the surgical incision to facilitate delivery); and nursing, which may inhibit lubrication.

## EMOTIONAL

Pregnancy causes a great deal of emotional stress. Couples naturally worry about their capacity to be good parents—financially and emotionally. Concern that lovemaking will hurt the fetus may also inhibit desire for intercourse. Women often fear that their changing bodies will displease their husbands; some are even threatened by the idea that their spouse will have an affair. But many women report increased feelings of power and femininity, which can cause a surge in sexual desire. After birth, a husband may feel deprived of his wife's attention, which is focused on the new baby. If this continues, it can cause estrangement in and out of bed.

## SOLUTIONS

Researchers have found that couples who feel positive about pregnancy have more frequent sex than those with a negative attitude. If intercourse becomes uncomfortable or undesirable during pregnancy, couples should remember to touch and cuddle and to help each other have orgasms through means other than intercourse. Using a commercially available lubricant relieves temporary dryness due to low estrogen levels that can cause painful intercourse. Because a new baby demands so much time and attention, it's important for a couple to make time for sex and to involve husbands in baby care so that the child is not perceived as a rival.

# More mother than wife

## PHYSICAL

Couples in their child-rearing years commonly experience low sexual desire. Sex may become routine, ritualized, taking place only at night with little variation or experimentation, leading to boredom or lack of satisfaction. If a woman is juggling career, household and child-care responsibilities, fatigue, stress and anxiety can contribute to a lack of libido. Yet even so, many women begin to feel increases in their levels of desire or increased ability to achieve orgasm. This may be due to increased sexual confidence as well as to increased pelvic vascularity: Pregnancy produces more pelvic blood vessels, which create greater sensation during arousal.

## EMOTIONAL

In the stage psychiatrist Erik Erikson terms the generative years, couples are busy raising children, working for career advancement, building a home and contributing to society. There's often little energy left over for sex. Fear of interruptions by the children can also inhibit desire. Children begin to become aware of their own sexuality at around the age of four. If couples have never discussed their attitudes on sex education, they may be in for some arguments and estrangement. If a woman's desire increases while her husband is paying less attention to sex, she may be tempted to have an affair, especially if married sex has not been satisfying before.

## SOLUTIONS

It's important that couples avoid always putting the children's needs before their own and establish boundaries of privacy when the children are very young—a lock on the bedroom door is a must. If fatigue is a problem, couples should share equally in child care and housekeeping responsibilities and consider household help if they can afford it. Communication is also essential during this busy time. Problems must be talked out. Time together without the children, such as a weekend getaway, fantasy or sexual experimentation, can help keep passion alive. Share and act out fantasies or use erotic videos or literature, sexual talk or clothing.

# Mid-life: sexual boredom

## PHYSICAL

Male sexual response begins to slow in th
forties and fifties. A man is less likely t
have spontaneous erections and will fre
quently need direct stimulation of th
penis in order to attain an erection. A
woman achieves orgasm with greater eas
in middle age. She may want more sex
while her husband's desire steadily de
clines. Depression may occur, and som
doctors prescribe antidepressants to hel
weather the crisis. These drugs may caus
men to experience delayed ejaculation
failure to ejaculate, and difficulty in at
taining or maintaining an erection. Also
alcohol, recreational drugs or illness ca
slow sexual response or deaden desire

## EMOTIONAL

Growing older can stir very powerful feel
ings, causing men and women to reevalu
ate their lives. Feelings that time is runnin
out or discontent with long-running sexua
problems may cause either spouse t
"prove" himself or herself in an extra
marital affair. Marriages may break up a
mid-life, but those that come through
bad time often become stronger. Som
men wrongly assume that the normal slow
ing of their sexual response heralds impo
tence. They may lose interest in sex. Som
men and women divert their sexua
energy into professional achievement a
become so distracted by work concern
that they begin to consider sex a chore

## SOLUTIONS

If, despite attempts to stimulate passio
with fantasies and sexual aids, sexual di
satisfaction persists, it might be wise t
consult a sex therapist. Couples shoul
also remember to keep communicatio
lines open; marriages often break up du
ing "cold war" periods, when couples re
fuse to discuss important issues, often be
cause of pride. If a wife suspects he
husband's performance problems are re
lated to prescription drugs or alcohol, sh
should have her husband consult a phys
cian about changing the medication or th
dosage. A wife should reassure her hu
band that his slowing sexual response
normal and does not portend impotenc

# Menopause: the empty nest

## PHYSICAL

During menopause, estrogen levels drop, causing vaginal skin to become less elastic and not lubricate as easily, making intercourse uncomfortable or even painful for some women. Menopause does not physiologically decrease desire, however. Such a decrease is more likely to be caused by depression, illness, fear of aging, or other psychological factors. Men may require direct stimulation of the penis, and erection may occur less frequently. However, many wives find their partners to be better lovers at this stage. As the frequency of ejaculation lessens, men receive more pleasure from foreplay and the intimacy and emotional connection sex provides.

## EMOTIONAL

Menopause is often a sexually liberating stage in marriage. Women no longer worry about unwanted pregnancies; the departure of children may signal the return of spontaneity, experimentation and frequency. On the other hand, the empty nest may adversely affect those women whose identities are based on their child-rearing responsibilities. Depression and lack of desire may result. The changes in sexual function for men can contribute to fear of impotence, self-doubt and depression, which in turn can lead to actual impotence. As in early middle age, either spouse may have an affair to deny the aging process or prove desirability.

## SOLUTIONS

If the hormonal changes of menopause interfere with sexual enjoyment, a woman should consult her gynecologist, who may recommend estrogen replacement therapy (some women require only topical creams or suppositories to keep the vagina elastic and lubricated). Couples must learn to accept sexual changes at this stage as inevitable and normal and be realistic about their sexual performance. It's advisable for couples to have sex frequently, whenever health permits. Arousal and vascular engorgement have a beneficial effect on the elasticity of the vagina. But if intercourse is uncomfortable, sexual arousal may be achieved by kissing, stroking or masturbating.

# Mature sex: new feelings

## PHYSICAL

Experts report that some healthy older couples make love as often as three times a week into their eighties and nineties. For men as well as women, the sexual focus may shift from genital sensations to more sensuous, erotic romanticism. Foreplay becomes more important and may even replace intercourse. Women may find that it takes longer to achieve orgasm than in the past. A man is capable of reaching orgasm without an erection, through genital stimulation. But abstinence due to lengthy illness can slow sexual response; natural lubrication may be seriously impaired, and intercourse may start to become increasingly painful and difficult.

## EMOTIONAL

The attitude that sex ends with old age is often the limiting factor in older couples' sex lives. But in truth, if a man and wife think they can have sex, they will. Slowed sexual response can be very threatening to men who worry about virility and performance. These fears can lead to impotence. Bouts of illness may beset one or both partners, and this in turn may also bring on fears of mortality and feelings of isolation, which can inhibit sexuality. Since many women outlive their husbands (a woman's average life span is longer than a man's), loneliness and lack of a suitable sexual partner is one of the most common problems for women as they grow older.

## SOLUTIONS

Couples who communicate about their changing sexuality are more likely to respond to each other as new situations arise. Sex and touch are actually therapeutic. If a husband and wife are fearful of having sex in the aftermath of illness, they should consult a physician. Even in heart-attack patients, sex is probably not dangerous—and may even be advisable. The following can make sex more satisfying: ● increased direct stimulation of the genitals, including masturbation ● use of lubrication ● giving each other pleasure through means other than intercourse ● experimenting with positions that make sex more comfortable in the case of illness or pain.

## HOW TO KEEP SEX SATISFYING

**COMMUNICATE** You've heard this many times before; don't ignore it. It's the best thing you can do for your sex life. Think of communication as lovemaking. Talking the problem out is like saying to each other "Even if we can't make love, I still care about you, I still want you, I'm thinking of you." Anytime you're communicating with your partner about a problem in your sex life (or elsewhere) it's a form of making love.

**GET ON ONE SIDE OF A PROBLEM** One of the reasons you and your partner may have trouble communicating is that you're often in enemy camps when attacking a problem. But look at it this way: Any problem that crops up belongs to both of you. Avoid blame and recrimination. Instead, solve problems together. You'll find it brings you closer. This, too, is a form of lovemaking.

**TOUCH** From the cradle to the grave, human beings need to touch and be touched. Recent studies show it's important for everything from brain development to overcoming illness. From your honeymoon till death do you part, touch each other—in bed and out of bed, whether it leads to sex or not! (This prescription has a funny way of working: The more you touch each other, the more intimate you'll feel!)

**PRETEND YOU'RE COURTING** Remember what made you fall in love with him? Why he fell in love with you? Remember how you behaved on your first date? Never leave the elements of courtship behind. Don't take each other for granted—ever!

**MAKE LOVE PACTS** Couples who make love pacts are less likely to break up and more likely to have good sex. Pacts are a continual acknowledgment of the importance of your relationship. The more loving you are to each other, the more you communicate and the better your sex will be. Examples of love pacts: "We'll never go to bed angry." (No one ever died of staying up all night.) "We promise to take turns bringing each other breakfast in bed every Saturday morning."

**SAY "I LOVE YOU"** This is a secret *you* told *us*. In our *LHJ* marriage survey, those of you who reported having the most fulfilling, exciting sex lives say those three little words just about every day!

Our experts, [illegible] Institute [illegible] professor of [illegible] Physicians [illegible] New York Un[illegible] Sexuality, Ha[illegible] training, Human [illegible] Medical School, San Francisco.

# HOW WOMEN REALLY FEEL ABOUT BIRTH CONTROL

Thanks to the development of easy-to-use contraceptive techniques, modern women have, for the most part, been freed from the tyranny of unwanted motherhood and allowed to choose when to have children and how many to have. Today in America, women no longer age prematurely due to the relentless physical strain of childbearing, and large families are usually a matter of choice, not inevitability. Women may have children early, late or not at all, weighing their desire to mother against other interests, such as education and careers. Yet all too often, contraception, which has made this new freedom possible, is underutilized.

The sad fact is, after so many years of easy access to modern birth control, over half of all pregnancies in the United States still occur unintentionally. A recent study shows that despite the effectiveness of available birth-control methods, many women are dissatisfied with the devices and thus avoid using them.

"The message came through loud and clear," says T. L. Brink, Ph.D., clinical assistant professor of psychiatry at Stanford University School of Medicine and head of a research team that interviewed two hundred women on the topic. "Women think birth control is one big hassle."

Researchers say that in many cases women have heard so much about the side effects of various methods of birth control that they are afraid even to try them.

In addition, many women feel a psychological resistance to contraceptives. In fact, one of Brink's findings was that women feel guilty about using birth control, especially before marriage.

"Women like to disconnect the use of birth control from lovemaking," says Louise Tyrer, M.D., vice-president for medical affairs at the Planned Parenthood Federation of America, "and some methods make that difficult." Several women confessed that they became pregnant because they had decided one night to do without rather than go to the trouble of taking precautions.

As for the Pill, Brink's study confirmed national statistics showing that despite its effectiveness, use has fallen off in recent years: Only one sixth of those interviewed who had tried the Pill remain current users. With the IUD, fears of cramps, bleeding and increased risk of infection that could lead to infertility prompted many women to avoid it, and today women who want an IUD may have considerable difficulty procuring one. American manufacturers have taken all but one IUD off the market due to product-liability suits, and many doctors refuse to insert the devices because of malpractice suits.

According to the survey, the average woman has tried three different birth-control methods without satisfaction, and she continues to switch back and forth. "Women are now realizing that there is no one perfect method to use throughout their lives," says Tyrer. "They have different needs at different stages. When a woman is young and unmarried she's more likely to use rhythm, withdrawal or condoms, but as she finds a secure relationship she'll probably want the efficiency of the Pill. Later, after she has had children, she might not want to deal with contraception so she may opt for sterilization. Women must try to find the contraceptives that best suit their needs and lifestyles."

There may never be a perfect solution to the dilemma of birth control. But the fact that so many techniques are available offers each woman an opportunity to choose how her life will unfold. With that choice comes responsibility—to accept that no method is perfect and to choose the most suitable method for each stage of life. Every method involves risk, however slight. Yet knowing she has made the best choice possible for *her* can do much to allay a woman's fears and help her live her life to its fullest potential.

## CONTRACEPTIVE METHODS AVAILABLE TODAY

### THE PILL

**How it works** One pill a day, taken for twenty-one consecutive days each month, to keep ovaries from releasing eggs. Mini-pill is taken every day.

**Reliability** 2 percent failure rate. Mini-pill rate is 10 percent.

**Advantages** Decreased risk of ovarian and uterine cancer, less iron-deficiency anemia, lighter and more regular periods.

**Disadvantages** The following side effects are more likely to develop in those who take the Pill in dosages of more than 50 micrograms: breast tenderness, nausea, vomiting, weight gain or loss, fatigue, spotting between periods. Also: increased risk of blood clots, heart disease, stroke, liver and kidney disease, especially for women over thirty-five, women who smoke, and obese women.

**Who can use** Should not be used by women who have or have had blood clots, vascular inflammations, serious liver disease, unexplained vaginal bleeding, suspicion of growths or cancer of the breast or uterus. Those with a family history of heart disease or diabetes should consult their doctors. Should not be used by nursing women. Mini-pill often prescribed for teens, women over thirty-five, and women who cannot take the regular pill because of poor medical histories.

### IUD

**How it works** Changes lining of uterus so that implantation of egg cannot occur. Progestasert, a hormone-releasing IUD that needs to be replaced every year, is currently the only IUD manufactured and available in the U.S.

**Reliability** 5 percent failure rate.

**Advantages** No need to think about birth control daily.

**Disadvantages** Side effects include cramping, increased menstrual flow, spotting between periods, expulsion, uterine perforation, ectopic pregnancy. Women who have had pelvic infections or more than one sexual partner risk tubal and ovarian infections resulting in sterility, loss of reproductive organs or fatality if the infection is left untreated.

**Who can use** Should *(continued)*



# Now you can be positive.

### Easy-to-read Colorstick

Only Advance has an easy-to-read Colorstick that shows your results clearly. A color change to blue, as shown above, means you're pregnant. No color change, as shown below, means you're not.

### Fast results

Advance gives you fast results. It cuts down waiting time to a mere thirty minutes. Some home pregnancy tests make you wait one to two hours. Advance also lets you test yourself as early as three days after a missed period.




### Accurate results

Advance is the same kind of pregnancy test that is used in hospitals. What's more, Advance is simple to use, and it is easy to read. So you can feel extra-confident with the results of your test.

### Toll-free number

If you have any questions about the test, simply call the toll-free number included in each kit. A specially trained registered nurse will be ready with answers.

**Advance® Pregnancy Test.**
**The easy way to know for sure.**

# Even if it's negative.



Advanced Care Products © OPC 1986

**CONTRACEPTIVES (continued)**

not be used by women who have abnormal conditions of the cervix, uterus or ovaries, very heavy periods, abnormal vaginal bleeding, anemia, a history of tubal pregnancies. Not recommended for young teens or women who've never been pregnant. Risk of infection is greater in women under twenty-five.

### CONDOM

**How it works** A thin sheath placed over the man's penis collects semen and prevents sperm from entering the vagina.

**Reliability** 10 percent failure rate. When combined with spermicide, failure rate drops to 5 percent. Never wash and reuse, and don't carry in wallet since body heat deteriorates rubber.

**Advantages** Protects against most sexually transmitted diseases (STDs), including AIDS. Helps with premature ejaculation and may enable older men to maintain erection. May diminish incidence of cervical cancer.

**Disadvantages** Rubber may break or tear. Dulls sensation. Rare allergic reaction to rubber by both men and women (changing brands may help).

**Who can use** Do not use if allergic to rubber.

### DIAPHRAGM

**How it works** Covers the cervix to prevent sperm from entering. Sperm are killed by jelly or cream.

**Reliability** 19 percent failure rate. Can be inserted up to two hours before intercourse and should be left in place six to eight hours after. Apply more cream or jelly each time you have sex. Replace every two years. Wash after each use and store in cool place.

**Advantages** May offer protection against some STDs (not syphilis or herpes).

**Disadvantages** Pelvic pain (rare), bladder infections. Foul-smelling discharge if left in place too long. May become dislodged if woman assumes top position in intercourse or has a relaxed vagina due to childbirth. Two percent of women develop allergic reactions to cream or jelly (changing brands may help).

**Who can use** Not recommended for virgins or women with poor vaginal muscle tone.

### SPONGE

**How it works** Moistened and inserted into vagina, continuously releases spermicide and stops sperm from entering uterus.

**Reliability** 17 to 24 percent failure rate. One-time use only, but once in place, allows for repeated intercourse within twenty-four hours. Should be left in place at least six hours after last act of intercourse.

**Advantages** Spermicide offers some protection against STDs.

**Disadvantages** Removal problems can occur. If sponge tears or fragments or you have trouble removing it, call your doctor. Possible increased risk of toxic shock syndrome. To minimize risk, do not leave sponge in longer than twenty-four hours.

**Who can use** Higher pregnancy rate for women who have given birth before. Never use during menstruation.

### VAGINAL SPERMICIDES

**How it works** A premeasured amount inserted into vagina kills sperm. Comes in foams, jellies, creams and suppositories.

**Reliability** 18 to 25 percent failure rate. Some products are effective immediately; suppositories require a ten-minute wait. Foam isn't effective for more than one hour after placement and should preferably be inserted within twenty minutes of intercourse. Fresh application required each time intercourse is repeated. Don't douche for six to eight hours after intercourse.

**Advantages** Some protection against syphilis, gonorrhea, herpes and common vaginitis.

**Disadvantages** Possible irritation, unpleasant taste. Heat may soften suppositories—hold under cold water to harden before insertion. With suppositories, some women have slight vaginal discharge after intercourse.

**Who can use** Popular with teens, but anybody can use.

### PERIODIC ABSTINENCE

**How it works** Various systems help a woman estimate when she is most likely to become pregnant. Billings method monitors color and consistency of cervical mucus. Basal body temperature method requires temperature to be taken rectally each morning before getting out of bed. A small dip followed by a sudden rise denotes ovulation.

**Reliability** 10 to 24 percent failure rate. Using more than one method and keeping careful records can increase effectiveness.

**Advantages** Acceptable to couples who oppose birth control.

**Disadvantages** Illness or lack of sleep can produce false temperature signals. Infections or use of vaginal products or medication may distort changes in mucus.

**Who can use** Rhythm methods should not be used by women with irregular periods, after miscarriage, abortion or delivery, or while breast-feeding. Recommended for older women, or those in a stable relationship.

### TUBAL LIGATION

**How it works** Small abdominal incision is made; fallopian tubes are cut and sealed to prevent mature egg from being fertilized.

**Reliability** Failure rate of 1 percent or less. Immediate protection, provided ovulation has not occurred within forty-eight hours prior to surgery.

**Advantages** Contraception is permanent.

**Disadvantages** Possible post-operative infection, bladder injury, blood clots, hemorrhage.

**Who can use** Difficult to perform on obese women. While there is a 50 to 70 percent success rate in reversing the procedure, it should be considered permanent. Women who have had other abdominal surgery, including caesarean section, may be advised against tubal ligation.

### VASECTOMY

**How it works** Vas deferens (tubes that carry sperm) are cut, segments are removed and ends are tied back, preventing sperm from leaving testicular area. Ejaculation is not affected.

**Reliability** Failure rate of 1 percent or less. Need at least ten ejaculations before tubes are completely sperm-free. Use additional method until that time.

**Advantages** Permanent and complete contraception.

**Disadvantages** Postoperative pain, swelling, discoloration and slight bleeding. Possible but rare complications include infection, blood clots, testicular inflammation. One half to two thirds of men develop sperm antibodies in their bloodstream that may preclude successful reversal.

**Who can use** Vasectomy is considered permanent and recommended only for those over thirty even though success of reversal is 60 percent.

# Get the custom treatment

## AND FEEL RIGHT AT HOME

## 50% OFF

Call 1-800-4-CUSTOM



## Sears custom decorators make house calls.

For a free, in-home consultation and complimentary Idea Book, call 1-800-4-CUSTOM*, toll free. Our experts will bring you a wealth of fresh ideas and a huge selection of materials, including our Coronet collection of fabrics, and blinds by Levolor Lorentzen, Inc.—at 50% savings.



Celebrate Sears New Century and make sure your decorating ideas are right at home. On sale July 27 to August 30.

there's more for your life at SEARS

Celebrating Our New Century

©Sears, Roebuck and Co., 1986. Available at most Sears retail stores. Prices and dates apply only to the Continental United States, except Alaska
*(1-800-428-7866). 9:00 a.m. to 9:00 p.m. Monday through Friday. 9:00 a.m. to 6:00 p.m. Saturday. Central Daylight Time. *Operator assistance in English only.



# "Take your life in your own hands."

There's only one person who can save you from breast cancer. You. Because even though one in eleven women will develop breast cancer, 90% of all breast cancers are controllable if detected early. 90%.

So do it. Do monthly breast self-examinations. You can send for a free High Priority shower card to show you how. And if you're over 35, ask your doctor about getting a mammogram. This safe, low dose x-ray can detect cancer long before you can feel it.

I do it. So should you. The reward is life.

*(This message is brought to you by AMC Cancer Research Center and Adolph Coors Company, the first corporation in America to offer mammograms to its employees and spouses. For more information and a free COORS/HIGH PRIORITY shower card, write to AMC Cancer Research Center, 1600 Pierce Street, Box C-4, Denver, Colorado 80214.)*

HIGH PRIORITY
The Breast Cancer Research/Information Network of the AMC Cancer Research Center

Coors

© 1986 Adolph Coors Company, Golden, Colorado 80401
Brewer of Fine Quality Beers Since 1873.

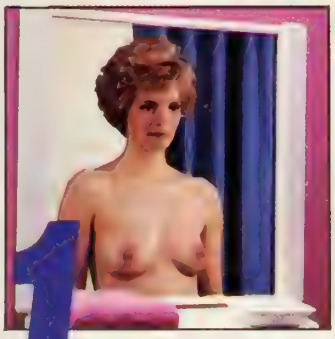
HER, HIGH PRIORITY CHARTER MEMBER

What every woman should know

# EXAMINING YOUR BREASTS

## HOW TO DO IT RIGHT

If you've ever puzzled over the abstract diagrams illustrating the instructions for breast self-exams and decided that it wasn't worth the trouble to figure them out, we've just made it easy for you. Here, a step-by-step photographic guide to checking your breasts, prepared with the help of the American Cancer Society.





**1** Inspect your breasts, keeping your arms at your sides. Then raise your arms high above your head. Look closely for any changes in the contour of either breast, as well as any swelling, dimpling of the skin or changes in the nipple.



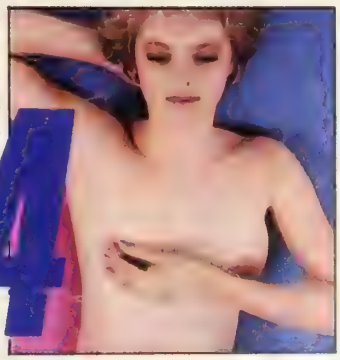
**2** Rest your palms on your hips and press down firmly to flex your chest muscles. Your left and right breast will not exactly match —few women's do. Look carefully for any abnormalities.





**3** Lie down with a pillow under your right shoulder and your right hand behind your head. With your left hand, fingers flat, press gently in small circular motions around your right breast. Repeat, moving one inch closer to the nipple after each circle, until you have examined every part of your breast, including the nipple.

**4** Squeeze the right nipple gently between thumb and index finger. Report any discharge to your doctor immediately. Repeat steps 3 and 4 (using your right hand and putting the pillow under your left shoulder) for your left breast.



**5** Also examine your breasts while you are taking a shower, since hands glide more easily over wet skin. Use right hand to examine left breast, left hand for right breast.



**Cross off each month below when you have done the breast self-exam. Report any lump, knot, thickening, dimple or discharge to your doctor immediately.**

| Aug | Sep | Oct | Nov | Dec | Jan | Feb | Mar | Apr | May | Jun | Jul |
|---|---|---|---|---|---|---|---|---|---|---|---|

What every woman should know

# BREAST CANCER

## THE LATEST FACTS

BY BETH WEINHOUSE

One in eleven women will develop breast cancer in her lifetime. But statistics are just numbers, and they can be changed—by prevention, detection and treatment

## PREVENTION

It's only very recently that doctors have been able to talk about preventing breast cancer. Studies seem to show that a diet high in fat and animal protein (red meat, cheese, butter) makes breast cancer more likely, and, conversely, a diet low in these elements reduces the risk. Says Arthur I. Holleb, M.D., senior vice-president for medical affairs for the American Cancer Society, "While the medical evidence is not absolutely certain, a low-fat, high-fiber diet certainly can't hurt. It's thought to help protect against other types of cancer, too, and against heart disease. Women can also lower their risk of developing breast cancer by avoiding obesity. These are the two factors women have control over."

Scientists refer to this type of prevention as primary prevention: preventing the disease entirely. Doctors now talk about another type of prevention: secondary prevention. "Secondary prevention is actually early detection," explains Holleb. "By detecting a tumor in its earliest stage, we can prevent invasive or advanced cancer. And biopsies can show benign conditions in the breast that may eventually lead to cancer."

## DETECTION

This year in America, more than 120,000 women will learn they have breast cancer, and about 40,000 will die from it. Breast cancer is the number-two cancer killer of women (after lung cancer), yet when it is detected and treated in its earliest stage, it is almost 100 percent curable.

Thorough breast-cancer screening and detection involves three procedures: breast self-exam (described on the previous page), clinical exam by a physician, and mammography. From the age of twenty, women should perform a breast self-exam every month. Women of child-bearing age should examine their breasts about a week after their periods. Postmenopausal women should do the exam on the first day of every month to make it easy to remember. A physician should also do a physical exam of the breasts regularly.

Mammography, which is an X-ray examination of the breast, is the third crucial component of detection. Mammography can detect growths much too small to be felt by a patient or doctor. In fact, it's estimated that the test can detect cancer up to *three years* before it would be found in a physical exam. At this early stage, the cancer is still tiny and hasn't traveled elsewhere in the body, and the tumor is nearly 100 percent curable.

According to American Cancer Society guidelines, a woman should have a baseline mammogram (a mammogram to establish what the normal, healthy breast looks like) between age thirty-five and forty. From age forty to fifty, a mammogram should be taken every one to two years. Beginning at age fifty, a woman should have an annual mammogram.

## TREATMENT

If a lump is discovered and determined to be malignant, "it *must* be surgically removed," says Holleb. "The smaller and more self-contained the tumor, the less radical the surgery. In the past, a woman's reward for finding a lump in her breast was a mastectomy. Now it's more likely that she will be able to choose a breast-preservation operation."

For very small or early tumors, the minimal treatment is lumpectomy (in which just the tumor and a very small portion of breast tissue are removed), followed by radiation treatment. More advanced tumors sometimes require a mastectomy, in which the entire breast is removed. Chemotherapy or hormone therapy may be part of the postsurgery treatment.

While more women are benefiting from breast-preservation surgery, even those who must have a breast removed can now take advantage of improved prosthetic devices and innovative reconstruction techniques. In some cases, breast reconstruction can be done immediately following mastectomy, so that the shock of waking up after surgery without a breast is completely avoided.

**To give, to cherish, to display with pride ...**

# The Lenox Crystal Rose Vase

**The first issue in a collection of full lead crystal vases.**

**An original work of art ... individually blown and hand-cut.**

**Available only by reservation.**

For centuries, the rose—perhaps nature's most beautiful flower—has been cherished as a symbol of love. In the language of flowers, the rose expresses the most eloquent of all silent messages, "I love you."

Now Lenox has captured the essence of nature's most symbolic creation in *The Lenox Crystal Rose Vase.* Handcrafted of full lead crystal, each vase is individually *cut by hand.* No two are exactly alike; *each* is a unique work of art.

**Crystal of heirloom quality.**

A work of art in crystal is *alive* with light, always dramatic and excitingly new to the eye. Its beauty ever-changing as the light passes through, *The Lenox Crystal Rose Vase* will be enjoyed—and prized—today, and for generations to come.

In your home, *The Lenox Crystal Rose Vase* will be admired for its sparkling clarity, its intricate hand-engraving and its elegant shape, designed to complement the splendor of the flower it honors.

And it makes an inspired gift for someone special. With its message of love, this magnificent vase will be a constant reminder of your thoughtfulness.

**Available only direct from Lenox.**

*The Lenox Crystal Rose Vase* is available only by reservation direct from Lenox® and will not be sold through even the most prestigious dealers or galleries. The issue price is $39, payable in convenient monthly installments of $13 with *no finance charge.* And, of course, *your satisfaction is completely guaranteed.*

This exquisite vase is the important *first issue* in The Lenox Crystal Garden, a collection of full lead crystal vases inspired by the world's loveliest flowers.

Reservations will be accepted in strict sequence of receipt and should be postmarked by September 30, 1986. Please allow 6 to 8 weeks for delivery. For credit card orders, you may call **TOLL FREE,** 24 hours a day, 7 days a week, **1-800-228-5000.**



# WOMEN GETTING AHEAD

*How to be a winner in hard-to-handle job situations; plus tips on company benefits and hot careers. By Shirley Sloan Fader*

## NEW BENEFITS FOR YOU

You and your co-workers may be able to get more employee benefits by letting management know you want them. Four trends in extras are spreading rapidly—and many companies that haven't yet decided on additional benefits are seriously thinking of doing so during 1986 or '87. Support for these trends from employees might help management decide in favor of the benefits.

The Administrative Management Society, which tracks developments in management and employment issues, reports a new survey showing that 47 percent of American employers now have employee assistance programs to provide counseling for difficulties with alcohol, drug abuse and stress. Some even have marital, financial and legal counseling.

The three other important trends are flexible (sometimes called "cafeteria") benefits, wellness programs and child care. Under the flexible system, employees don't receive a fixed benefit package. Instead they get a certain dollar value of benefits due. They then choose which they prefer. For instance, if your husband's medical coverage already adequately protects your family, you might choose to cut back on your medical coverage and use benefit credits for extra vacation time or college tuition. Seventeen percent of employers have a flexible benefits arrangement; 9 percent are seriously thinking of it.

Wellness programs, offering such activities as athletic teams, weight-reduction groups or health food in company restaurants, is the third trend, with 40 percent of employers now having some arrangement and 4 percent considering it. On-site child care is the weakest of the trends; 4 percent have a program and another 4 percent are considering it. You can obtain the whole survey for $10 from AMS New Benefits Survey, 2360 Maryland Road, Willow Grove, PA 19090.

### WHERE THE JOBS WILL BE

**It's often hard to decide what job training will be useful to keep your skills current. According to the U.S. Bureau of Labor Statistics, the fastest-growing occupations for the next ten years will be paralegal, computer programmer, systems analyst, medical assistant, and data-processing equipment repairer. The same statistics indicate that learning shorthand may not be worthwhile. Because of technological changes, jobs for stenographers are expected to drop by 40 percent. The demand for secretaries will remain steady.**

## GUILT FEELINGS

**Q My company just laid off a number of workers. Though I kept my job, I feel very uncomfortable at work. I can't understand my reaction.**

A Industrial-relations experts find that people who are kept on when co-workers are laid off are often emotionally bruised by the experience. They may even feel guilty about being fortunate enough to keep their jobs. This is especially true, says Joel Brockner, an associate professor at Columbia University's graduate business school, if you believe the decisions were arbitrary and that you could have been among those terminated. The experts recommend that you concentrate on your simpler tasks while the shock is new. You can't possibly do your best with complicated assignments for a while, and struggling with them only adds to your sense of strain.

## AFTER ILLNESS

**Q I had an operation that kept me out of work for a month. Now at my job I'm treated as fragile and a little like an outsider. What can I do?**

A When it comes to your employment, it's always wise to minimize any illness. Studies indicate that it's especially dangerous to reveal that you have a chronic condition. Though people may be kind during the crisis, you may be seen later as a "problem," not able to carry your share of the work. Data also show that people who have had serious illness may suffer a demotion, be denied promotions, be refused training or even lose their job. Your best solution is to emphasize that you feel fine. Then try to make your boss and co-workers forget your health problems. And if you go for job interviews elsewhere, don't volunteer a discussion of your illness.

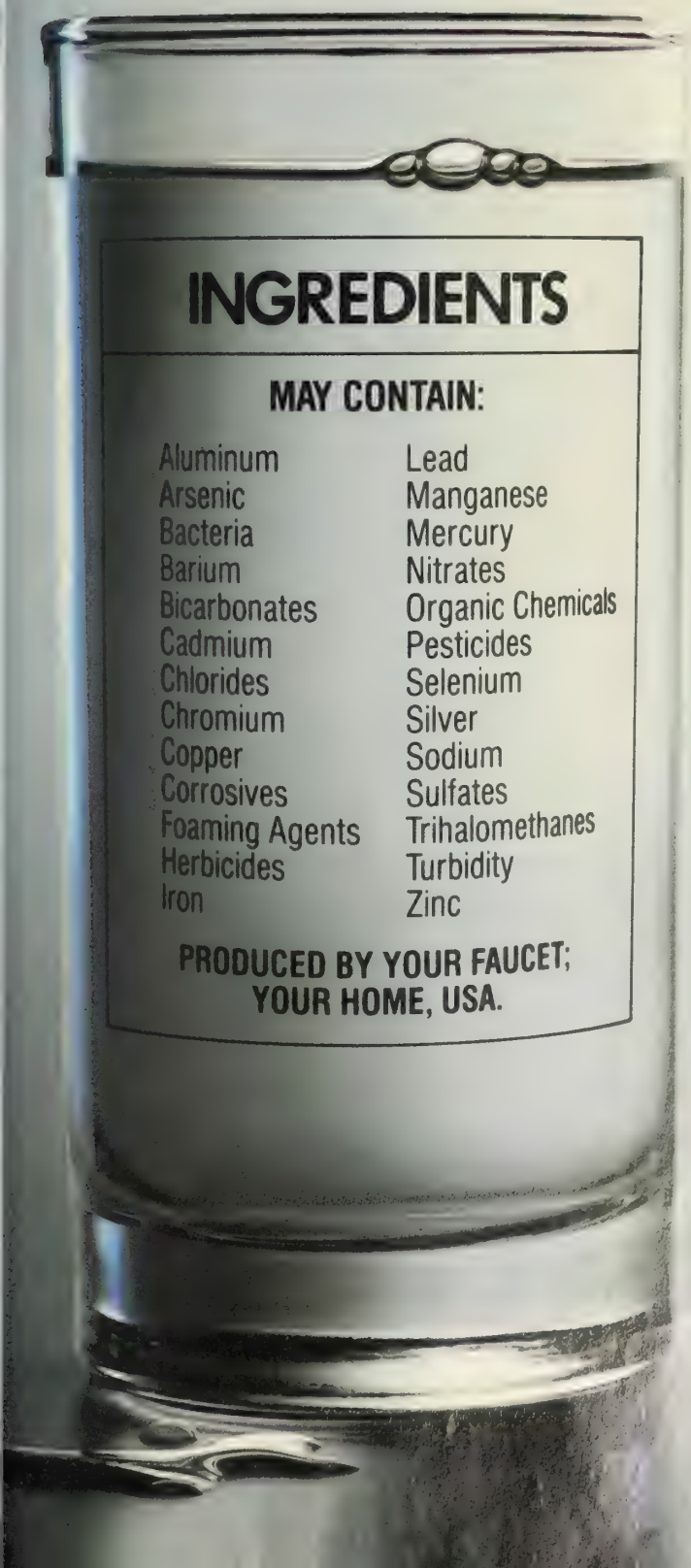
## LONG-DISTANCE MARRIAGE

**Q My husband was offered a great job 500 miles away. I'll never be able to duplicate the job I have now. Will my marriage suffer if I don't move?**

A Researchers estimate that about a million couples live apart because of their jobs. Many of those marriages are very happy. However, rushing to see each other for short intervals on weekends and holidays can be stressful and expensive. Living apart can also lead to an artificial relationship in which there's no time for normal day-to-day sharing. Probably the best solution is to stay apart only until one of you can find another satisfactory job and you can reunite as a full-time couple.

Shirley Sloan Fader is a careers expert and author of three recent career guides, including FROM KITCHEN TO CAREER: HOW ANY WOMAN CAN SKIP LOW-LEVEL JOBS AND START IN THE MIDDLE OR AT THE TOP (Stein & Day, Briarcliff Manor, NY 10510, $9.95).

# If your tap water came with an ingredient list, you just might give us a call.




Chances are, you look at ingredient lists to help you make product choices today. And, if you're trying to watch out for your family's health, that's a good idea. Too bad you don't get one with your tap water. It just might help you make a better decision there, too.

**Culligan instead of water.**
A Culligan Drinking Water System can make the "ingredient list" of your tap water look a lot better. It removes up to 98% of many of the contaminants that could be in your water, to leave it cleaner and fresher-tasting.

No single home drinking water process is more effective. And bottled water isn't nearly as convenient.

Your beverages—like coffee, tea, and juices—will taste better, too. Your cooking—even your ice cubes—will show the difference.

You can't check the ingredient list for your tap water, but you CAN make sure it carries a Culligan label. Which, come to think of it, might be even better.

*Just call* ***1-800-447-4700*** *and say "Hey, Culligan man!" We'll send you the free booklet "What You Should Know About the Water You Drink." (In Canada, call 1-800-268-5458.)*



Culligan
Think about it.

# LOOKING GOOD

*Summer hair and skin care; how to improve your man's complexion. By Constance Leisure*

## STAND BY YOUR MAN

"Most men have sensitive skin, and they tend to abuse it," says New York City skin-care specialist Lia Schorr, whose salon's clientele is 60 percent male. "They splash on an alcohol-based aftershave, and if it burns their skin they think it must be good." At the same time, men perspire more than women and have oilier skins, which they don't cleanse properly; this can result in blackheads and permanently enlarged pores.



Miriam White/The Stock Market

Women have to teach their men the basics of skin care, says Schorr, who suggests that men use a toner or cleansing lotion several times a day. They should also occasionally use a mild abrasive scrub, especially in the area of the nose—often the oiliest part of the face—and a pore-tightening mask, Schorr says. "Once a man knows how to cleanse his face and the products he should use, he enjoys it—and his skin will look a lot smoother and younger."

## EYELASHES SUPREME

False eyelashes are coming back into fashion, but they're much more natural-looking now. Here are tips from makeup artist Linda Mason on how to wear them.

- Choose lashes in which the individual hairs look feathery and are separated from each other on a natural, light-colored base. A thick line of lashes on a dark base looks fake. You may even want to try half a strip, which gives the eye a very flattering elongated shape.
- Put on lashes after you have finished applying all makeup, including mascara. (And be sure that your mascara color matches the false lashes.) Apply more mascara if you feel you need it. Remember, false lashes and mascara can give you a hard look. Unless you're trying to outshine Joan Collins at some gala evening, try to keep the look as soft and natural as possible.
- You can subtly alter your eye shape by lifting the lashes up at the outer corners of your eyes just above your own lash line. This will make your eyes look more almond shaped.

## NOTES ON THE SUN



Ron Colby/The Stock Market

Half of all malignancies in the U.S. each year are skin cancers, and most occur as a result of exposure to the sun. According to John F. Romano, M.D., attending dermatologist at New York Hospital–Cornell Medical Center, even sunscreens with a maximum sun protection factor (SPF) of 15 don't protect your skin completely. If you're going to be out in direct sun, only a product that contains titanium dioxide or zinc oxide will block damaging ultraviolet rays. The sunscreen with SPF 15 will protect you for a certain time from ultraviolet B, the wavelength that causes burning, but it won't completely filter out the other ultraviolets that also contribute to skin damage. And all skin types need protection. Even if you never burn, each time you expose yourself to sunlight you are causing cumulative damage that will show up more and more as you age. For example, the sun exposure you get just while walking from the supermarket to your car contributes to the premature aging of your skin.

Vera Price, M.D., clinical professor of dermatology at the University of California, San Francisco, suggests you wear a sunscreen with an SPF of 15 every day under your makeup.

"It's that casual sunshine that you get even on a cloudy day that can be really detrimental," says Price.




MADE IN THE USA
It matters!

Pile Fabric Lining by:
Tex Tenn Corporation

TEX-TENN

YOU'LL FIND WEATHER TAMER® AT THESE FINE STORES AND THEIR BRANCHES (The three jackets are designated as A, B and C from left to right following each store name to indicate style availability): **NEW YORK,** Macy's (A,B); **BROOKLYN,** Abraham & Straus (B); **CHICAGO,** Carson Pirie Scott & Co. (B); **PHILADELPHIA,** John Wanamaker (A,B,C), Strawbridge & Clothier (A,B,C); **DETROIT,** Crowley Milner (B); **BALTIMORE,** Hutzler's (A,B); **BOSTON,** Filene's (B); **CLEVELAND,** May Co. (B); **NASHVILLE,** Cain-Sloan (B); **ST. LOUIS,** Famour Barr (B); **ATLANTA,** Rich's (C); **PITTSBURGH,** Kaufmann's (A,B); **BIRMINGHAM,** Parisian (B,C); **RICHMOND,** Thalhimer's (B); **GRAND RAPIDS,** Rogers (A,B); **SALT LAKE CITY,** ZCMI (A,B); **HARTFORD,** G. Fox (B), D&L (A,B); **DAVENPORT,** Peterson Harned Von Maur (B); **PARAMUS,** Stern's (A,B,C); **AMHERST NY,** Jenss (B); **CANTON,** Stern & Mann, (A); **CONNECTICUT** Read's (A,B); **MAINE,** Porteous, Mitchell, & Braun (B,C); **NO. & SO. CAROLINA,** Ivey's (B,C); **NEW JERSEY,** Bamberger's (B); and fine stores everywhere or write to Weather Tamer, Inc., 821-C Merchandise Mart, Chicago, IL 60654.




MONET

# TRAVEL TALK

*The Caribbean, Mexico, Arizona—plan a sensational late summer or early fall vacation. By Ron Butler*

## SWEET SAVINGS IN THE CARIBBEAN

Forests of guava, white cedar, bamboo and bananas . . . frosted fruit drinks heavily laced with sugar and rum. Reggae. Calypso.

If anything, the Caribbean becomes even more tropical and sensuous during the sultry summer, while prevailing trade winds keep temperatures well within reason and prices are comfortably low. It's what the Caribbean Tourism Association calls the Season of Sweet Savings, the period between April 15 and December 15, when prices drop dramatically, even at some of the poshest island resorts. Example: A deluxe studio double at the Sugar Mill Resort, in the British Virgin Islands, is reduced from $112 per night to $70; a two-bedroom double at the Cinnamon Hill, in Grenada, drops from $139 to $90; and if you're feeling really flush, a four-bedroom villa at the exclusive Tryall Golf and Beach Club, in Montego Bay, Jamaica, goes down from $3,600 per week to a mere $2,100. And that includes a full-time staff—cook, maid, laundress and gardener.

Airfares to and from the islands are down substantially during the summer, and that's also when many carnivallike celebrations are held to help liven things up.

To sweeten the picture even more, this year's Season of Sweet Savings visitors are eligible to win a one-week all-expenses-paid vacation for two to the islands next year. For details, entry blank and additional information, write the Caribbean Tourism Association, 20 East 46th Street, New York, NY 10017; 212-692-0435.



Mexican Ministry of Tourism

## COOLING IT IN MEXICO CITY

Want to stay cool this month? Try Mexico City. Sounds improbable, but it's true. Although Mexico's capital and largest city is sixteen hundred miles south of New York, its lofty altitude (six thousand feet) combined with its tropic latitude gives it an air of perpetual springtime—even in summer.

Like most large cities, Mexico City slows down somewhat in the summer, when many of its nearly nine million inhabitants leave town for vacations of their own. Yet its snappy Latin tempo hardly misses a beat. Shops, restaurants and marketplaces bustle with activity. Parks and gardens are in full, luxuriant bloom. The city's nightlife sizzles.

Mexico City's grand hotels are as fine as any in the world—Westin's Camino Real, with its impressive Aztec pyramid facade and stunning entranceway; the Maria Isabel Sheraton, the city's largest hotel, with 850 rooms (it's next to the U.S. Embassy); the spectacular Crown Plaza Holiday Inn; and the venerable Hotel Del Prado, across from Alameda Park.

For gourmets who enjoy eating out in style, Del Largo, in Chapultepec Park; Fouquat's; Delmonico's; Hacienda de los Morales and the San Angel Inn, with its beamed ceilings, cozy fireplace and colorful gardens, are all good.

To obtain information on Mexico City and other destinations in Mexico, contact the Mexican Government Tourist Office, 405 Park Avenue, New York, NY 10022; 212-755-7212.

***(continued on page P.S. 12)***

## TRAVEL TIP

Shoppers in Mexico will do well to visit a government-run Fonart handicrafts center to get an idea of what's available and at what price range. The centers are located throughout the country. Mexico City has nine, including one in the trendy Zona Rosa district (the address is Londres 136).

# PURE WOOL. PURE PENDLETON.



## WOMEN'S SIZES

Flattery and the perfect fit in
Collection we design
for your fuller figure.
separates...in the
say Pendleton
priced at
challis skirt,
blouse,
At fine
Portland, OR

PURE VIRGIN WOOL

# COOKING FOR TODAY

*Delicious and different barbecue meals are quicker and easier with a microwave. By Thelma Snyder and Marcia Cone*

## BARBECUED BRISKET WITH HOT, SWEET AND SOUR SAUCE

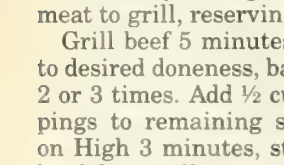
**Microwave time: 52 to 55 minutes.**
**Barbecue time: 10 minutes.**

**Sauce**

- **1 tablespoon butter or margarine**
- **½ cup chopped onion**
- **1 tablespoon chili powder**
- **1 teaspoon dry mustard**
- **½ cup ketchup**
- **½ cup apricot preserves**
- **¼ cup brown sugar**
- **2 tablespoons soy sauce**
- **2 tablespoons Worcestershire sauce**
- **⅛ teaspoon red pepper sauce**

**4-pound beef brisket**

*Sauce:* In 4-cup glass measure combine butter or margarine, onion and chili powder. Microwave on High 1 to 2 minutes, until onion is tender. Stir in remaining ingredients. Microwave on High 3 to 5 minutes, stirring once, until heated through and well blended. Makes 1½ cups.



Place brisket fat side down in a 2- to 3-quart rectangular microwaveproof dish. In small bowl combine ¼ cup barbecue sauce with ¼ cup water; stir until blended. Spoon half the mixture over beef. Cover tightly with plastic wrap. Microwave on High 5 minutes, then on Medium 10 minutes per pound, turning and basting top with remaining mixture halfway through cooking. Transfer meat to grill, reserving drippings.

Grill beef 5 minutes on each side or to desired doneness, basting with sauce 2 or 3 times. Add ½ cup reserved drippings to remaining sauce. Microwave on High 3 minutes, stirring once. Cut beef diagonally into thin slices. Serve on toasted rolls with heated sauce. Makes 8 servings, 680 calories each with sauce.

## HONEY MUSTARD BARBECUED CHICKEN

**Microwave time: 20 to 21 minutes.**
**Barbecue time: 8 to 10 minutes.**

**Sauce**

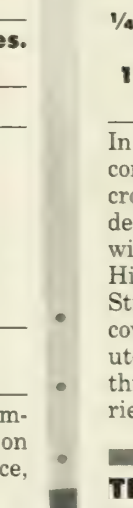
- **½ cup honey**
- **¼ cup country-style Dijon mustard**
- **1 tablespoon soy sauce**
- **1 teaspoon chopped fresh ginger or ¼ teaspoon ground**

**3-pound chicken, cut up**
**Salt and pepper**

*Sauce:* In 4-cup glass measure combine all ingredients. Microwave on High 2 to 3 minutes, stirring once, until heated through. Makes 1 cup.

Meanwhile, prepare grill. In 2-quart rectangular microwaveproof dish arrange chicken skin side down with thicker portions to the outside. Cover with wax paper. Microwave on High 18 minutes, turning over halfway through cooking and rearranging less cooked areas to the outside.

Sprinkle chicken with salt and pepper. Transfer chicken to grill; baste with sauce. Grill 4 to 5 minutes per side, basting occasionally with sauce, until desired crispness. Serve chicken with remaining sauce. Makes 4 servings, 340 calories each with sauce.

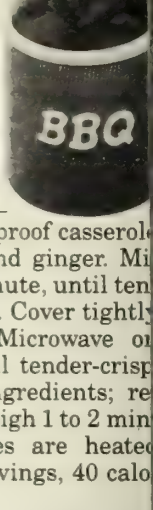




## ORIENTAL MIXED VEGETABLES

**Microwave time: 4 to 6 minutes.**

- **1 tablespoon sesame or salad oil**
- **1 teaspoon minced garlic**
- **2 teaspoons chopped fresh ginger**
- **½ pound asparagus, cut diagonally into 1-inch pieces**
- **¼ pound mushrooms, sliced thin**
- **¼ pound bean sprouts**
- **1 tablespoon soy sauce**




In 2-quart microwaveproof casserol combine oil, garlic and ginger. Microwave on High 1 minute, until tender. Stir in asparagus. Cover tightly with plastic wrap. Microwave on High 2 minutes, until tender-crisp. Stir in remaining ingredients; recover. Microwave on High 1 to 2 minutes, until vegetables are heated through. Makes 6 servings, 40 calories each.

## TEXAS PINEAPPLE SLAW

**Microwave time: 2 minutes.**

- **1 can (8 oz.) pineapple slices, drained (juice reserved)**
- **1 head cabbage (about 2 lbs.), shredded**
- **2 teaspoons cornstarch**
- **½ cup water**
- **¼ cup cider vinegar**
- **1 tablespoon sugar**
- **½ teaspoon salt**
- **½ teaspoon dry mustard**
- **¼ teaspoon freshly ground pepper**

Chop pineapple coarsely. In large bowl combine pineapple and cabbage. In 2-cup glass measure dissolve cornstarch in reserved pineapple juice. Stir in remaining ingredients. Microwave on High 1 minute; stir. Microwave 1 minute more. Pour dressing over pineapple and cabbage, tossing to coat evenly. Cover and refrigerate at least 1 hour. Makes 6 to 8 servings, 65 calories each per 6, 50 calories each per 8. **End**

# LOOKING FOR GOOD MOVIES? OWN ANY TWO FOR JUST $4.95 EACH.

WITH MEMBERSHIP

| | |
|---|---|
| STAR WARS | 0564162 |
| THE SOUND OF MUSIC | 0039212 |
| THE KARATE KID | 1710092 |
| GREASE | 2074072 |
| THE RUSSIANS ARE COMING | 0948052 |
| CAT'S EYE | 7583002 |
| THE DEAD ZONE | 2077042 |
| THE FLAMINGO KID | 7135032 |
| ORDINARY PEOPLE | 2039012 |
| COMPROMISING POSITIONS | 4171052 |
| LAWRENCE OF ARABIA | 1514072 |
| PRIZZI'S HONOR | 4802022 |
| NOTORIOUS | 0567132 |
| KISS OF THE SPIDERWOMAN | 3187092 |
| THE EMERALD FOREST | 3145002 |
| THE BRIDGE ON THE RIVER KWAI | 1606062 |
| BUS STOP | 0718032 |
| PLACES IN THE HEART | 0978082 |
| ROMANCING THE STONE | 0894092 |



ST. ELMO'S FIRE
1803072




BEVERLY HILLS COP
2053102




CASABLANCA
0507162

| | |
|---|---|
| BODY DOUBLE | 1713062 |
| PINOCCHIO | 5361102 |
| AGAINST ALL ODDS | 1233032 |
| TERMS OF ENDEARMENT | 2044082 |
| SOME LIKE IT HOT | 0561122 |
| RED RIVER | 7507032 |
| BILL COSBY—HIMSELF | 0935002 |
| THE MALTESE FALCON | 0508072 |
| THE FALCON & THE SNOWMAN | 4808062 |
| DO IT DEBBIE'S WAY | 4512032 |
| TO CATCH A THIEF | 2050052 |
| A VIEW TO KILL | 0989052 |
| CITIZEN KANE | 5501032 |
| GUYS & DOLLS | 3533002 |
| 20,000 LEAGUES UNDER THE SEA | 5378032 |
| LOVE STORY | 2040082 |
| THE FRENCH CONNECTION | 0042422 |
| KRAMER VS. KRAMER | 1503002 |
| DUMBO | 5251052 |
| MARY POPPINS | 5276062 |
| THE BLACK STALLION | 0504012 |
| REAL GENIUS | 1802082 |
| COUNTRY | 5341072 |
| GHOSTBUSTERS | 1742012 |
| SPLASH | 5304022 |
| FUNNY GIRL | 1511002 |




COCOON
3553052




JANE FONDA'S NEW WORKOUT
5112042

| | |
|---|---|
| KING KONG (Original) | 5502022 |
| PATTON | 0043092 |
| MR. MOM | 7104002 |
| COMMANDO | 3555032 |
| BLUE THUNDER | 1517042 |
| AN OFFICER AND A GENTLEMAN | 2021192 |
| FOOTLOOSE | 2019052 |
| MICKI AND MAUDE | 1732032 |
| THE BIG CHILL | 1527022 |
| THE COTTON CLUB | 3100032 |
| STAR TREK III—SEARCH FOR SPOCK | 2016162 |
| A SOLDIER'S STORY | 1733022 |
| STARMAN | 1723042 |
| CABARET | 4001272 |
| EDUCATING RITA | 1593012 |
| FLASHDANCE | 2018142 |
| THE NATURAL | 1649052 |
| FORT APACHE | 5526042 |
| HALLOWEEN | 3250012 |

| | |
|---|---|
| ON GOLDEN POND | 0523162 |
| THE AFRICAN QUEEN | 0511022 |
| THE PINK PANTHER | 0561012 |
| THE POSEIDEN ADVENTURE | 0570262 |
| STRIPES | 1513162 |
| THE VERDICT | 0760002 |
| SATURDAY NIGHT FEVER | 2020102 |
| THE GREATEST STORY EVER TOLD | 0855062 |
| SILKWOOD | 3106072 |
| TEEN WOLF | 4104072 |
| YENTL | 0895082 |
| ANNIE | 1516052 |
| SOPHIE'S CHOICE | 0754082 |
| RICHARD PRYOR—LIVE ON THE SUNSET STRIP | 1603092 |
| A NIGHTMARE ON ELM STREET | 3288072 |
| STAGECOACH | 7113252 |
| SUMMER RENTAL | 4173032 |
| TRUE GRIT | 2028122 |
| SILVERADO | 1810082 |
| THE TEN COMMANDMENTS | 2026062 |
| TOOTSIE | 1509042 |
| 48 HOURS | 2022182 |
| CHILDREN OF THE CORN | 3105082 |
| AIRPLANE | 2033152 |
| THE EMPIRE STRIKES BACK | 0910092 |

| | |
|---|---|
| THE ALAMO | 0583052 |
| LINDA RONSTADT—WHAT'S NEW | 7117212 |
| CLOSE ENCOUNTERS OF THE THIRD KIND | 1510192 |
| PASSAGE TO INDIA | 1741022 |
| ROCKY | 0563172 |
| TRADING PLACES | 2017152 |
| AMERICAN GIGOLO | 2030002 |
| GANDHI | 1533042 |
| BUTCH CASSIDY & THE SUNDANCE KID | 0517302 |




RETURN OF THE JEDI
3547042




SWORD IN THE STONE
5409062

Now you can own any two movies here for just $4.95 each with membership in the CBS Video Club! That's less than the price of movie tickets, less than the price of most rentals, and they're yours for keeps!

Choose from the best, too. *Return of the Jedi, Cocoon, Casablanca,* and more. There's no membership fee, and you don't have to buy a lot of movies.

Just four more within the next two years. The movies you order will be mailed and billed at regular Club prices, which currently range from $29.95 to $79.95 per cassette—plus shipping and handling. (Extra-long films and specials may cost a bit more.)

**BONUS PLAN—SAVE 50%.** After buying four movies at regular Club prices in the next two years, you can cancel. Or stay with us and save even more under our Bonus Plan. With each movie you buy, the plan currently allows you to help yourself to another movie of equal value or less at 50% off. And, right now, save up to $60 more—see the Advance Bonus box above.

About every four weeks (up to 13 times a year) we send you our *CBS Video Club Magazine,* reviewing our Director's Selection plus many alternate movies.

**CHOOSE FROM HUNDREDS OF HIT MOVIES.** Our movie library holds over 1,000 titles. So as a member, you'll always have a wide range of choices. If you want the Director's Selection, don't do a thing. It will arrive automatically. If you prefer an alternate title, or none at all, just return the card always provided by the date specified.

You'll always have two full weeks to decide. (If you ever receive a tape before having had two weeks to decide, send it back at our expense.) There's also a toll-free number to call if you have any questions or service requests.

Join today and we'll send your movies for just $4.95 each, along with details of how the Club works. If you're not satisfied, return everything within 10 days for a full, prompt refund with no further obligation.

For faster service, use your credit card and our toll-free number to order. Just call **1-800-CBS-4804** (in Indiana 1-800-742-1200). Or mail the coupon.

**Advance Bonus:**

**SAVE UP TO $60 MORE!**

. . . by ordering a third movie right now. Any movie listed in this ad—yours for just $19.95. See coupon.

CBS VIDEO CLUB

1400 North Fruitridge Avenue, Terre Haute, IN 47811

CBS VIDEO CLUB

Dept. 78T, P.O. Box 1111, Terre Haute, IN 47811

Yes, please enroll me in the CBS Video Club under the terms outlined in this advertisement. As a member, I need buy just four more movies at regular Club prices within the next two years.

Check one: ☐ VHS ☐ BETA

Send me movie #_____ and movie #_____ for $4.95 each. (That's only $9.90.)

Please check how paying:

☐ My check is enclosed. Z62/Y33

☐ Charge my introductory movie(s) and future Club purchases to: Z63/Y34

☐ MasterCard ☐ Diners Club ☐ American Express ☐ VISA

Account #_____

Expiration Date_____

Signature_____

☐ Also send me as my Advance Bonus: movie #_____ for $19.95 plus $3.00 shipping and handling which I'm adding to my above payment.

Name_____

Address_____

City_____

Zip_____

Note: [illegible]

Sales tax [illegible]



Picture yourself in the world of a Princess.

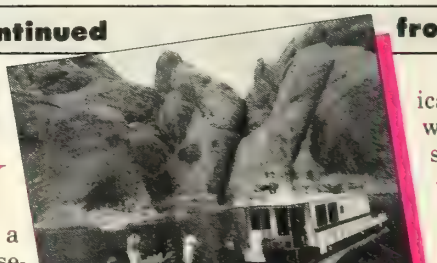
For reservations and information, see your travel agent or call 800-223-1818. in N.Y. State 800-442-8418. in N.Y. City 212-582-8100. in Canada 416-964-6641

Southampton Princess
Bermuda

ACAPULCO: Acapulco Princess. Pierre Marques. BAHAMAS: Bahamas Princess Resort and Casino
BERMUDA: Southampton Princess. The Princess. Represented by Princess Hotels International, Inc.®

**TRAVEL TALK continued** **from page P.S.8**

# MY BEST VACATION



"Anyone who can drive a car can handle a houseboat," say Billie and Roseann Sisco, of Misquamicut, Rhode Island, who, along with their three youngsters, vacationed recently on Arizona's magnificent Lake Powell, located smack in the heart of Indian country.

Soaring sandstone cliffs rise dramatically from the water, changing shade and color—pink, rose, rust and lavender—as the sun moves across the sky. According to Billie and Roseann, even the kids were impressed by the scenery.

"Between shore excursions to visit Rainbow Bridge and explore Indian ruins, we read books, scribbled poetry, fished, swam, water-skied, and mellowed into complete vagabonds," says Roseann. "The kids always had something interesting to do."

Cost of a houseboat rental for a group of six comes to roughly $22.50 per person per night. You can bring your own food supplies or buy them at a dockside commissary.

For information and reservations, contact: Del Webb Recreational Properties (Lake Powell Houseboats), 2916 North 35th Ave., Suite #8, Phoenix, AZ 85017-5261, or call toll free 800-528-6154 (in Arizona 602-278-8888).

## THE SMART TRAVELER

**Do you know what Rack Rate means? An Open Jaw trip? CTC, EP, FIT or MAP? If you don't, you should. By becoming familiar with these codes, you can save money and be a better informed traveler. Send a self-addressed stamped envelope to Let's Talk Travel, Institute of Certified Travel Agents, 148 Linden Street, P.O. Box 56, Wellesley, MA 02181. You'll receive the current talk of the trade in the form of a free travel glossary.**

# HOW TO PACK A SUITCASE

**By Adrianne Marcus**

Pleat-free, perfect and prepared: the three Ps of professional travelers. So how do they manage it? What do they take? Here are the ten essential rules:

**1** Pick the right piece of luggage. Choose your bag according to what you're taking. If most of your garments are folded, a soft-sided or semi-rigid suitcase is the answer. Hanging garments require a garment bag. And for essential objects, take a third bag, which can be as simple as a zippered tote.

**2** Take only as many pieces as you can carry. If you take three bags, be sure one has a shoulder strap.

**3** Store the following in your carry-on bag so you'll always be ready.

—A sewing kit and a cosmetics kit containing shampoo, conditioner, toothbrush, eye drops, aspirin, makeup, razor, suntan lotion and insect repellent.

—Medications, all properly labeled. In addition, I carry Lomotil (a prescription) for stomach upset, and Dramamine.

—A hair dryer.

—Small plastic bags, perfect for separating dirty clothes and wet bathing suits from everything else. If I have room, I take a small travel alarm.

**4** Coordinate outfits. This will save loads of space. Choose just two colors and add accents of two more. For trips longer than a week, plan on washing garments along the way. Shampoo works as well as laundry detergent, and a hair dryer will help dry clothes.

**5** When packing a suitcase, minimize the shifting that causes wrinkles. Heavy items, such as books, suits and dresses, should go at the bottom of the case; light and bulky items on top.

**6** No hangers! No matter what you've read, hangers and plastic bags used on folded clothing will not keep clothing from wrinkling.

**7** Use hangers in a hanging garment bag, but never hang more than two items per hanger. Place shorter items between longer ones to prevent shifting.

**8** Don't stuff your bags—they will be too heavy, and clothes will wrinkle.

**9** You shouldn't underpack, either—that allows clothing to shift and become wrinkled.

**10** Take only what you need. Chances are you won't wear those "just in case" garments you packed at the last minute. There will be lots of other things available to you as you travel. Besides, it's always fun to bring something home from a new place.

# Two Desperadoes Meet Their Match




- Strictly limited edition
- 23K gold rim

- Shown smaller than actual size of 8½"

# In Trouble Again

He's "In Trouble Again"—a little cowboy with a knack for mischief and a bassett hound as his partner in crime! Although this charming scene of a broken cookie jar and big-sister justice could well take place in today's modern world, Western art master Don Crook has chosen to portray children of bygone days on America's frontier.

The little cowboy wears denims and his favorite cowboy hat. His sister's flowing dress and bonnet, along with the old-fashioned cookstove, iron pots and wooden floor, set the Old West scene perfectly.

Don Crook's extensive study and love of the Old West is evidenced in the exceptional realism and detail of this work. Known as the "Norman Rockwell of Western Art," Crook has the unique ability to capture the humor of everyday situations in his paintings, bringing his characters to life.

And now Crook—whose original works command as much as $20,000—presents his *first-ever, limited-edition collector plate* exclusively for River Shore® and The Hamilton Collection. "In Trouble Again" premieres the *Children of the American Frontier* Plate Collection, featuring eight charming Don Crook works.

Each issue will be hand-numbered and accompanied by a same-numbered Certificate of Authenticity, attesting to its status as part of the edition limit of 10 firing days. As the owner of this first issue, you are guaranteed the right—*but never the obligation*—to acquire all subsequent seven issues of *Children of the American Frontier*.

Furthermore, you may acquire this masterwork at no risk. The Hamilton Collection *100% Buy-Back Guarantee* assures that you may return any plate for a full refund, within 30 days of receipt.

"In Trouble Again" marks the *first ever* plate premiere of this much-honored Western artist, and the first opportunity for collectors to own a Crook masterwork at an affordable price. Immediate collector interest is expected and a sell-out is possible. Because of this, we cannot guarantee your reservation after the date shown. So, to avoid disappointment, order today!

©1986, HC

RESPOND BY:
**August 30, 1986**

*Limit: Two plates per collector*

Please accept my application for "In Trouble Again" by Western art master Don Crook, first issue in the *Children of the American Frontier* Plate Collection. 8½" diameter; 23K gold rim; hand-numbered. I understand I am under no obligation to buy any other plate. I wish to purchase _____ (1 or 2) "In Trouble Again" plate(s) at $24.50 (plus $2.14 postage and handling) each, for a total of $ _____
(26.64* or $53.28*)

*Please check one:*

☐ I enclose full payment by check or money order.

86249

☐ Charge my credit card:
☐ Visa ☐ MasterCard
☐ Diners Club ☐ American Express

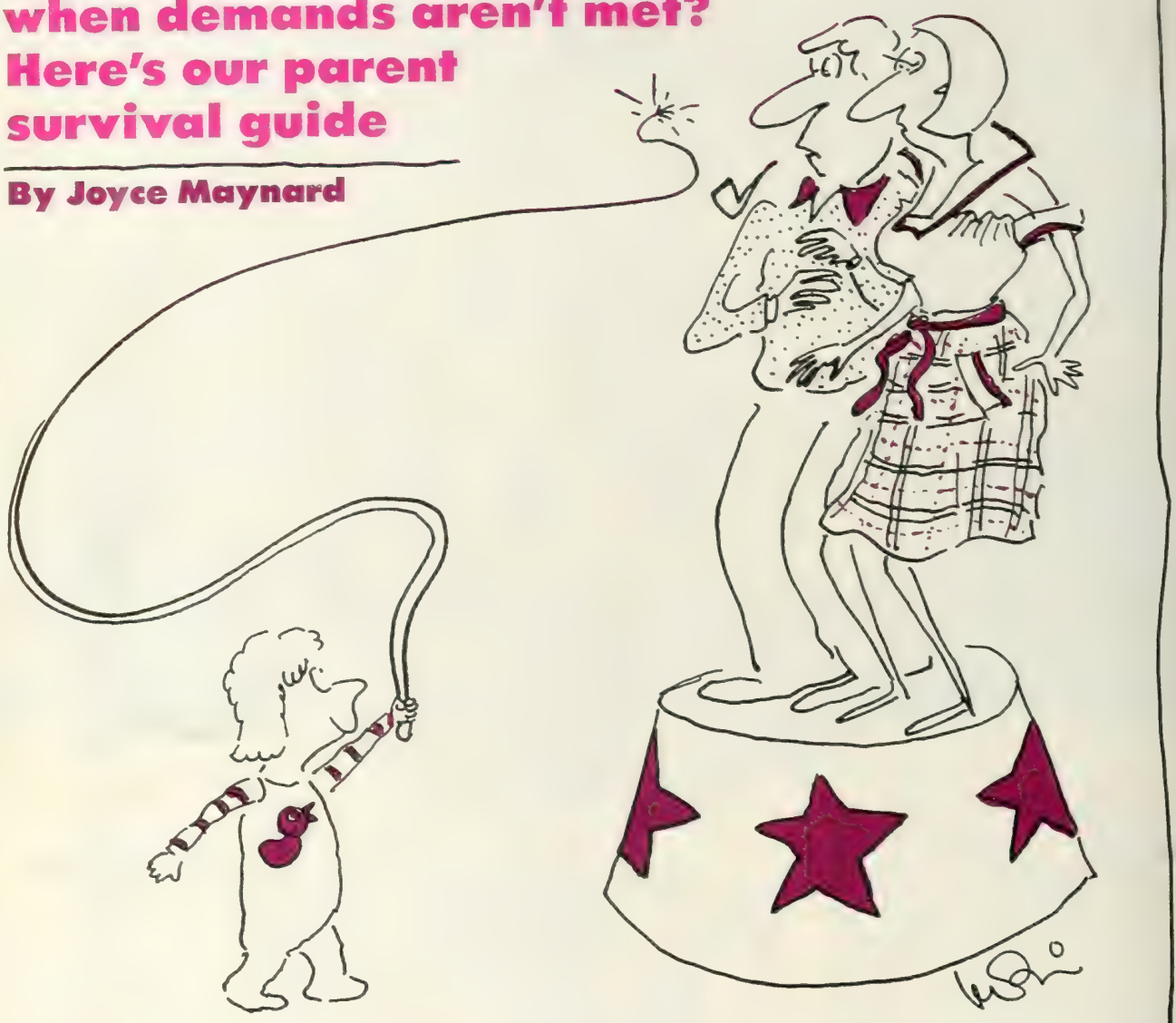
Acct. No. _____
Exp. Date _____
Signature _____
Name _____
Address _____
City _____
State _____ Zip _____

*FL residents add $[illegible] per plate and [illegible] sales tax. Please allow 4-6 weeks for delivery. All applications [illegible] subject to acceptance. [illegible] territories only.

**The Hamilton Collection**
9550 Regency Square Blvd., P.O. Box 44051,
Jacksonville, FL 32231

**Tantrums in supermarket aisles? Whines and whimpers when demands aren't met? Here's our parent survival guide**

**By Joyce Maynard**



Arnie Levin

# Brat prevention

## How not to raise a spoiled child

"Benetton, I said. *Only* Benetton." Twelve-year-old Jennifer throws the new sweater on the living-room floor and stalks upstairs, doors slamming behind her. Her exhausted mother sighs and bends to retrieve the not-inexpensive item she has just bought. "What am I going to do with that child?" she groans to herself. Jennifer's closets already overflow with sweatshirts, leggings and scarves from the chic Italian clothier. "She is so self-centered, she thinks the whole world revolves around her."

The only dinner ten-year-old Mark will eat is fried chicken wings, served on a separate plate from the one holding his vegetables. As he eats, he calls out commands to his mother, who scurries back and forth from stove to table like Edith Bunker. "You know I won't eat potatoes when they're touching the peas," he says sternly. "Don't do that again." Then he pushes his vegetables aside, untouched, and reaches for the bowl of chocolate ice cream that his mother has meekly set before him. *(continued)*


KRAFT
DINNERS
Macaroni &
Cheese Dinner
Know why Kraft® has "grater" appeal?
It's the cheesiest!

By James Herriot



Joan Landis

# The stolen car

*A wonderfully funny story that's sure to win your heart. From the best-selling and world-renowned vet*

"Oh, Mr. Herriot!" Mrs. Ridge said delightedly. "Somebody stole our car last night." She looked at me with a radiant smile.

I stopped in the doorway of her house. "Mrs. Ridge, I'm terribly sorry. How . . . ?"

"Yes, I can't wait to tell you." Her voice trembled with excitement and joy. "There must have been some prowlers around last night, and I'm such a silly about leaving the car unlocked."

"I see . . . how unfortunate."

"Do come in." She giggled. "And forgive me for keeping you standing, but I'm all of a dither."

I went past her into the living room. "It's very understandable. It must have been quite a shock."

"Shock? Oh, but Mr. Herriot, it's wonderful!"

"Eh?"

"Yes, of course!" She clasped her hands and looked up at the ceiling. "Do you know what has happened?"

"Well, yes," I said. "You've just told me."

"No. I haven't told you half."

"You haven't?"

"No, but do sit down. I know you'll want to hear all about it . . ."

To explain this I have to go back ten days to the afternoon when Mrs. Ridge *(continued on page 133)*

Copyright © 1986 by James Herriot from the book JAMES HERRIOT'S DOG STORIES and reprinted through special arrangement with St. Martin's Press, Inc., New York.

# "Even at 8 weeks you can tell this puppy has the makings of a great Golden."



**NUTRITION:**
For any dog to fulfill his potential, whether you show him or just love him at home, good nutrition is critical. A puppy's need for energy is nearly twice that of a fully grown dog. Puppies also do most of their growing in the first year, so I start all my dogs on Kal Kan® as soon as they've been weaned, and they stay on Kal Kan® for the rest of their lives. It's complete, balanced nutrition with all the vitamins and minerals they need.



After raising 5 generations on Kal Kan®, I'm very biased! I not only recommend it to families who buy my Goldens, I send every puppy home with Kal Kan®!

**EARLY SIGNS:**
When you've been involved with Golden Retrievers as long as I have, your instincts about a litter become very keen. At very early stages I can start seeing signs that indicate show potential.

First I look for pups with good bones, well-proportioned heads, good definitions and the solid front lines and sturdy movable rears that are essential in a champion.






**KAL KAN® Recommended by top breeders®**

**SOMETHING SPECIAL:**
Then I look for that special personality and attitude that tells me this dog's enough of a ham to catch the judge's eye.

Top Breeder of champion Golden Retrievers.



# EASY AS 1-2-3

## SUPER QUICK MEALS

*Cheesy ham-onion frittata, fresh summer salad and tangy pesto toast. By Beverly Stephens*



Thom DeSanto

### SUMMER-FRESH PESTO ANYTIME

With a little help from your freezer you can keep homemade pesto on hand right through the winter. Harvest your basil crop (or make a trip to the local farm stand), then whip up as many batches of pesto sauce as you like. For each: In food processor or blender combine 2 cups tightly packed basil leaves, ⅔ cup grated Parmesan cheese and 1 large garlic clove. Process while drizzling in ¼ cup olive oil, just until basil is chopped fine. Makes about ⅔ cup. Spoon into small freezerproof containers. Cover and freeze up to 6 months. Thaw before serving. Spread on crusty bread or over fresh tomato slices for a summer snack; toss with 8 ounces cooked pasta or stir into soup to warm up a winter menu. It's a fabulous dip for crudités, too.

### MENU FOR FOUR

***Western-Style Frittata**
***Garden Harvest Salad**
***Anchovy-Pesto Bruschetta**
**Red Seedless Grapes**

***Recipe given**

### WESTERN-STYLE FRITTATA

**A classic Western omelet goes Italian—sure to be a family favorite.**

In 10-inch nonstick skillet with ovenproof handle, heat 2 tablespoons butter or margarine over medium-high heat. Add 4 ounces Canadian bacon, sliced and cut into ½-inch strips, and cook 1 minute. Add 2 medium onions, sliced, and cook 3 minutes more, stirring frequently; remove from heat. In medium bowl beat 7 eggs, ½ cup grated Swiss cheese, ¼ teaspoon pepper and the bacon-onion mixture until combined. In same skillet melt 2 more tablespoons butter over medium-high heat. Add egg mixture; reduce heat to medium low and cook 10 to 15 minutes, until bottom is set. Meanwhile, preheat broiler. Broil frittata until top is set and lightly browned, about 3 minutes. Cut into wedges.

### GARDEN HARVEST SALAD

**A toss of two kinds of squash, tomatoes and green onions: simply summer's best.**

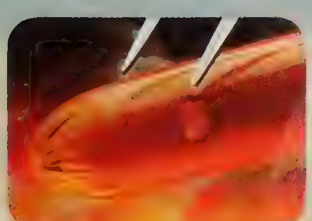
Slice 2 tomatoes; arrange 2 or 3 slices on each of 4 plates. Cut 1 yellow squash and 1 zucchini in half lengthwise, then into slices ¼ inch thick. In medium bowl toss sliced squash with 2 sliced green onions, 2 tablespoons olive oil, 1 tablespoon distilled white vinegar, ¼ teaspoon salt and ¼ teaspoon pepper until coated. Spoon vegetables over tomatoes. Sprinkle with chopped parsley.

### ANCHOVY-PESTO BRUSCHETTA

**Sweet basil complements briny anchovies in this bread with a bite.**

Cut two 5-inch pieces from a loaf of Italian or French bread. Cut each piece in half lengthwise. Toast under broiler about 1 minute. Spread each piece with about 2 teaspoons prepared or homemade pesto (see above for tips on homemade pesto) and top with an anchovy strip.

# "Oscar Mayer roasts 'em slow'n...toasty to be...tasty."



Oscar Mayer® roasts every hot dog to seal in that juicy taste everybody loves.

*Just the best that it can be.*

© 1986 Oscar Mayer Foods Corporation



John Nelson–Sullivan/Kobal Collection

# ROCK HUDSON

## WHY HE LIVED THE WAY HE DID

BY JERRY OPPENHEIMER AND JACK VITEK

*Hidden behind those seductive brown eyes that mesmerized millions was a frightened little boy who would never grow up*



Pictorial Parade



Jack Albin/Pictorial Parade



Movie Star News



AP Wide World Photos

Women always played a special role in the life of Rock Hudson. In this early shot (far left), the budding star is with his mother, Kay. Next, Rock with Phyllis Gates, who became his wife in an arranged marriage. When Rock appeared on *Dynasty*, no one, including Linda Evans, knew the film hero was dying of AIDS. But a few months later, at a press conference with Doris Day (far right), the ravages of his illness shocked the world.

As a movie star and a man, Rock Hudson always seemed to face the world with a calm demeanor, no matter what might be going on under the surface. "What I have is this outward peace," he once said, explaining his personality and style. "I can be dying inside, but my discomfort doesn't show."

Perhaps it didn't show, but the discomfort was there almost from the beginning. When Roy Harold Scherer, Jr.—who as Rock Hudson would one day render women around the world breathless—made his first appearance, it was just a few years before the Great Depression. The middle-class existence the Scherer family enjoyed crumbled when Roy, Sr., lost his job and left his family, hoping to find better luck and opportunity in the golden land of California.

After two years of waiting for her husband to send for them, Kay Scherer took little Roy and set off on the long bus ride from Illinois to California. She told her son they would find Daddy and bring him home. Find him they did, but he didn't want to come back. Roy, Jr., was only seven and deeply confused. Was it something he had done? The pain of his father's rejection would always be part of him.

Soon after their *(continued on page 137)*

From the forthcoming book IDOL—ROCK HUDSON: THE TRUE STORY OF AN AMERICAN FILM HERO. Copyright © 1986 by Jerry Oppenheimer and Jack Vitek. To be published by Villard Books, a division of Random House, Inc.

© Lever Brothers Company 1990



"When I stopped using soap and started using Dove, my face just wasn't dry anymore. I feel 20 years younger."
Gloria Carter, Los Angeles, Calif.



"You know that tight, dry feeling you get after you wash with soap? I didn't feel that with Dove."
Junell Wingate, Wayzata, Minn.

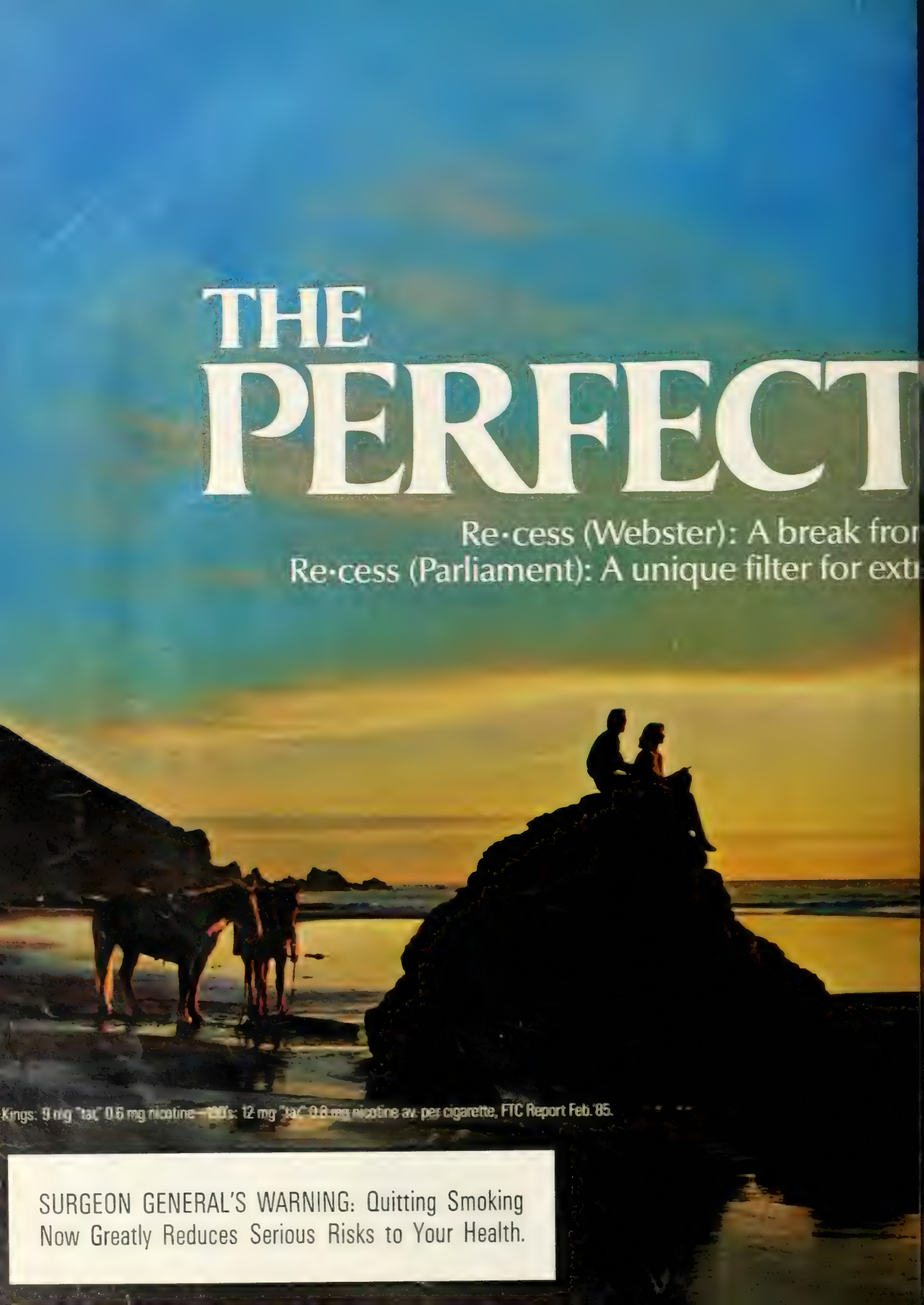
# What is soap doing to your face? Listen to women who stopped using it.

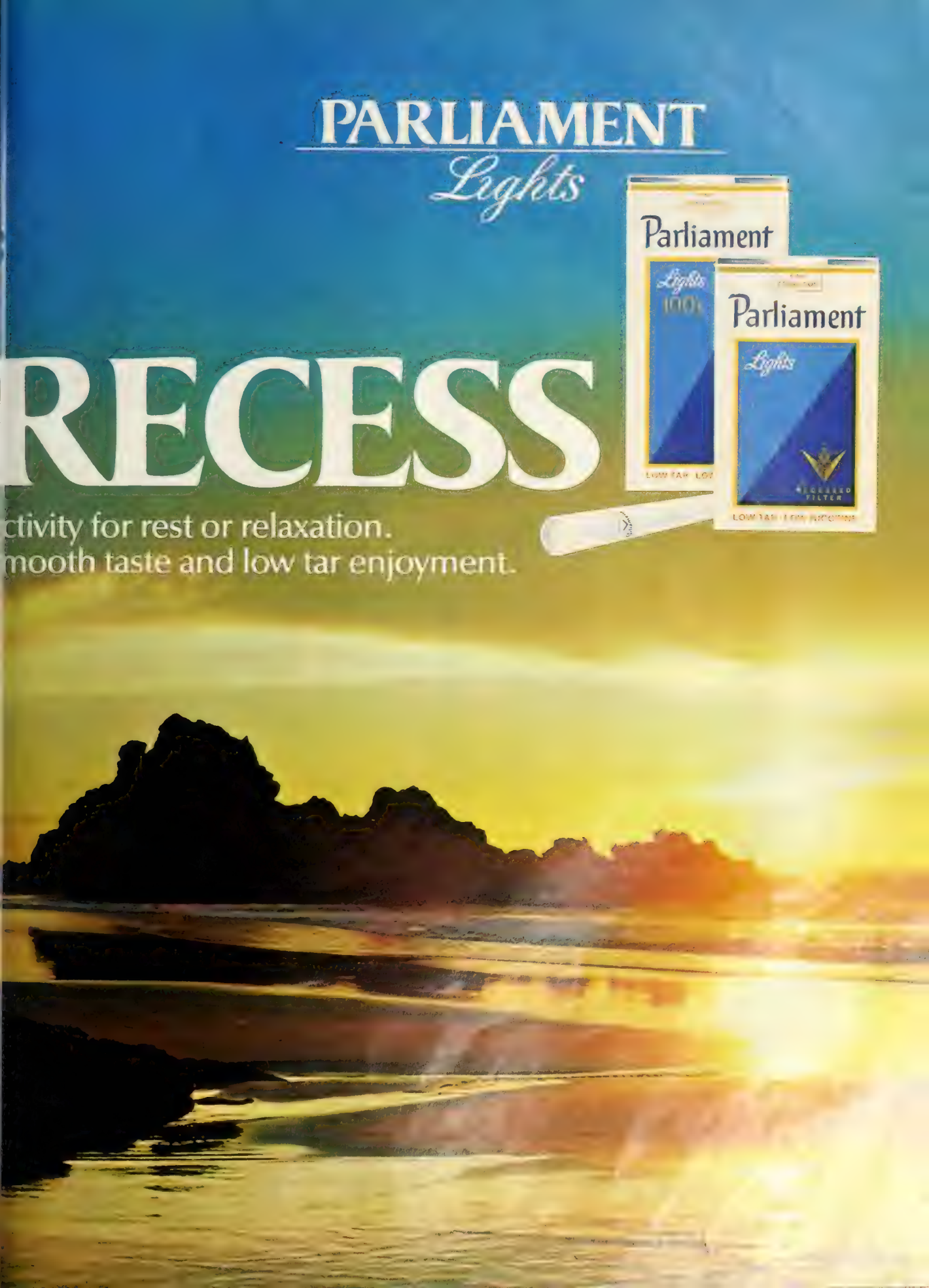
"Soap made me feel like I had a mask on. Tight and pulling. Dove is 100% better than soap."
Carol Vines, Atlanta, Ga.






Dove® doesn't dry like soap.
Because Dove isn't soap.


THE
PERFECT
Re·cess (Webster): A break fro
Re·cess (Parliament): A unique filter for ext
Kings: 9 mg "tar" 0.6 mg nicotine—100's: 12 mg "tar" 0.8 mg nicotine av. per cigarette, FTC Report Feb. '85.
SURGEON GENERAL'S WARNING: Quitting Smoking Now Greatly Reduces Serious Risks to Your Health.

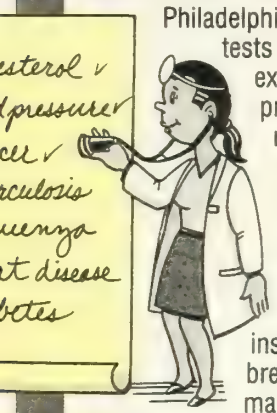

PARLIAMENT
Lights
Parliament
Lights
100s
Parliament
Lights
RECESS
ctivity for rest or relaxation.
mooth taste and low tar enjoyment.

# MEDINEWS

*The latest scientific research and medical findings to keep your family its healthiest. By Beth Weinhouse*

### CHECK UP ON YOUR CHECKUP

You feel fine . . . but you know that you're overdue for a complete medical examination. But do you know what a complete medical examination is? According to Herbert S. Waxman, M.D., chairman of medicine at Albert Einstein Medical Center's Northern Division, in Philadelphia, you should expect the following tests and procedures during a complete exam: history and physical, blood pressure, simple blood tests for anemia or elevated cholesterol, tuberculosis test, immunization or booster (tetanus, influenza), stool test (for occult blood) and rectal examination. A woman's examination should also include a pelvic exam, Pap smear, breast examination, and instruction in self-examination of breasts, skin, neck and mouth. A man's examination should include instruction in self-examination of testes, skin, neck and mouth. In addition, the following tests should be done on patients forty and older, as well as on those with a family history of certain diseases: tests for chronic illnesses such as heart disease, diabetes and cancer; sigmoidoscopy; and mammography.




Cameron Eagle

## FACTS ABOUT THE SUMMER SUN

Everyone knows that sun exposure is a skin-cancer risk factor. Here are a few things you probably don't know.

- Dermatologists have long been frustrated by the fact that most people don't use a proper sunscreen when they're outdoors. A recent Swedish study, however, has found that even those people who do use sunscreen don't use enough. Because the amount of sunscreen applied is so skimpy, the SPF (sun protection factor) is reduced. So to make sure you're really getting the full protection of an SPF 15 (or 8 or 6 or 4) sunscreen, apply the lotion or cream very liberally.
- Children need protection from the sun as much as adults do. But some parents, worried about skin irritation or allergic reaction, have wondered about what age they should begin using sunscreen on their children. According to Arthur L. Norins, M.D., writing in a recent issue of *Journal of the American Medical Association*, there is no lower cutoff age for sunscreen use. Children of all ages should be protected from excessive sun exposure with sunscreens such as those containing PABA (para-aminobenzoic acid).

## TRAVELING WITH MEDICINE

**If you're taking a trip this summer, you'll probably be carrying some medication—whether prescription drugs or over-the-counter products. Some travel tips:**

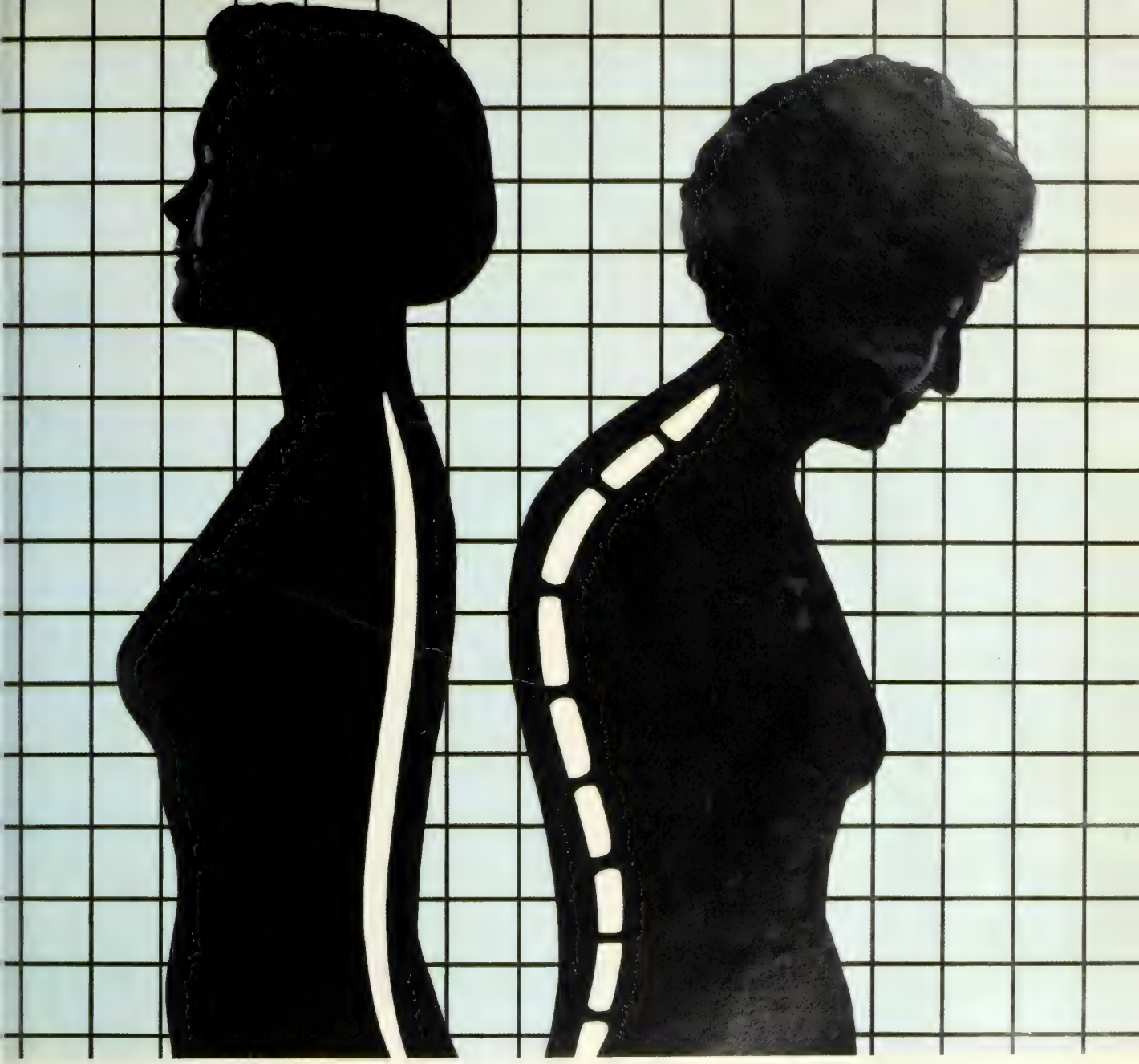
- **Extreme temperatures, such as the heat of the tropical sun or the cold of an airplane's baggage hold, can affect medication's potency. In general, drugs should be kept away from bright light, in a cool (not cold), dry place. (Your physician can tell you whether a specific medicine has different storage requirements.)**
- **If you've ever wondered whether to leave the wad of cotton in a pill bottle after you've opened it, the answer is usually no, but when traveling, yes. The cotton is placed in the bottle at the factory to keep the pills from rattling around and breaking when being carried or shipped. So it's a good idea to put some into the bottles when you cart medication along on a trip.**
- **If you're traveling abroad, keep medicines in their original containers and take along a copy of your prescription to allay the suspicions of customs agents on the lookout for illicit drugs. Pack medication in your carry-on luggage, so that you're not caught without it in a foreign country if your baggage is lost.**



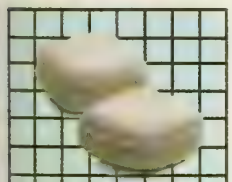

### THE NEW DIET DRUG

A pill to help you lose weight without dieting? Sounds like a futuristic fantasy, but such a medication may actually be available soon. Eli Lilly, an Indiana-based pharmaceutical company, is testing the drug fluoxetine, an antidepressant, as a weight-reduction aid. Scientists discovered during testing with depressed patients that the overweight ones were losing weight . . . even though they weren't dieting. The drug seems to increase the availability of the chemical serotonin in the brain. Researchers theorize that a lack of serotonin is responsible for carbohydrate craving and bingeing. In tests, fluoxetine seemed to reduce the urge to overeat high-carbohydrate foods. Lilly scientists are also studying the effects of fluoxetine on other health problems that may be linked to serotonin, such as alcoholism and pain.

The Food and Drug Administration is currently reviewing the data on fluoxetine (brand name Prozac) prior to approving its use as a prescription antidepressant. It will probably not be approved as a weight-reduction aid for several years, although once it is on the market as an antidepressant, physicians can prescribe it for weight loss.



# WILL A LACK OF CALCIUM DO THIS TO YOU OVER THE YEARS?



*2 soft vanilla Suplical squares contain 1200 mg of calcium.*

**Suplical® can help replace calcium the years take away.**

Today, 8 out of 10 women don't get enough calcium in their diets. And with time, that could lead to osteoporosis – weak, brittle bones and stooped posture.

So try Suplical,® the only calcium supplement that comes in soft, chewy, vanilla-flavored squares. Two Suplical squares give you 1200 mg of calcium daily, and that's what doctors say you need.

Start taking Suplical today. It's never too early... and it's never too late. For more information, call 1-800-S-T-A-Y-F-I-T; in N.J., call (201) 540-2458.

**Soft calcium for strong bones™**

© 1985 Warner-Lambert Co.

41-036-D

**SAVE 50¢**

MANUFACTURER COUPON | EXPIRES 2/28/87

**on SUPLICAL®**

Soft, Chewy Calcium Supplement
30- or 60-square size

5 12547 65050 6

**RETAILER:** We will pay you for the face value of this coupon, plus 8¢ handling, provided that you and the consumer have complied with the terms of our offer. Good only in U.S.A. and U.S. Military bases overseas. Void where prohibited, taxed, or restricted by law. Cash value 1/100 of 1¢. Consumer must pay any sales tax. Any other application constitutes fraud. Invoices proving product purchase to cover coupons presented for payment must be shown upon request. Limit one coupon per specified product and size. Mail coupons to: WARNER-LAMBERT COMPANY, DEPT. #5920, EL PASO, TEXAS 79966.

33800 128366



**FANTASY COME TRUE** *This marks the debut of an occasional LHJ series about the famous and fabulous places and people we all dream of visiting. By Joan Paulson Gage*



# MY DINNER AT THE WHITE HOUSE

The invitation, embossed with the gold presidential seal and written in graceful calligraphy, read: *The President and Mrs. Reagan request the pleasure of the company of Mr. and Mrs. Gage at dinner on Tuesday March 18, 1986, at 7:30 o'clock. Black tie.*

Out of the envelope, which had only *The White House* in gold letters for a return address, fell three more white cards. One read: *On the occasion of the visit of the Right Honorable the Prime Minister of Canada and Mrs. Mulroney.* A second advised: *Please respond at your earliest convenience giving date of birth and Social Security number,* and the third bore a yellow picture of the White House over *(continued)*

**Above, from left to right: President Reagan with Nicholas and Joan Gage, First Lady Nancy Reagan, actress Kate Nelligan and football star Walter Payton during a memorable evening at the White House**

Kenro Izu




# FIRST RESPONSE® Ovulation Predictor Test lets you know in advance the day you're most able to become pregnant.

FIRST RESPONSE® can be a big help when you want to have your baby.

That's because there is only one day in the month a woman can become pregnant—the day she ovulates. FIRST RESPONSE predicts that day in advance, so you and your husband will know when to try. This is very important if you're having difficulty conceiving a baby, or don't want to spend months trying.

FIRST RESPONSE® Ovulation Predictor Test is a simple, 20-minute urine test that accurately measures the hormone that triggers ovulation. An obvious color change tells you ovulation will occur in 12 to 24 hours.

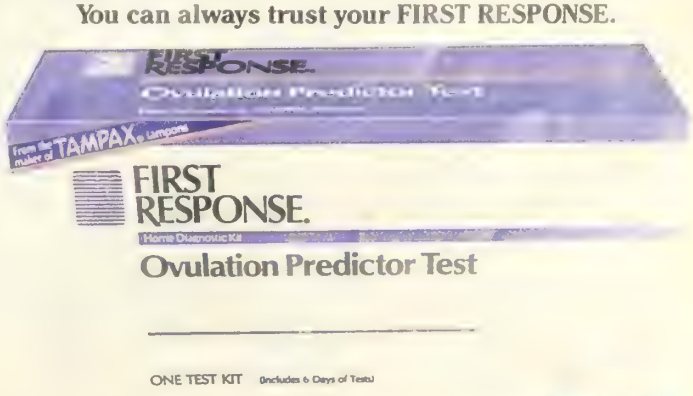
FIRST RESPONSE is far superior to the basal thermometer method that can only indicate ovulation has already occurred, which may be too late.

Each kit covers six consecutive days of testing for the month. If your cycle is irregular and you must test longer, a 3-Test Refill is available.

You can also depend on our medical information staff for answers to any questions you may have about the test. Our toll-free number is listed in every FIRST RESPONSE test kit.

FIRST RESPONSE Ovulation Predictor Test, from the maker of Tampax® tampons. It can make the difference between "hoping for" and "expecting" a baby.

**You can always trust your FIRST RESPONSE.**




FIRST RESPONSE, a line of professional quality home diagnostic tests, and TAMPAX are registered trademarks of Tambrands Inc. © Tambrands Inc., 1986

## DINNER AT THE WHITE HOUSE
**continued**

which was printed: *Please present this card with identification at the East Entrance, the White House. Not transferable.*

My husband, Nick, and I had been invited to a formal state dinner at the White House!

Nick and I first met the Reagans last October at a dinner party given by Selwa Roosevelt, the chief of protocol for the United States, and her husband, Archibald, a grandson of Theodore Roosevelt, in their Georgetown home. Both the President and Mrs. Reagan had complimented Nick on his book *Eleni*, which is about his mother, who was executed during the Greek civil war because she arranged for her children to escape to America. Last year the book was made into a movie, which the Reagans told us they had also enjoyed. Perhaps that's why Nick and I were among the 116 people invited to the state dinner for the Canadian prime minister.

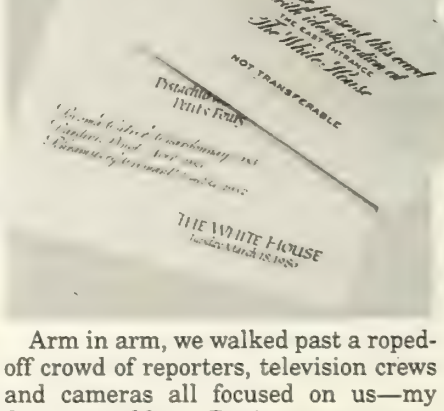
For someone who's attended a black-tie dinner only twice in her life, an invitation to the White House can be as intimidating as it is thrilling. Is there any other event (except maybe dinner at Buckingham Palace) where proper manners and dress, knowledge of protocol and polite conversation are more critical? All those years my mother spent lecturing me on how a lady eats and behaves were now going to be put to the test. What if I spilled wine or my dress split a seam or I made some terrible social gaffe?

But first I had to buy a long gown. The quest for The Dress began in stores near our town of Grafton, Massachusetts, where I encountered a truly depressing parade of prom gowns and spangled creations suitable for a bareback rider. In Boston I found very elegant designer creations with four-figure price tags. I couldn't justify paying ten times the price of my wedding dress, even for the White House. Then, in a small shop in Framingham, Massachusetts, I found a simple, elegant, drop-dead gown of black satin with spaghetti straps and a white bodice shaped like a fan. It made me feel just like Audrey Hepburn in *My Fair Lady*.

On the appointed day we flew to Washington and checked into the Madison Hotel, where the prime minister and his wife were staying. (We could tell by all the Secret Service men in the lobby with plastic cords hanging out of their ears.) I zipped myself into my dress and put my passport in my purse for identification. Then, as the limousine arrived, disaster struck. We discovered that neither Nick nor I could tie his bow tie. The concierge couldn't either, but he produced a pre-tied black tie. Finally, out of breath and mildly hysterical, we set off for the White House.

When we arrived, a long parade of waiting limousines was already snaking into the East Gate. As we inched forward, security men and women checked our identification. Finally we pulled up at the White House door, where a military aide welcomed us.

I was too nervous to take in our surroundings as we walked through the ground floor corridor past the portraits of former First Ladies, but I do remember the haunting painting of Jacqueline Kennedy. At the end of the hall another aide asked our names to announce us to the press corps waiting in the next room. He smiled, whispered, "I like your dress," and then said into a microphone, "Mr. and Mrs. Nicholas Gage."




Arm in arm, we walked past a roped-off crowd of reporters, television crews and cameras all focused on us—my first taste of fame. During twenty years as a journalist, I had always been on the other side of the cameras. When a reporter asked Nick, "What will you tell the President and secretary of state at dinner?" he admitted, startled, "I don't know." As a longtime reporter for *The New York Times*, Nick was used to asking the questions. As we left the room a female voice called out, "That's a nice dress!" Nick whispered, "Two compliments and we're not into the party yet. Not bad for a little girl from Minnesota!"

We climbed a staircase and were greeted at the top by social aides, who gave us our table-assignment cards. Nick was at table nine; I was at table eleven. Little did I know what a significant number it was to be.

We walked beneath the crystal chandeliers of the great Entrance Hall, with its marble floors and soaring columns, while the entire U.S. Marine Orchestra serenaded us. The Entrance Hall, the red-carpeted Cross Hall and the East Room, where we were once again announced, were all decorated with pots of white tulips and flowering cherry trees strung with tiny white lights.

Inside the East Room we encountered a crowd of approximately one hundred formally dressed guests chatting and sipping drinks. Nick disappeared to talk to Arianna Stassinopoulos, who had written a biography of Maria Callas. Deserted, I headed for the only familiar face I could see—Kate Nelligan, the actress who had portrayed Nick's mother in the film based on his book. She looked elegant in a gold lamé gown that bared her shoulders. Kate introduced me to the handsome young lieutenant in dress uniform who had been provided by the White House to escort her, as is done for all unaccompanied women.

"You probably know everybody here," I whispered.

"Not a soul," she whispered back.

We stood and looked over the guests and began to discern familiar faces. There was Catherine Oxenberg, of *Dynasty*, in a strapless black and red Luis Estevez gown that immediately reassured me that my own dress was not too bare. We spied ballerina Cynthia Gregory, *National Review* editor William Buckley, Jr., and Chief Justice Warren Burger. Fashion designer Norma Kamali, who wore a navy-blue suit and short blue anklets over sheer blue stockings, was getting a lot of stares.

All heads turned as Prince Karim Aga Khan and the Princess Salimah Aga Khan were announced. The stunning princess was wearing a gown of shimmering silver, but everyone was dazzled by her necklace—a double rope of diamonds interspersed with emeralds as big as marbles. I overheard Catherine Oxenberg sigh as she said, "That's the most beautiful necklace I've ever seen. Your husband must be a very generous man."

"I had to produce a son to earn it!" the princess said with a smile.

Later that evening, I, too, found myself chatting with the princess. What did we talk about? The difficulty of raising teenagers—a subject that transcends all social classes and national barriers!

The orchestra broke into "Ruffles and Flourishes," and a full honor guard entered the room carrying the presidential and American flags. All eyes turned toward the entrance as a voice announced, "Ladies and gentlemen, the President of the United States and Mrs. Reagan! The prime minister of Canada and Mrs. Mulroney!"

And suddenly there they *(continued)*




Wesson® Vegetable Oil, Corn Oil and Sunflower Oil.
Three all-natural ways to get great tasting
fried foods every time. So no matter how you fry...

# With every bite you know you're frying right.

wesson
CORN OIL
100% PURE • ALL NATURAL • NO ADDITIVES
NO CHOLESTEROL • NO SALT

100% ALL NATURAL
wesson
VEGETABLE OIL
LIGHT & NATURAL

Sunlite
wesson
SUNFLOWER OIL

were, only a few feet in front of me!

The first time I saw the Reagans in person—at the Roosevelts' dinner—I was surprised by the President's height and broad shoulders, his dark hair and the way he moves like a much younger man. Mrs. Reagan appears even more petite standing beside him. They are usually seen holding hands and often catch each other's eye to share a joke. Nancy Reagan is justifiably celebrated for being perfectly groomed, but there's a twinkle in her eye that doesn't always show in photographs. At the Roosevelts' I had been surprised to discover how widely informed she is—the First Lady is an omnivorous reader.

Tonight, Mrs. Reagan was wearing a spectacular floor-length, long-sleeved Galanos gown, in wide horizontal stripes of sparkling gold and copper. Brian Mulroney, the handsome Canadian prime minister, with his square jaw and Irish grin, might have been sent over by central casting. His wife, Mila, is a willowy brunet with a shy smile and aristocratic beauty reminiscent of Princess Diana.

This was the first White House dinner for a Canadian prime minister since Pierre and Margaret Trudeau were entertained by the Carters in 1977. On that occasion, Mrs. Trudeau had created a minor scandal by appearing in a short wool dress. But Mrs. Mulroney was very comme il faut in a royal-purple evening gown with sequined sleeves and a choker of matching amethysts.

The Reagans and the guests of honor formed a receiving line as social aides gently herded us in their direction, husbands first. Selwa Roosevelt stood at the head of the line, whispering each person's name into the President's ear. I took a deep breath and plunged after my husband.

The Reagans smiled as they took our hands, but to our astonishment, Prime Minister Mulroney brought the whole line to a halt to tell Nick in detail how much he had enjoyed the book *Eleni*.

Still reeling from the prime minister's compliments, we followed the crowd toward the entrance to the State Dining Room, where thirteen round tables awaited us. High white tapers in gold candlesticks, gold vermeil flatware and vermeil bowls filled with red and white tulips on each table complemented the Reagan china service. Even the chairs, the draperies, the chandeliers and the wall sconces were in gold.

An aide at the door directed me to the table in front of the fireplace. I peered at the names of my dinner partners—Mr. Osborne and Mr. Payton—but drew a blank until Nick whispered that Walter Payton was the famous running back for the Chicago Bears. This did not help to calm my nerves, since I probably knew less about football than anyone else in the room. I accosted Kate Nelligan, who I knew was a fanatic sports fan, and demanded a lesson in football chitchat. Appalled that I didn't even know what a running back was, she shook her head and advised, "Ask to see his Super Bowl ring."

I started back to my table and bumped — literally — into Secretary of State George Shultz. I stammered an apology, but he recognized me and began to discuss his imminent trip to Greece, where we had lived for several years. As I tried to hold up my end of the conversation, a little voice inside me asked, "Am I, who used to consider Chicago exotic, really standing here talking about the geopolitics of the Mediterranean region with the secretary of state?"

After my conversation with George Shultz, I found my chair and contemplated the bewildering array of forks, knives and goblets. Then I looked up and saw the prime minister's wife being seated across the table from me. The guest of honor's wife, I thought, astonished. But that must mean . . . I stifled a gasp as President Reagan, rosy-cheeked and beaming, sat down beside Mrs. Mulroney, only three places to my right! My hands began to shake. How was I going to sort out all the tableware, talk football, avoid spilling my wine and not make a terrible conversational blunder in front of the President of the United States—all at the same time?

The President quickly put us at ease, carrying the conversation effortlessly throughout dinner. With a nod to Wal-

Take comfort.
Take Extra Gentle
Ex-Lax®.

In addition to a mild laxative, Extra Gentle Ex-Lax gives you something special for comfort. The doctor-recommended stool softener most other laxatives *don't* have.

Taken at bedtime, relief the next morning is so gentle, so comfortable you'll notice the difference right away.

With Extra Gentle Ex-Lax, relief is more than just gentle. It's comfortable, too.




It's like giving nature just a gentle nudge.

A SANDOZ HEALTH CARE PRODUCT

Use only as directed. ©Ex-Lax Inc. 1986

ter Payton, the President reminisced about playing football during his college years in Illinois and reflected that no matter how heated the game and how hostile the adversaries, "when it's over, you and your opponent have a real respect for each other." Then he added with a smile, "Sometimes I think we and the Russians should just challenge each other to a football game."

Meanwhile, a waiter was presenting the first course: nests of angel-hair pasta filled with seafood and accompanied by a cheese sauce. I was relieved when the President was served first. I figured I'd just watch and do whatever he did.

I introduced myself to Walter Payton and decided to blow my entire conversational gambit right away. "Where's your Super Bowl ring?" I asked him.

Thank heaven for Kate Nelligan! Walter Payton explained that the rings wouldn't be ready until May and began telling me all about them. After we finished chatting, I took a moment to look over the people at my table. At the President's right was Mrs. Mulroney. Next to her was Allen E. Murray, president and chairman of Mobil Corporation. To his right was Donna Marella Agnelli, wife of the chairman of Fiat. Burl Osborne, president and editor of *The Dallas Morning News*, sat between Mrs. Agnelli and me, Walter Payton was on my other side, and Pat Buckley, William Buckley's wife, sat between Mr. Payton and the President.

By this time the waiters were presenting the main course: a supreme of chicken vol-au-vent with fresh asparagus polonaise. I glanced around the room. Nick was sitting near Vice-President Bush. Kate Nelligan was next to Secretary of State Shultz, and across the room, the First Lady was talking to Prime Minister Mulroney. I remarked to Burl Osborne, the editor on my left, "I wish my mother could have lived to know about this evening." He replied that he and his wife, both originally from the hills of Kentucky, felt the same way. Then he added, "If you look around this room, it tells you something important about this country."

He was right; I couldn't think of any other country where people like Burl Osborne, Walter Payton, and Nick and me would be invited to have dinner with the head of state.

I turned back toward the President and became spellbound by a story he was telling about ghostly manifestations in the Lincoln Bedroom. According to the President, Rex, the King Charles Cavalier spaniel who had recently replaced Lucky as First Dog, had twice barked frantically in the Lincoln Bedroom and then backed out and refused to set foot over the threshold. And another evening, while the Reagans were watching TV in their room, Rex stood up on his hind legs, pointed his nose at the ceiling and began barking at something invisible overhead. To their amazement, the dog had walked around the room, barking at the ceiling.

"I started thinking about it," the President continued, "and I began to wonder if the dog was responding to an electric signal too high pitched for human ears, perhaps beamed toward the White House by a foreign embassy. I asked my staff to look into it."

Pat Buckley and I said the story gave us goose bumps. The President laughed and said, "I might as well tell you the rest. A member of our family and her husband always stay in the Lincoln Bedroom when they visit the White House. Some time ago the husband woke up and saw a transparent figure standing at the bedroom window looking out. Then it turned and disappeared. His wife teased him mercilessly about it for months. Then, when they were here recently, she woke up one morning and saw the same figure standing at the window looking out. She could see the trees right through it. Again it turned and disappeared."

Trying to hear everything the President was saying, I was leaning dangerously low over my plate when Mr. Reagan gestured *(continued on page 156)*



©1985 Liggett Group Inc.


DOLL READER MAGAZINE
COLLECTIBLE
COSTUMED
Doll of the Year
NOMINEE
1986

# In the classic tradition of the world's great dollmakers Franklin Heirloom Dolls proudly presents the premier baby doll of our time.

*Individually crafted of fine, hand-painted bisque porcelain and exquisitely costumed with Victorian ruffles and embroidery.*



## *The Victorian Christening Doll*

Beautiful, life-like baby dolls have been the most prized of all collector dolls ever since they created a sensation at London's Crystal Palace in 1851. And now, Franklin Heirloom Dolls creates the premier baby doll of *our* time. The Victorian Christening Doll. Nominated by the experts for the most coveted award of all —*Doll of the Year.*

At $150, she's an exceptional value. Just look at her lovely complexion! Only in the silken smoothness of the finest bisque porcelain could such perfection be achieved. Her head, arms, legs, hands and feet are *all* porcelain, satiny-smooth as a real baby's skin. And her chubby little arms and legs are softly bent—just like a newborn infant's.

Her angelic face is painted entirely by hand. Each feathered stroke of the delicate eyebrows ...the faint blush on the eyelids ...the upper lip a bit rosier than the lower. These are the subtle touches that also distinguish the most treasured antique dolls.

And that exquisite christening costume! Adapted from an actual Victorian pattern, the dress and cap are both of fine white voile, lavishly embroidered and swept with row after row of lace ruffles. Old-fashioned Cluny lace edges neckline, bib and sleeves.

Beneath the long, frilly dress are still more ruffles, lace and embroidery. For this beautiful baby wears a full-length petticoat edged with scalloped embroidery. *And* darling little satin slippers!

As a final, irresistible touch, the doll's delicate little fingers clutch a shining, silverplated rattle—the traditional christening gift. And each imported doll will arrive with her very own lace-edged eyelet pillow, as well.

What a joy to have such a beautiful baby in your family! She's Franklin Heirloom Dolls' *very first,* available *only* by direct reservation. To order her, you need only mail the coupon below by August 31, 1986.

Doll shown much smaller than actual size.
Length of doll, 18". Overall length, 28".

© 1986 FHD

## EXCEPTIONAL VALUE AT $150.

*Please mail this reservation by August 31, 1986.*

Franklin Heirloom Dolls
Franklin Center, Pennsylvania 19091

Please enter my reservation for Franklin Heirloom Dolls' very first baby doll, The Victorian Christening Doll, which will be sent to me with a ruffled baby pillow and silverplated rattle.

I need send no money now. Please bill me in five monthly installments of $30.* each, with the first payment due before the doll is sent to me.

**Plus my state sales tax and a total of $3. for shipping and handling.*

Mr./Mrs./Miss _____
PLEASE PRINT CLEARLY

Address _____

City _____

State, Zip _____

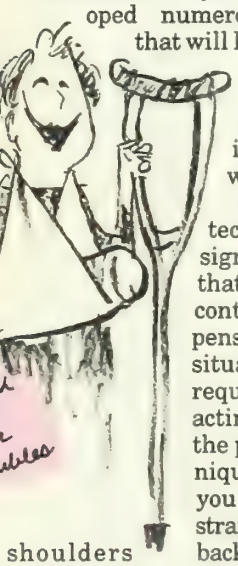
Signature _____
ALL RESERVATIONS ARE SUBJECT TO ACCEPTANCE

# New ways to look at yourself and others

By Anthony Robbins

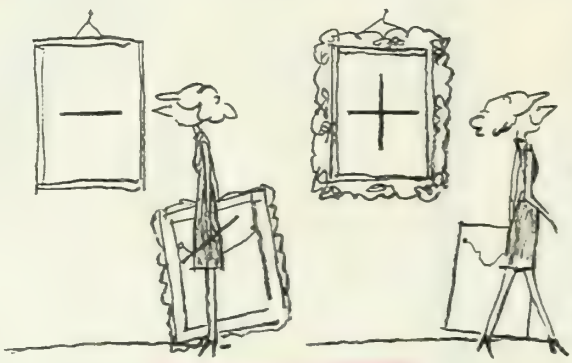
*These breakthrough mental strategies will not only give you greater self-awareness but help you relate more effectively to co-workers, family and friends, too*

If you think you are the way you are no matter what, that your personality is set and you can never change, think again. In the countless seminars I've led, I've helped more than thirty thousand people change themselves and learn to control what goes on around them. But you don't have to attend a seminar to learn how to take control of your life. I've developed numerous techniques that will help you be more effective both in understanding yourself and in relationships with others.



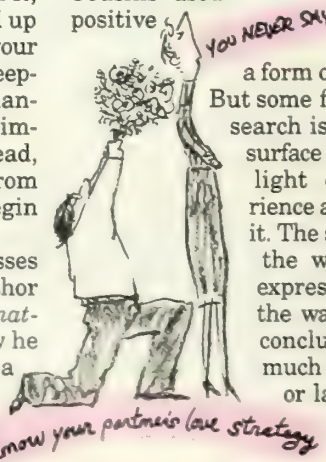
The first of these techniques is designed to show you that *you* can be in control of what happens in all kinds of situations. All that's required is a bit of acting. I call this the physiology technique: If you look it, you feel it. Stand up straight. Throw your shoulders back. Breathe deeply. If you use this positive body language, you'll find that it's almost impossible to feel depressed. Instead, your brain is getting a message from your body. And that's how you begin to feel—as positive as you look.

One of the most famous successes at using this technique is author Norman Cousins. In his book *Anatomy of an Illness*, he describes how he made a miraculous recovery from a long, debilitating sickness by laughing his way to health. A major part of his regimen was spending a good deal of his hospital stay watching films and television programs and reading books that made him laugh. He soon found that he slept better, his pain decreased. In the end, he recovered completely, even though his doctors initially said he had a one-in-five-hundred chance of making a full recovery.



Turn an experience into something that works for you

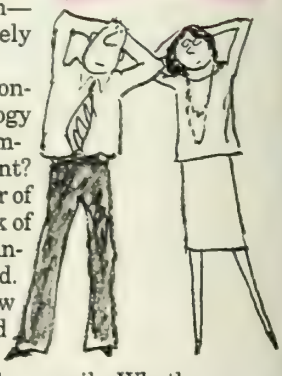
One might think that this was a case of mind over matter and that Cousins used positive emotions as a form of self-healing. But some fascinating research is beginning to surface that may shed light on his experience and others like it. The studies look at the way our facial expressions affect the way we feel and conclude it's not so much that we smile or laugh when we feel good but that smiling and laughing set off biological processes that actually make us feel good.




Know your partner's love strategy

As Paul Ekman, Ph.D., a professor of psychology at the University of California, San Francisco, and author of *Telling Lies* (Norton, 1985), says, "We know that if you have an emotion, it shows on your face. Now we've seen it goes the other way, too. You become what you put on your face." In fact, Ekman says, this principle is used regularly to beat lie detectors. If you say, "I will absolutely do that," and your physiology is unified—that is, your posture, your facial expression, your breathing pattern, the quality of your gestures and movements, and your words match—then you absolutely *will* do it.

Practice mirroring



How can you control your physiology to help you accomplish what you want? Consider the power of little things. Think of five difficult encounters you have had. Now think of how the exchange would have gone had you begun it with a smile. Whether you are dealing with a troublesome teenager or asking for a raise, a smiling physiology can do a great deal to change an otherwise uncomfortable encounter. Not only will the smile disarm the

*(continued on page 140)*

Bob Weber

Copyright © 1986 by Anthony Robbins. From the book UNLIMITED POWER: THE NEW SCIENCE OF PERSONAL ACHIEVEMENT, by Anthony Robbins, published by Simon & Schuster.

# On one meal a day you'd become physically attached to your refrigerator, too.



It's not easy leading a dog's life. Because on one meal a day, your stomach would be growling, too. But now there's new Tast-tee Chunks,® snacks for dogs, that will help tide him over till his next meal.

Tast-tee Chunks are special treats made with real cheddar cheese or real beef. And they're real good because they contain 15 essential vitamins, minerals and oils.

So next time he gives you that hungry look, give him Tast-tee Chunks.

**SAVE 30¢ On any variety of new Gaines® Tast-tee Chunks®**

**This coupon good only on purchase of product indicated. Any other use constitutes fraud. COUPON NOT TRANSFERABLE—ONE COUPON PER PURCHASE.**

**To the retailer:** Gaines will reimburse you for the face value of this coupon plus 8¢ if submitted in compliance with Gaines Redemption Policy, incorporated herein by reference. Valid only if redeemed by retail distributors of our merchandise or anyone specifically authorized by Gaines. Cash value 1/20¢. Mail to: Gaines Foods, Inc., P.O. Box 103, Kankakee, IL 60902.

MANUFACTURER'S COUPON EXPIRES JANUARY 31, 1987

LJ025117

5 51316 94130 8 04




**NEW TAST-TEE CHUNKS®**

The snack for dogs who eat one meal a day. **From Gaines**

© 1986 Gaines Foods, Inc.




*Child rearing in the eighties: the most recent health news, research and trends. By Mary Mohler*

## THAT'S SICK

Few things in parenting could be more disagreeable than a long automobile trip, a hot summer's day and a carsick child. We asked Jeffrey Brown, M.D., chairman of the pediatrics department at United Hospital, in Port Chester, New York, and a regular guest on cable TV's *Mother's Day* with Joan Lunden, for some tips on how to prevent motion sickness.

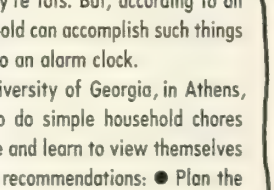
● As much as possible, keep the child still. ● If he is old enough, have him focus on a stationary object—say, a gauge on the dashboard. ● Maintain a steady driving speed and reduce speed around curves. If there is an option, take the straighter road. ● Keep the car cool, quiet and well ventilated. ● Stop frequently for fresh air and a rest. ● Ask your pediatrician about a prescription or over-the-counter remedy. The safest are in the antihistamine group and include dimenhydrinate (Dramamine), meclizine (Bonine, Antivert) and diphenhydramine (Benadryl). Brown cautions against the prescription behind-the-ear adhesive patches, which administer scopolamine through the skin. They are highly effective for adults but may cause serious side effects in young children. ● Prefer a home remedy? Here's one that's been medically tested. Give the child a small amount (¼ teaspoon) of grated fresh ginger. (You can disguise it in peanut butter.)

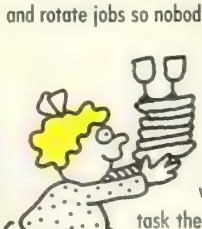
## HELP WANTED

The way to get teens to help with chores is to start when they're tots. But, according to an article in *Young Children*, most parents don't believe a four-year-old can accomplish such things as setting the table, sorting clothes, vacuuming or waking up to an alarm clock.

Happily, a project undertaken by two professors at the University of Georgia, in Athens, proved otherwise. These researchers believed that learning to do simple household chores could provide a way for children to gain a sense of independence and learn to view themselves as productive family members. The authors offer the following recommendations: ● Plan the task so the child can do it: If he is going to set the table, use unbreakable dishes and place them within his reach. ● Help the child learn how to do the work before she attempts it solo. Demonstrate, practice with her, then gradually withdraw as you see she can handle it independently. ● Divide the job into manageable portions: Don't have a child attempt the entire laundry, but rather start with sorting his own clothes. If he views a task as overwhelming, he'll become discouraged. ● In the beginning, select chores where the success rate is likely to be high—sweeping or turning off the lights. ● Turn work into a game, show enthusiasm, provide encouragement and rotate jobs so nobody has the really grungy chores twice in a row. ● Praise kids' efforts. Be ready to accept less than perfection. Your child's standards will be less exacting than your own, but find some aspect of the work you can applaud enthusiastically. ● Keep instructions simple and limit the amount of information you present at any given time. ● Offer assistance only when it looks as if a major problem is developing. ● Don't create another task the minute the first one is completed: Let your child bask in the sense of accomplishment awhile. ● Resist mightily the impulse to redo a job your child has done. You'd feel bad, too, if someone disparaged your work that way.







Sam Weissman

## GETTING THE ITCH

Poison ivy rash doesn't mean a chil can't play with his friends—no matte how unpleasant and oozy that ras looks—says a recent issue of *Ameri can Family Physician*. The lesions them selves simply do not contain the substanc that causes the reaction.

So where can a child get poison ivy? From the plant, of course—and from any thing that has touched the plant: clothing, a pet's fur, even the wind. To reduce the risk o a reaction, immediately wash any garmen or part of the body that has come in contac with these or with the leaves of the plant.

## HEALTH ALERT

Do you want to be better informed on medi cal issues that affect your child's health? A monthly newsletter, *Child Health Alert*, pre sents summaries of the latest findings on important child health topics in everyday language, then comments on and interprets these developments to give you a cleare understanding of even the most compli cated child health issues. Subscriptions are $15 per year ($17 U.S. in Canada and Mexico). Write Child Health Alert, P.O Box 338, Newton Highlands, MA 02161

**Children between the ages of one and ten need 800 milligrams of calcium per day—that translates into four glasses of milk—to prevent osteoporosis in later life**

# "Extra! Extra! Huggies® hug with new elastic waistbands!"

Read all about it!

Kleenex® Huggies® diapers have new elastic waistbands—soft, cuddly elastic at the waist. So now Huggies hug gently all over.

Plus there's more thick, fluffy padding. To help stop leaking better than ever. And to help keep babies extra happy.

Huggies with new elastic waistbands. Now available in medium and large sizes. Good news for the whole town.

**Now Huggies diapers help stop leaking better than ever.**




nberly-Clark Corp. © 1986 KCC

SURGEON GENERAL'S WARNING: Cigarette Smoke Contains Carbon Monoxide.

©1986 R. J. Reynolds Tobacco Co.



A celebration of style and taste by YVES SAINT LAURENT

# RITZ




13 mg. "tar", 1.0 mg. nicotine av. per cigarette by FTC method.

# 29 SECRETS
## we know about you

**Over the last four years, more than 350,000 LHJ readers have shared with us, via computerized questionnaires, their most intimate news and views on hundreds of topics. We've printed reports on the findings, but until now we have not divulged the quirkier details. What follows is an eye-opening collection of titillating trivia, all about you! By Clive Enos, Ph.D., and Sondra Forsyth Enos**



Tom Arma

**Remember necking in the backseat of the Ford? Well, 14% of married couples still sneak off for a little romance in the family buggy now and then. (Truly a triumph of American ingenuity over Japanese technology!)**

# Sshhh! Don't tell anyone, but here's the inside story on



Who among us thinks she's sexy? A woman who has been married three or four times! A whopping 67% of those who have made many trips down the aisle chose that label. Could it be the Zsa Zsa Gabor syndrome, dahling?

**Confirmation of the tragic consequences of teenage pregnancy: The younger a woman is when she has her first child, the more likely she is to have a very unhappy life.**



The so-what-else-is-new department: All women—regardless of their marital status, career, income, education, age—get angriest when they constantly have to pick up after everybody else around the house.



Mom's party line: Democrats argue with the kids about money; Republicans scold about schoolwork.

**Let's hear it for working moms! Women who love their jobs are least likely to yell at or hit their kids.**

**The best is yet to come! Women who aren't afraid to grow old are most likely to exercise regularly.**



How does a woman's age affect her overall sense of well-being? Not at all! It's whether she's happily married that matters, not how many candles were on her last birthday cake.

**Surprising, but true: Whether a woman makes under $20,000 a year or over $100,000 has no bearing on whether she considers herself a feminist.**



**It really is for better or for worse: 65.2% of happily married women turn to their hubbies for a shoulder to cry on.**

**Think it's a man's world? 81.9% of women who are very happy have never wished to be a man. 58.1% of unhappy women would trade places with the opposite sex.**



**Close to 50% of all of you (no matter what shape you're in and no matter how old you are) want a better body.**

**Real men don't do windows. Women whose favorite movie star is Woody Allen are most likely to insist that their husbands do housework.**



**Hey, Ma, what's for dinner? A full 84.9% of you like to hear that—at least when you have time to cook.**



**Don't worry, this isn't over yet. Turn to page 161 for lots more survey surprises . . .**

# MAIN-DISH SALADS

**During these lingering, lazy, hazy days of summer, why not let cool make-ahead salads move from the sidelines to center stage? Those with ingredients that need a bit of cooking (pasta, eggs, chicken) can usually be put together early in the day, before things really heat up, and served whenever the gang gets hungry. Bonus: Most of our creations are low in calories and high in nutrition. What's more, they are guaranteed man-pleasers that the kids will love as well. Feast your eyes on the tempting trio pictured here, then turn to page 128 for the rest of our delicious offerings.**



***SHRIMP-VEGETABLE TWISTS***

Thom LeSanto



FAJITA FIESTA SALAD

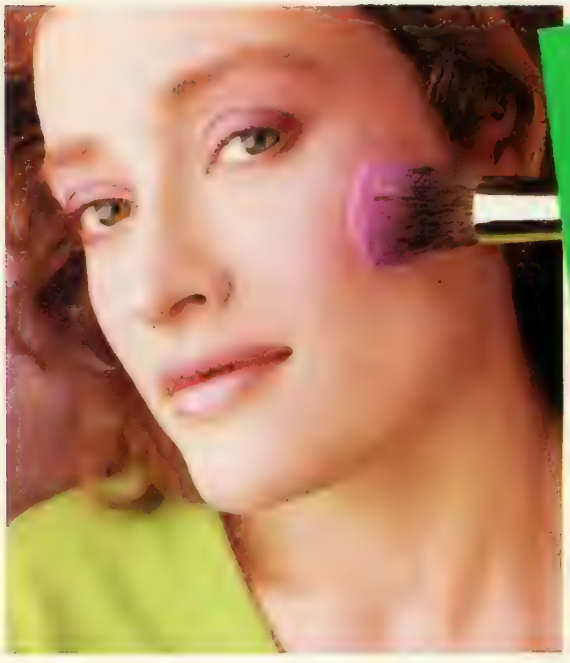


CALIFORNIA FRUIT PLATE



# SOLVED! the 10 toughest beauty problems

With our quick fixes and long-term solutions, you *can* look great



## 1 My skin looks dull!

Emergency $R_X$ for no-glow skin is a whisk of true-pink matte blush. Apply high on cheekbones, then brush up and around to temples in a C formation. To brighten eye area, fluff a touch on brow bones, too. For a glow that lasts all day, polish skin with a facial scrub or moisturizing masque designed to gently lift away drab, dead surface cells and expose fresh new cells. Smooth on a prefoundation primer in violet or rose to minimize yellow, olive or gray skin tones. As a final touch, puff on loose powder in pastel pink or soft mauve. Pretty!

**For brighter, healthier skin all day every day, with or without makeup, look to your overall health. "Feed" your face with a good-for-you diet that is high in fiber and all the essential nutrients, low in skin-dulling alcohol and caffeine. Stop smoking; it interferes with circulation. Finally, get more exercise; vigorous activity brings more blood to the skin surface and acts as a natural blusher.**

## 2 Puffy, droopy lids add years to my face

**Shrink bags instantly with this tried-and-true models' trick: Chill two teaspoons in freezer, then place over closed eyes for a few minutes. (A chilled gel-filled mask, available at cosmetics counters, will also do the job.) Make puffy overhang seem to recede by applying pale shadow to upper lids only; blend a medium neutral shade from crease to brow. Minimize under-eye bags with foundation slightly darker than the shade you use on the rest of your face. *Never* use pale concealer on under-eye puffies.**

If baggy lids are permanent because of genetic predisposition or age, you may want to consider blepharoplasty. In this surgical procedure, excess fat, skin and sometimes muscle tissue are removed. Skin is then redraped and sutured. Cost: between $1,200 and $5,000. Results: wide-awake, younger-looking eyes.



Ishiro Nakamura

By Lois Joy Johnson, Beauty and Fashion Editor

## 3 My hair's so mousy

Speedy new no-risk brighteners for blah hair: Shampoo-out tinted gels in look-twice fashion shades such as copper or plum or in colors that gently spark up your own . . . peroxide- and ammonia-free color mousses that last through six shampoos . . . or salon-applied transparent "cellophanes," lasting from four to six weeks, in shades ranging from subtle to smashing, depending on how long product is left on hair.

**Longer-lasting fixes include permanent color (first time out, ask a pro which shades will best flatter your natural color scheme; keep in mind that a drastic change requires frequent touch-ups) . . . highlighting, in which selected strands of hair are gently kissed with sunny tones . . . and (most fun and most dramatic quick change of all) *wigs*, fabulously fake, like the one our model wears here!**

Makeup: Linda Mason. Hair: Hair by Clarins Manhattan. Courtesy of Beauty Bookings. Model: Monique Kay Head of Click. Stylist: Benetton sweater. Trish McEvoy makeup brush. This page: Wig at Theresa Wigs, Philippe Adec shirt, Anne Klein II jacket, Naomi Misle gloves. Page 96: Philippe Adec shirt, Sonia Rykiel raincoat, Access Paris necklace. Trish McEvoy makeup brush. Page 97: Lynn LaCava nightshirt, Kathryn Post rings.



Tohru Nakamura

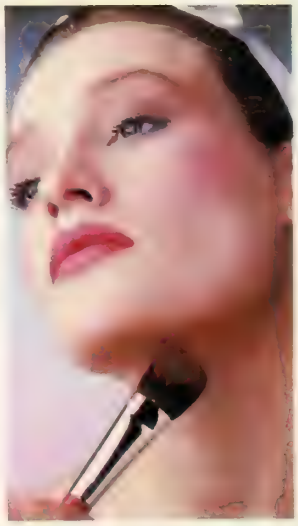
## 4 I hate my teeth

*If your teeth are a mess, why not cultivate a grin that hides them, as does one top model who never parts her lips when she smiles! Other ploys: Do up your eyes to steal the show with plenty of mascara and luscious shadow color, play down your mouth with matte-formula lipstick. To counteract dinge and create the illusion of brighter, more sparkling teeth, wear quiet lip colors with a hint of blue—mauves, fuchsias, plummy pinks and reds. Avoid corals, peaches and brown tones; they'll emphasize the yellow.*

***No need to put up with ugly teeth forever. There's a permanent solution for almost every mouth problem. And adults are taking full advantage! (More than 20 percent of orthodontic patients are adults—most of them in their twenties and thirties.) Misaligned teeth can be straightened in nine to twelve months; malocclusion problems sometimes take as long as two and a half years to correct. But with the new lingual brackets, which are applied behind front teeth, you'll never show a mouthful of metal. Electrocontouring can reshape gums for larger-looking pearly whites. Yellow, gray or stained teeth? Ask your dentist about bonding (a process that can also mend chipped teeth) and porcelain veneers.***

## 5 My chin's too fleshy

**Make a double chin seem to disappear—or define a flabby jawline in a flash—by creating slimmer contours with makeup. You'll need a soft, flat cosmetic brush similar in shape to a paintbrush, and taupe powder with no pink or orange undertones. (If you can't find this shade in face powder, use powder eyeshadow.) To minimize a double chin, raise your head and brush powder from just under chin to mid-neck. To firm up a slack jawline, stroke taupe powder slightly under jawbone from ear to ear. Contouring should always be done after making up the rest of your face. Blend so that no hard edges are visible.**



For permanent jawline definition, consider surgical contouring. Liposuction, a procedure in which fat is literally vacuumed away—perhaps combined with a silicone chin implant—may be all that is required to get rid of a second chin. Cost: approximately $1,500. According to Gerald Imber, M.D., attending physician, department of plastic surgery at the New York Hospital–Cornell Medical Center, New York City, a lower-face lift, costing about $4,000, may be necessary to reshape heavy jowls and firm up "turkey skin."

## 6 Thin, limp hair... it's awful!

First aid for the droops is a good chin-length blunt cut. (Layering reduces hair's volume.) Keep hair clean, since oil encourages stringiness. Use body-building or protein-enriched shampoos and conditioners, rather than conditioning shampoos, which contain creamier ingredients that weigh hair down. Add bulk with this blow-dry trick: Apply setting lotion to roots; then, lifting hair with a vented brush, direct warm air at scalp. Finish drying as usual.

**Semipermanent fix for thin, limp locks could be a perm, which "fattens" hair by causing the shaft to swell. If you don't want curls, try a body wave or a root or partial perm. Coloring also plumps up hair, but to avoid damage from overprocessing, don't perm *and* color. If hair is very thin or there is rapid fallout, see a dermatologist to determine the cause (there are dozens of possibilities) and treatment. The ultimate: transplanting hair from thick to thin areas. Cost: about $20 per transplanted "plug."**



## 7 My hands look older than my face

**Hurry-up help for prematurely aged hands: mooth on a thin film of undation to even out kin tones, camouflage ominent veins. Apply medium-tone cream-rmula polish to nails. ale, pearlized and dark amels call attention to ss-than-perfect hands. o do daggerlike nails. horter nails, shaped to slightly squared vals, are prettier and ounger-looking.**

ily TLC will take years off ur hands. Always wear rub-r gloves for housework. Fol-v each dunk in water with vish moisturizing, and apply nscreen before going out-ors. Condition hands and ils with a warm olive-oil mas-ge. A dermatologist can per-m chemical peeling, similar the process used to erase ne es and scars from the face, or ctrodessication, using an elec-cal current directed through a edle, to remove brown spots d other imperfections.

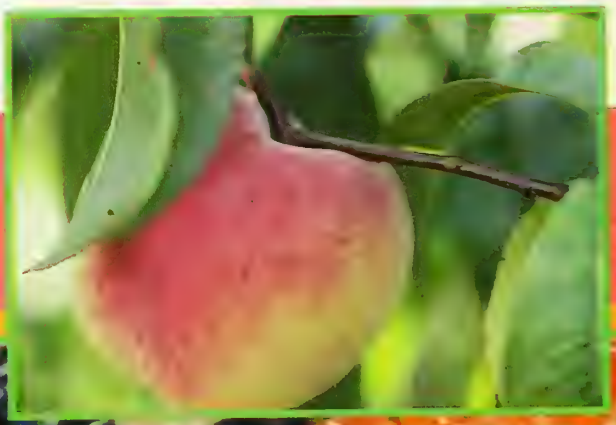

8 What can I do about these ugly blemishes?

9 This dark hair on my face is driving me crazy

10 Help! My nose is enormous

Answers on page 159

# JUST PEACHY!



*Peaches at their peak make a luscious cinnamon-sugared coffee cake*

## By Mary D. Higgins

**Right now, peaches are at their ripest, juiciest and most economical. You know they're luscious as is, of course, but you'll want to savor them in our scrumptious peach crisp, mousse, ice cream and other delights as well. Tip: A red blush is not always a sign that a peach is ripe. Look for deep, uniform golden areas that yield slightly to gentle hand pressure. You can keep less-than-ripe fruit at room temperature for a day or two before refrigerating. (Overripe peaches are fine for jams, jellies and blender drinks.) How to peel a peach without wasting one bit of the sweet flesh? Simply submerge for a few seconds in boiling water, retrieve with a slotted spoon, rinse in cold water—and skin will slip right off. Now you're ready to turn to page 125 for the best peach recipes ever!**



*Any way you slice it, our old-fashioned double-crust peach pie is great!*

# thoroughly modern Meryl

*She's a megastar who commands millions of dollars per picture, but it's her role as wife and mother that Meryl Streep says she could never live without. By Jeff Rovin*

Meryl Streep's magnificent home in rustic Salisbury, Connecticut, is barely visible from the road. The main house is obscured by a looming stone wall and several buildings, including a pair of barns, the caretaker's cottage, and a spacious studio for her husband, artist Don Gummer. The stately gray contemporary is set on the far shore of Meryl's twenty-acre lake—reportedly the largest privately owned body of water east of the Mississippi—which curves around the house like a giant horseshoe and is teeming with huge bass.

Behind the house are rolling grounds that stretch all the way to the distant mountains. Farm animals once grazed here, but much to the disappointment of six-year-old Henry and his sister Mary Willa, two, the animals moved out when the Gummers moved in. "You can keep them," city boy Don Gummer told the owners. "I can't be bothered messing with sheep!" Neither can Meryl. This may be ideal farmland to the natives, but the Gummers bought the $1.8 million estate (and poured another several hundred thousand dollars into renovating it) for one reason and one reason only: privacy. *(continued on page 150)*



M. Lambray/Sygma



Christian Simondietri/Sygma



Courtesy of Paramount



Douglas Kirkland

***The many faces of Meryl (left to right): As a jilted Victorian-era lover in* The French Lieutenant's Woman, *as a survivor of Hitler's death camps in* Sophie's Choice, *as author/adventurer Isak Dinesen in* Out of Africa, *and as an utterly contemporary woman scorned in* Heartburn**

Eva Sereny/Sygma.

LHJ HOUSE TOUR

# NAPA VALLEY

# VINTAGE LIFESTYLE





California's Napa Valley, a verdant paradise with a century-old heritage of wine and vine, provides the breathtaking backdrop for one of America's favorite soap operas, *Falcon Crest*. The homestead in the show is a stately Victorian mansion. The valley's real-life wineries are just as distinctive and stylish as Falcon Crest, which residents know as a thriving winery called Spring Mountain. Napa Valley wineries and houses run the architectural gamut from the airy, contemporary look of the Newton Vineyard to the more traditional style of the Jordan estate, modeled after a French château. Above all, though, Napa Valley houses reflect an attitude that is undeniably Californian. Napa Valley houses think big—big on comfort and big on hospitality. The California style is generous and relaxed, and as you will see, its unique charms will make you want to visit the valley, too.



Keith Rosenthal



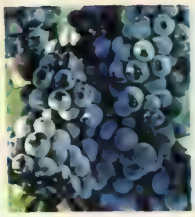
**By Marilyn Diane Glass, Decorating and Design Editor**

*The Jordan Winery prides itself on its opulent table settings, arranged with the lavish attention to detail you'd expect in a gracious home. The splendid table is covered with delicately embroidered linen and set with fine crystal and silver. Fresh flowers bloom everywhere, even in huge baskets on the wall. The tapestry-clad chairs are typically French. In their elegantly paneled library (below), designed by Tammy Cox, the Jordans share the latest vintages with guests.*



Jesse Gerstein

# VINTAGE LIFESTYLE



The California style. It's casual. Carefree. Flamboyant sometimes. Californians first and foremost revel in the outdoors and delight in the senses. Everyone eats well, exercises, meditates and, of course—especially in the Napa Valley—appreciates fine wines. California houses adore the outdoors, too, and thrive on the sensuous. Whether grand or cozy, rustic or frankly opulent, these houses reach from every room to gardens and vistas. French doors and windows drink in the sun and drench interiors with light. Houses are filled with very pale fabrics—often white—and with natural materials such as wicker, light wood and bleached stone or marble. Comfortable, deep upholstered furniture, grandly scaled, is banked with piles of sink-into pillows. Californians also like to accessorize selectively and round out their look with lots of huge, leafy plants and masses of flowers set out in baskets and terra-cotta tubs.





***Decorator Michael Taylor pioneered the California look. In this living room (right and top right), he used white cotton fabric on overscaled sofas and chairs, offset with rattan, stone and robust plants. A sculpture of branches by Charles Arnoldi, a noted California artist, echoes vineyard and field. The pool (top left) overlooks a spectacular mountain view. Casual gives way to semiformal in the dining room (top center). Blue bands were stenciled on the chairbacks. An enormous table beneath an arbor (below) is favored for picnics.***



Jesse Gerstein

# VINTAGE LIFESTYLE

Napa is not only wine country but spa country, too, as well as a mecca for shopping and fine food. Only an hour and a half north of San Francisco, the Napa Valley beckons millions of travelers each year—to bask in the sunny climate, to dine, to sip and to stay. Cozy bed-and-breakfasts abound in the twenty-mile-long valley, one more charming than the next. Napa Valley restaurants, hip to health, serve daring and innovative dishes prepared with the freshest seasonal produce. The California style of cooking, featuring meat and fish grilled over mesquite, garnished with unusual combinations of fruits and vegetables, has inspired a new crop of restaurants across America. The immensely popular California wines act as the perfect foil to any food, and Napa's wineries welcome visitors for free tours and tastings. After sampling, you can buy your favorite wines to take home.





*In the house at right, a wall of glass looks out on terraced gardens. Behind the massive two-way fireplace lies the dining room. Sofas and chairs are covered in pink silk. An unusual window (below) overlooks a prized Oriental garden. Another house (top left and right) a rustic cottage designed by decorator Thomas Bartlett, is charming and eclectic in mood. In the cottage garden (top center), a picnic umbrella shelters outdoor dining—the perfect way to partake of the Napa Valley vintage style of life.*



## They all wear the pants—and the shirts and the sweater...

# HERS, HIS, THEIRS

Fabulous looks you'll all want . . . plus our classic "everyone" sweater to knit

Who *cares* who wears whose clothes when everyone looks so terrific? With casual gear, what's great on him is simply super on you, and even style-conscious kids get into this act. Where to find his-and-her chic for the whole family: sporting-goods stores, hunting and fishing emporiums, army-surplus outlets, and the men's and boys' departments. Top it off with our LHJ exclusive sweater for all to wear in go-with-everything colors, to knit in one-size-fits-all, so that everyone in the family can take a turn looking super. (To order sweater instructions or the complete $39.95 kit, turn to page 161.)



Uli Rose

Left, she wears the sweater in style with khaki fatigues and hiking boots. He's ruggedly handsome in windbreaker and ribbed sweater. They're model-turned-author Lynn David and her husband, jet-set hairstylist Jean-Louis David. With them are their two children, six-year-old Lindsay and eighteen-month-old Lesley, in pint-size versions of the look.

This page, he wears the sweater over a hooded sweat jacket and sweat pants. She's in a husky hunting jacket, a man's shirt and skinny leggings. They're model parents Bob and Madolin Archer of the Click Agency, with their model children—from left: Devon, twelve, Palin, nine, and Kier, seven—all layered and bundled à la Mom and Dad.



All-in-the-family fashion, 1980s style. He wears the sweater over a flannel shirt, with baggy cords and loafers—very updated preppy. He's Dylan Brown, fourteen, a student. His stepuncle, Adam Finkelstein, twenty-four, a real-estate broker, carries off all-American jeans and sneaks to perfection. Stepdad Andrew Finkelstein, senior veep of the Glemby Beauty Salons, is savvy in a rolled-sleeve sport jacket over shirt and cardigan, while Mom, Daniela, another broker, is a smash in lots of layering, a low-slung belt and squashy boots.



# His clothes, your buys

BELTS
COATS, JACKETS
PANTS, JEANS
SOCKS
SWEATERS, SHIRTS, ROBES,

and makeup, these pages, Cris Galjour of Pipino-Buccheri, NYC. Fash-
details, page 131, Size conversion chart, Barneys New York.

# His clothes, your size

| WOMAN'S SIZE | BOY'S SIZE | MAN'S SIZE |
|---|---|---|
| Petite (6) | 14–16 | 32–34 |
| Small (8) | 16–18 | 34–36 |
| Sm.–Med. (10) | 18–20 | 36–38 |
| Medium (12) | — | 38–40 |
| Large (14) | — | 40–42 |
| 5–7 shoe | 8–10 | — |
| 8–10 shoe | 9–11 | — |
| 5/6 | 10–12 | 25–27 |
| 7/8 | 14–16 | 27–29 |
| 9/10 | 18–20 | 29–31 |
| 11/12 | — | 31–33 |
| 13/14 | — | 33–35 |
| 6 | 16 | — |
| 8 | 18 | 36 |
| 10 | 20 | 38 |
| 12 | — | 40 |
| 14 | — | 42 |
| 5/6 | 24 | — |
| 7/8 | 25 | 28 |
| 9/10 | 26 | 30 |
| 11/12 | 27 | 32 |
| 13/14 | 28–29 | 32–34 |

For style and comfort, his sizes will be slightly oversize on you. Here are the best fashion buys for you from the men's and boys' departments:

**SWEATERS** V-necks and crews in cashmere, shetland, fisherman knits, at super prices —especially in boys' sizes.

**PAJAMAS** His make you look sexier. Buy unfussed silk or cotton; roll sleeves and legs.

**ROBES** For great no-frills sophistication, look for sleek wrap and smoking styles in cotton, flannel, silk.

**TRENCH COATS** New or army surplus have superb details, bigger shapes and more swagger than the styles designed for women only.

**T-SHIRTS** His now come in terrific colors; layer under shirts and blouses.

**BELTS** Classic leather with simple buckles . . . they're often difficult to find in the women's department.

She wears the sweater with jeans and twelve-year-old aplomb. No wonder. She's Jennifer Johnson, daughter of Lois Joy Johnson, LHJ's Beauty and Fashion Editor, here in crunchy fisherman sweater and khakis. Stepdad Jeffrey Levinson, music and video producer, in casual cardigan and cords, cuddles baby Alexandra, two, in the littlest version of the look.



Uli Rose



Herbed veggies, hot off the grill, clockwise from top: Corn in Husks with oregano; Basil Mushrooms; Lemon-Rosemary Potatoes; Peppers and Onions with Thyme



# Cooking with herbs



Goat cheese marinated in herb-laced olive oil makes a perfect gift from your kitchen. We used bay leaves, rosemary and thyme



Tip: Split Cornish hens for grilling. Brushing herb butter under skin imparts an inviting aroma, great flavor

Barry O'Rourke



Delicate veal gets unexpected zing from spinach-basil pesto stuffing. Bacon wraps it up



Team up fresh basil, thyme and oregano for fragrant and colorful Baked Tomatoes and Zucchini Provençale

Porcelain serving pieces and wire basket from Pierre Deux

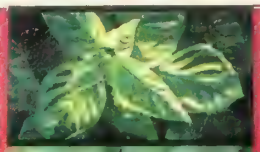
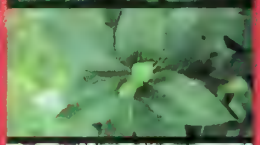
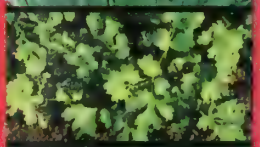
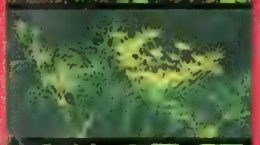
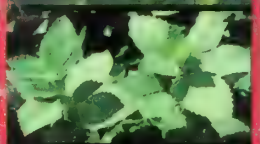
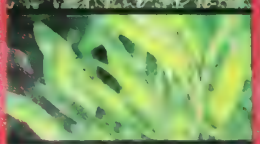
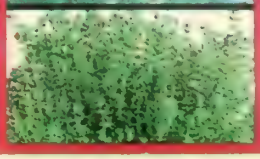
*By Jan Turner Hazard*
*Food & Equipment Editor*

*Parsley, sage, rosemary and thyme . . . Herbs, with their wonderfully heady scents and exotic flavors, have a unique power to transform everyday food into savory delicacies. Fresh herbs are at their prime now, so be sure to make the most of your late-summer herb harvest—or look for herbs in supermarkets or at roadside stands. Turn the page for a clip-and-save herb chart, then go to page 116 for our recipes.*



# All about herbs

## How to flavor your favorites, plus tips for keeping herbs fresh

| | | Taste traits | Best with | How-tos |
|---|---|---|---|---|
| **Basil** |  | Sweet, with warm, clovelike flavor and licorice undertone | Vegetables, tomatoes, mozzarella or goat cheese, poultry, eggs. In authentic pesto sauce | Use whole or chopped leaves. With roots, store in water, covered loosely with plastic bag. Store whole, clean leaves between damp paper towels sealed in plastic bag. Can be frozen |
| **Bay** |  | Aromatic and sweet; fresh bay is stronger than dried | Stews, soups, marinades, tomato sauces. In bouquet garni | Store fresh bay 3 to 4 days in open plastic bag to mellow. Use whole or broken leaves; discard before serving |
| **Chives** |  | Delicate, onionlike flavor | Potatoes, vegetables. In soups, sauces, herb butter | Snip or chop. Store dry in open plastic bag. Snipped chives can be frozen |
| **Cilantro (Chinese parsley, Coriander)** |  | Distinctive, minty flavor; some say it's an acquired taste | Avocados, seafood, chicken. In tomato and chili sauces, Mexican, Chinese and Indian dishes | Use whole, snipped or chopped leaves and tender stems. Add just before serving. With roots, store in water, covered loosely with plastic bag. Without roots, store dry in open plastic bag |
| **Dill** |  | Refreshing, sweet flavor with a faint caraway tang | Seafood, potatoes, cucumbers, chicken, salads. In mustard sauce | Snip or chop leaves. With roots, store in water, covered loosely with plastic bag. Without roots, store dry in open plastic bag |
| **Mint** |  | Cool and refreshing | Lamb, peas, fruit. In salads, tea, bourbon | Use whole, snipped or chopped leaves. Store dry in open plastic bag |
| **Oregano** |  | Robust, pungent flavor | Tomatoes, lamb, pork, beef. In salad dressings, Italian, Mexican and Greek dishes | Strip leaves from stem. Use whole or chopped. Store dry in open plastic bag. Can be frozen |
| **Parsley** |  | Faint celerylike flavor. Italian (flat-leaf) parsley has more flavor than curly variety | All foods. Enhances the flavors of savory foods and combines with other herbs to enhance their flavors | Snip or chop leaves. Store dry in open plastic bag |
| **Rosemary** |  | Piquant, distinctive pinelike flavor | Lamb, poultry, pork, grilled or smoked meats and vegetables. In marinades | Strip leaves from stems. Use whole or chopped. A little goes a long way. Store dry in sealed plastic bag |
| **Sage** |  | Woodsy flavor, aromatic | Game, fatty meats, vegetables. In bread stuffings, veal; predominant seasoning in sausages | Use whole or chopped. Store dry in open plastic bag |
| **Tarragon** |  | Bittersweet, mild licoricelike flavor | Seafood, poultry, veal, fruit. In vinegars, salad dressings, herb butters, marinades | Strip leaves from stem. Use whole or chopped. Store dry in open plastic bag |
| **Thyme** |  | Sharp, slightly sweet flavor | Veal, chicken, vegetables. In soups, stews, marinades, Creole dishes | Strip leaves from stem. Use whole. Store dry in open plastic bag. Can be frozen |

*All fresh herbs should be stored in the refrigerator

Walter Chandoha




Imagine enjoying a delicious Great Starts™ frozen breakfast sandwich right at home in just three microwave minutes (longer in conventional ovens). Try egg, with Canadian bacon and cheese, and three more tasty varieties. With Great Starts™ breakfasts, there's no place like home.

**Great Starts.**
**A Real Breakfast Real Fast.**

20¢ MANUFACTURER COUPON | NO EXPIRATION DATE 20¢

Save 20¢ on any variety Great Starts™ Frozen Breakfast Sandwich from Swanson®.




**CONSUMER:** One coupon per purchase. Good only on product indicated. Consumer pays any sales tax
**GROCER:** Redeem on terms stated for consumer upon purchase of product indicated. ANY OTHER USE CONSTITUTES FRAUD. For reimbursement of face value plus 8¢ mail to **CAMPBELL SOUP COMPANY, DEPT. 5901, EL PASO, TEXAS 79966.** Failure to produce on request invoices proving purchase of stock covering coupons may void all coupons submitted. Void if taxed, restricted, prohibited or presented by other than retailers of our products. Cash value 1/100¢.

51000 321177

## GRILLED CORNISH HENS WITH HERB BUTTER

pictured on page 113

Herb Butter

- 1 cup butter, softened
- 3 garlic cloves, minced
- 2 tablespoons chopped fresh rosemary
- 1 tablespoon chopped Italian (flat-leaf) parsley
- 2 teaspoons finely grated lemon peel
- ½ teaspoon pepper
- ¼ teaspoon salt

- 6 Cornish hens (about 1 lb. each)
- 3 tablespoons olive oil
- Salt and freshly ground pepper

*Herb Butter:* In mixer bowl combine all ingredients. Beat until fluffy.

With poultry shears or sharp kitchen shears remove backbone from each hen. Arrange hens skin side up with wings tucked akimbo. With fingertip, gently separate skin from meat to make four small openings: one at top of each wing joint and one at top of each thigh joint. With small spoon slide 2 teaspoons herb butter one at a time into each opening. Spread butter by smoothing top of skin. Reserve remaining butter.

With a sharp knife cut 2 small slits in loose lower breast skin; tuck bottom of legs into slits. Cover and refrigerate.

Prepare grill or preheat broiler and broiler rack. Brush hens with olive oil and season with salt and pepper. Grill or broil skin side down 10 minutes. Turn and grill or broil 10 minutes more. Baste with remaining herb butter if desired. Makes 6 servings, 720 calories each without additional butter.

## GRILLED VEAL CHOPS WITH WALNUT STUFFING

pictured on page 113

Stuffing

- 1 cup walnuts, lightly toasted
- 1 cup packed spinach leaves
- 1 cup packed fresh basil leaves
- ⅓ cup packed Italian (flat-leaf) parsley leaves
- 1 tablespoon olive oil
- 1 tablespoon white wine vinegar
- 1 teaspoon minced garlic
- 2 tablespoons heavy cream
- ½ teaspoon salt
- ½ teaspoon freshly ground pepper

- 6 veal chops, 1½ inches thick (about 3½ lbs.)
- 12 slices bacon
- 3 tablespoons olive oil
- Salt and freshly ground pepper

*Stuffing:* In food processor bowl combine walnuts, spinach, basil and parsley. With machine on add olive oil and vinegar; process until mixture is coarsely chopped. Transfer to a small bowl; stir in garlic, cream, salt and pepper.

With a small, sharp knife, slit side of each veal chop opposite bone to make a deep pocket. Fill each chop with 3 tablespoons stuffing. Wrap with 2 strips bacon; secure with wooden toothpicks.

Prepare grill or preheat broiler and broiler rack. Pat chops dry with paper towels. Brush with olive oil and season with salt and pepper. Grill about 8 minutes per side or broil 9 to 10 minutes per side for pink center. Makes 6 servings, 665 calories each.

## BAKED TOMATOES AND ZUCCHINI PROVENÇALE

pictured on page 113

- 5 ripe plum tomatoes (about 1 lb.)
- 3 medium zucchini (about 1 lb.)
- ½ teaspoon salt
- ¼ teaspoon freshly ground pepper
- Pinch red pepper flakes
- 3 tablespoons extra-virgin olive oil
- 1 tablespoon minced garlic
- 2 tablespoons chopped fresh basil
- ½ teaspoon chopped fresh thyme
- ½ teaspoon chopped fresh oregano
- 2 tablespoons grated Parmesan cheese
- 2 tablespoons dry bread crumbs

Preheat oven to 400°F. Cut tomatoes and zucchini diagonally into ½-inch slices. In shallow 1-quart glass baking dish alternate tomato and zucchini slices on edge in tight rows. Sprinkle with salt, pepper and red pepper flakes. Cover and bake 20 minutes.

Meanwhile, in skillet heat oil; add garlic and saute 30 seconds. Reserve 1 tablespoon oil and drizzle remainder evenly over vegetables. Bake uncovered 10 minutes more or until tender.

In bowl mix reserved oil with herbs, cheese and bread crumbs. Sprinkle over vegetables. Baste vegetables with pan juices. Bake 10 minutes more. Serve hot or at room temperature with grilled meats. Makes 4 to 6 servings, 160 calories each per 4, 110 calories each per 6.

*To microwave:* Cut tomatoes and zucchini into ¼-inch slices. In 10-inch microwaveproof pie plate arrange zucchini in a single layer, overlapping slightly. Season with ¼ teaspoon salt and ⅛ teaspoon pepper; cover with wax paper. Microwave on High 5 minutes; set aside. In small microwaveproof bowl combine oil, garlic and herbs. Microwave on High 1 minute. Top zucchini with tomato slices. Season with remaining salt and pepper. Drizzle oil mixture over tomatoes. Cover with wax paper. Microwave on High 6 minutes. Uncover and baste with pan juices. Top with cheese and bread crumbs. Microwave uncovered on High 2 minutes. Let stand 5 minutes before serving.

## HERB MARINATED GOAT CHEESE

pictured on page 113

- 1 log (11 oz.) goat cheese, cut into seven 1-inch slices
- 1 teaspoon peppercorns, lightly crushed
- ½ teaspoon mustard seed
- ½ teaspoon salt
- 1 garlic clove, lightly crushed
- 2 small bay leaves
- 2 dried hot chilies
- Large sprig fresh rosemary
- Large sprig fresh thyme
- About 2½ cups olive oil

Place goat cheese in a 1½- to 2-quart jar or glass container with tight-fitting lid. Sprinkle with remaining ingredients except oil. Pour in enough oil to cover cheese. Cover and marinate at room temperature out of direct sunlight 2 days or up to 1 week. *(Can be refrigerated 2 to 3 weeks. Bring to room temperature before serving.)* When ready to use, remove cheese with a slotted spoon. Serve on crackers or in salads. Makes 7 slices, 135 calories each.

## LEMON-ROSEMARY POTATOES

pictured on page 112

- ⅓ cup butter, melted
- ⅓ cup salad oil
- 3 tablespoons lemon juice
- 3 tablespoons chopped fresh rosemary
- 2 garlic cloves
- 1½ teaspoons salt
- ½ teaspoon freshly ground pepper
- 3 pounds large baking potatoes, cut into 1-inch slices

In blender combine all ingredients except potatoes; blend well. In bowl toss potatoes with dressing until well coated.

Prepare grill or preheat broiler. Grill or broil potatoes 10 to 15 minutes per side, basting well with dressing before turning. Remove from grill or broiler; toss with 2 tablespoons dressing. Makes 6 to 8 servings, 340 calories each per 6, 260 calories each per 8.

## GRILLED PEPPERS AND SWEET ONIONS WITH THYME

pictured on page 112

- 2 Bermuda or sweet onions, unpeeled
- 4 tablespoons olive oil, divided
- 3 large red peppers
- 3 large yellow peppers
- 4 large garlic cloves, unpeeled
- 1 tablespoon chopped fresh thyme
- 2 tablespoons chopped Italian (flat-leaf) parsley
- 2 tablespoons balsamic vinegar
- Salt and freshly ground pepper

Prepare grill. Rub onions with 1 tablespoon oil. Grill directly on hot coals 45 minutes, turning occasionally, until charred and centers are tender when pierced. After onions have been grilled 30 minutes, place peppers directly on coals. Grill 15 *(continued on page 120)*

# INTRODUCING HUNT'S® TOMATO SAUCE IN THE NEW KEEP-FRESH™ CARTON.

t's a light, tackable carton hat keeps Hunt's great omato taste ealed in. To open, just ift and pull Hunt's Keep-resh™ tab.

**OPEN.**




**POUR.**



Then pour out Hunt's hick, rich, vine-ripe omato auce. When ou're inished, lose he spout nd keep the rest fresh in the efrigerator for up to two weeks.

**CLOSE.**




**STORE.**




Try Hunt's in the new Keep-Fresh™ carton with your favorite recipes.




**Hunt's. For the world's best spaghetti sauce...your own.**

©1986 Beatrice Companies, Inc.

# INTRODUCING FIVE
# BRAND RICE DISHES

## nspired by the Finest Inns. Brought to you by Uncle Ben's

**Herbed Rice & Wild Rice—A Spirited Taste of henandoah History.**

Uncle Ben's takes the first of its new COUNTRY INN™ spirations from the heart of the Shenandoah Valley in ginia, home of the two-century-old Buckhorn Inn. There, guests can dine on exceptional dishes, some based on recipes as old as the inn itself. One spirited favorite: a rich dish blending the finest long grain rices, two cheeses and an array of succulent vegetables.



The Buckhorn Inn, Virg

**Uncle Ben's Brings It Home to You.**

You could travel to the Buckhorn Inn for this tasty dish, or you could indulge yourself right at home with the Uncle Ben's dish that was inspired by it: **COUNT INN™ Brand Herbed Rice with Wild Rice and Tw Cheese Sauce**...a subtle blending of long grain rice, mozzarella and swiss cheeses, onions, spinac carrots and parsley.

**Spanish Style Rice—Born of the Earthy Southwest.**

Next, you might enjoy a drive through the exotic landscape of Arizona to Tanq Verde, an inn south of Tucson to try their famous Spanish rice. Then again, why not sample Uncle Ben's sensational new



# MORE COUNTRY INN™



OUNTRY
IN™ Brand
panish
yle Rice at home—a
mbination of romano,
eddar and parmesan
eeses, jalapeño, green and
d bell peppers, garlic and savory spices.

**New England Style Rice—
aditional Tastes at Their Best.**

Better make reservations at least two
eeks in advance at stately Federal House
ear historic Stockbridge, Massachusetts, if
ou want to try their ever-popular New
ngland rice. Or you can dine at home on
ew COUNTRY INN™ Brand New England
yle Rice, which combines classic pasta
ells with the traditional tastes of zucchini,
ions, garlic and delicate pieces of chicken.

**Garden Style Rice and Rice
oyale, Too!**

Here are two
ore COUNTRY
IN™ Brand Rices
at are brand new!
arden Style Rice
a delicious
eef-flavored rice
combined with delicate
mushrooms and a variety of
seasonings. Rice Royale tastefully marries
a chicken-flavored rice with exotic wild rice.

**From Inspiration to Your Table in 25
Minutes.**

Now it's easy for you to serve recipes
inspired by the best inns in the country.
Uncle Ben's put everything right in the
package. Combine the rice and carefully
blended ingredients, add butter and water,
and cook.

Try all five of these delicious new
additions to the family of COUNTRY INN™
Brand Rice Dishes.




**SERVE THE RICE DISHES INSPIRED BY THE FINEST INNS.**

Uncle Ben's, Inc. 1986




PICK THE VINEGAR THAT ISN'T MADE FROM PETROLEUM.

It may sound incredible, but the fact is, many other white vinegars start with petroleum. That's right. Petroleum.

But not Heinz.

For over 110 years the Heinz recipe for vinegar has been 100% natural. Our white vinegar is made from sun-ripened corn. Our cider vinegar is made from real apples.

No additives, no preservatives. Absolutely nothing artificial.

So next time, make sure your vinegar is really all natural. Make sure it's Heinz.

Heinz

WHEN YOU KNOW THE DIFFERENCE.

©1986, H. J. Heinz Co.

## COOKING WITH HERBS

continued from page 116

minutes, turning frequently, until skin is blackened. Grill garlic on a rack, turning frequently, until soft, about 15 minutes.

While onions and peppers are hot, peel off skins and remove seeds from peppers. Slice lengthwise, reserving any juices. Peel and mince garlic. In medium bowl combine onions, peppers, garlic and reserved juice with thyme, parsley, remaining 3 tablespoons oil and vinegar; toss. Season to taste with salt and pepper. Makes 6 to 8 servings, 150 calories each per 6, 115 calories each per 8.

*Oven method:* Preheat oven to 450°F. Rub onions with 1 tablespoon oil and place in a shallow roasting pan. Roast 15 minutes, shaking pan frequently. Add garlic and roast 30 minutes more, until both are tender, shaking pan occasionally. Set aside. Preheat broiler. Broil peppers 4 inches from heat source 15 minutes per side or until blackened. Proceed with recipe.

### GRILLED BASIL MUSHROOMS

pictured on page 112

- 3 tablespoons butter, melted
- 3 tablespoons olive oil
- ¼ cup packed fresh basil leaves
- 1 teaspoon salt
- ½ teaspoon freshly ground pepper
- 2 pounds mushrooms, stemmed

In blender combine all ingredients except mushrooms; blend well. In large bowl pour marinade over mushrooms and toss to coat. Let stand at room temperature 30 minutes.

Prepare grill or preheat broiler. Grill or broil 3 to 4 minutes, turning once. Makes 6 to 8 servings, 160 calories each per 6, 120 calories each per 8.

### CORN IN HUSKS

pictured on page 112

- 6 ears corn in husks
- 12 sprigs fresh oregano

Oregano Butter

- 8 tablespoons butter, softened
- 5 teaspoons minced fresh oregano
- 1 tablespoon chopped Italian (flat-leaf) parsley
- ¾ teaspoon minced garlic
- ½ teaspoon freshly ground pepper
- ¼ teaspoon salt

To prepare corn, pull each husk down to the bottom of the ear without detaching; remove silk. Place 2 oregano sprigs lengthwise against kernels and replace husks. Secure with twine. Soak ears in a generous amount of cold water at least 30 minutes before grilling.

*Oregano Butter:* In bowl combine ingredients; beat until fluffy. *(continued)*




## New Lipton® Nacho Cheese and Creamy Herb Recipe Soup Mix for Dip.

Two delicious new dips with classic Lipton seasonings. And a delightfully fresh, homemade taste.

New Nacho Cheese with delicate taco seasoning, chili powder, and cheddar cheeses. And new Creamy Herb with parsley, garlic, chives, and a touch of lemon. Delicious!

So come on. Double dip into great taste.

**Dip Into Lipton.**







MANUFACTURER'S COUPON | EXPIRES 9-30-87

**20¢**

**Save 20¢ on new Lipton® Nacho Cheese or Creamy Herb Recipe Soup Mix for Dip.**

TO THE CONSUMER: THIS COUPON GOOD ONLY ON REQUIRED PURCHASE OF PRODUCT SPECIFIED. LIMITED TO ONE COUPON PER PURCHASE. COUPON CANNOT BE BOUGHT, SOLD OR EXCHANGED FOR CASH. COUPONS OR CERTIFICATES, ANY OTHER USE CONSTITUTES FRAUD. YOU MUST PAY ANY SALES TAX

5 03

41000 25320

RS-333 LHJ







**TO THE RETAILER:** Thomas J. Lipton, Inc. will reimburse you for the face value of this coupon plus 8¢ for handling provided you have accepted this coupon in accordance with T. J. Lipton Redemption Policy incorporated herein by reference. Cash value: 1/20¢. Mail to: Thomas J. Lipton, Inc., Box R-7000, El Paso, TX 79975.

## OOKING WITH HERBS
**continued**

pare grill. Drain corn. Grill directly on hot coals 20 minutes, turning every 5 minutes until corn is tender and husks are evenly charred. Remove husks and roll corn in Oregano Butter. Makes 6 servings, 210 calories each.

### ORANGE-MINT SORBET

- 5 cups salt-free seltzer water
- 1¼ cups sugar
- ¼ cup chopped fresh mint
- ¾ cup fresh orange juice
- 1 teaspoon grated orange peel
- 2 egg whites, lightly beaten

In saucepan bring water and sugar to a boil; reduce heat and simmer 5 minutes. In bowl pour sugar syrup over mint. Let steep until cool. Add orange juice and refrigerate until cold. Strain. Add peel and egg whites; mix until blended. Freeze in ice-cream maker according to manufacturer's directions. Transfer to food processor and process until well blended. Return to ice-cream maker and freeze again. Makes twelve ½-cup servings, 90 calories each.

### COLD POACHED PEARS WITH FRESH TARRAGON CREAM

- 6 pears, peeled, halved and cored
- Juice of 1 lemon
- ¾ cup sugar
- 3 cups Riesling wine
- 2 cups water
- ½ cup tarragon vinegar
- 1 cinnamon stick

Sauce

- 3 egg yolks, at room temperature
- 3 tablespoons plus 2 teaspoons sugar
- ½ cup Riesling wine
- ½ cup heavy or whipping cream
- 1 teaspoon tarragon vinegar
- 4 teaspoons chopped fresh tarragon

In large bowl combine pears with lemon juice and water to cover.

In deep 12-inch skillet combine sugar, wine, water, vinegar and cinnamon. Bring to a boil over high heat, stirring to dissolve sugar. Add drained pears; cover and reduce heat to just below a simmer. Poach 8 to 10 minutes, turning once, until fork-tender. Remove from heat; let stand covered in poaching liquid 20 minutes.

In 13x9-inch glass dish arrange pears in a single layer. Add ½ cup poaching liquid; cover and refrigerate until cold. *Sauce:* In small bowl whisk together egg yolks and 3 tablespoons sugar until thick and lemon colored. Slowly whisk in wine. Place bowl over a pan of simmering water; whisk until sauce is quite hot and coats the back of a spoon Do not boil. Remove from heat; whisk until cool. Refrigerate 1 hour. Whip cream with remaining 2 teaspoons sugar and the vinegar in bowl until soft peaks form. Whisk into sauce. Stir in tarragon. Serve with pears. Makes 12 servings, 270 calories each.

### AVOCADO-ORANGE SALAD WITH CILANTRO DRESSING

Dressing

- 2 tablespoons fresh lime juice
- 2 tablespoons chopped fresh cilantro
- 1 tablespoon salad oil
- 1 tablespoon chopped green onion
- ¼ teaspoon salt
- ¼ teaspoon sugar
- ⅛ teaspoon freshly ground pepper

- 2 ripe avocados, sliced
- 2 oranges, peeled and sectioned

*Dressing:* In blender combine all ingredients; blend well.

Arrange avocado and orange slices on a serving platter; drizzle with dressing. Makes 4 servings, 250 calories each.

### PORK CHOPS WITH CHUNKY BARBECUE SAUCE

Barbecue Sauce

- 2 tablespoons butter
- 2 cups chopped onions
- 2 teaspoons minced garlic
- ¾ cup prepared chili sauce
- ¾ cup ketchup
- ¼ cup cider vinegar
- 2 tablespoons brown sugar
- 2 tablespoons lemon juice
- 2 tablespoons chopped fresh sage
- 1 tablespoon Worcestershire sauce
- 1 tablespoon molasses
- 2 teaspoons dry mustard
- ¼ teaspoon ground red pepper

- 6 pork chops, 1 inch thick (about 3 lbs.)
- Salt and freshly ground pepper

*Barbecue Sauce:* In medium saucepan melt butter over medium heat. Add onions and garlic; cook until onions are translucent. Add remaining ingredients and combine well. Bring to a boil; reduce heat and simmer 20 minutes. Makes 2½ cups, 20 calories per tablespoon.

Prepare grill or preheat broiler and broiler rack. Pat chops dry with paper towels. Season lightly with salt and pepper. Grill or broil 4 to 5 minutes per side to sear. Baste with sauce and grill or broil 5 minutes more per side. Serve with additional sauce if desired. Makes 6 servings, 735 calories each with sauce. *To microwave sauce:* In 2-quart microwaveproof casserole melt butter on High 1 minute. Add onions and garlic. Microwave on High until onions are translucent, about 4 minutes. Add remaining ingredients. Microwave on High 5 minutes; stir. Microwave on Medium 20 minutes more.

### GRILLED SHRIMP

- 1 cup dry white wine
- 3 tablespoons chopped fresh dill
- 2 tablespoons chopped fresh chives
- 2 tablespoons olive oil
- 2 tablespoons prepared mustard
- 2 tablespoons anise liqueur
- 1 tablespoon lemon juice
- 1 garlic clove, minced
- ½ teaspoon salt
- ¼ teaspoon peppercorns, crushed
- 24 large shrimp in shells (about 1¼ lbs.)

In bowl combine all ingredients except shrimp; stir until well blended. Split shrimp down the back through shell; remove black vein, leaving shell intact. Add shrimp to marinade; toss. Cover and refrigerate 4 hours.

Prepare grill or preheat broiler and broiler rack. Grill or broil shrimp 3 to 5 minutes per side, until shells are pink and flesh is opaque. Baste frequently. Makes 4 servings, 220 calories each. *To microwave:* Prepare marinade as directed, but use only ½ cup white wine, 2 tablespoons dill and 1 tablespoon liqueur. Prepare and marinate shrimp as directed. Drain. In round microwaveproof dish arrange shrimp with thickest parts to the outside. Cover with wax paper; microwave on High 1½ minutes. Turn shrimp, moving less cooked parts to the outside. Microwave on High 1½ minutes. Turn shrimp again and microwave on High 1 minute. **End**

*Recipes developed by Beverly Stephens and Kay Rentschler.*

### HERB OILS AND VINEGARS

Making your own herb oils and vinegars is easy and elegant and a great way to perk up salad dressings and marinades. Variations are as abundant as your fresh herb supply.

**What you need:**

- Clean bottles with lids
- Good quality olive, vegetable or light nut oils (peanut, almond)
- Distilled white vinegar, cider vinegar, red or white wine vinegar, or champagne vinegar
- An assortment of fresh herbs chosen from dill, tarragon, basil, rosemary, thyme and bay

**To prepare:** Pick over herbs; discard brown leaves or decayed stems. Two or three sprigs will flavor a pint of oil or vinegar. Insert herbs into bottles. Pour in oil or vinegar and cover tightly. Store oil in a warm, dark place for a few weeks before using. Store vinegars in a sunny window for a day or two before using, or heat vinegar before pouring into bottle and infuse overnight.

# Introducing New, Improved All Natural Manwich®.

## They loved it before. Now they'll love it even more.

Now Manwich is 100% natural... and it tastes even better. It's still thick with tomatoes, chunks of crisp bell peppers and onions, and seasoned to perfection. Just add it to your own fresh ground beef and you'll have one nutritious meal they've always loved.

**Just brown some ground beef and Have a Manwich Night.®**




©1986 Beatrice Companies, Inc. Manwich is a registered trademark.




# OUR NEWEST FLAVOR IS A DILLY

## Introducing Marie's Sour Cream & Dill Dressing.



Look for Marie's in your produce section.

Discover the unforgettable taste that only dill can bring to salads. Discover Marie's New Sour Cream & Dill dressing. You'll taste the richness of the creamiest sour cream. The flavor of the freshest dill. With absolutely no preservatives. It's a dressing so fresh, it has to be kept refrigerated in the produce section. Because when Marie's makes a Sour Cream & Dill Dressing, you know it will be nothing but dillicious.

Limited Distribution in Western U.S.

Marie's
Fresh Ideas in Dressing

## JUST PEACHY!

continued from page 99

### PEACH COFFEE CAKE

pictured on page 98

*When it's your turn to provide the treats, this is the cake to bring.*

- ½ cup butter or margarine
- ½ cup plus 2 tablespoons sugar
- 2 eggs
- 1 teaspoon vanilla extract
- 1 cup plus 1 tablespoon all-purpose flour
- 1 teaspoon baking powder
- ½ teaspoon salt
- 3 medium peaches (about 1 lb.), peeled and sliced
- 1 teaspoon cinnamon
- ¼ cup apricot preserves
- 1 tablespoon orange liqueur

Preheat oven to 350°F. Grease bottom and sides of an 8-inch springform pan.

In large mixer bowl cream butter or margarine and ½ cup sugar until light and fluffy. Add eggs one at a time, beating well after each addition. Beat in vanilla. In small bowl combine 1 cup flour, baking powder and salt. Gradually add to creamed mixture and mix well. Spread batter evenly in prepared pan. Arrange peaches spoke-fashion over batter. In bowl combine 2 tablespoons sugar, 1 tablespoon flour and cinnamon. Sprinkle over peaches. Bake 50 to 55 minutes, until a toothpick inserted in center comes out clean.

In small saucepan heat apricot preserves and liqueur. Bring to a boil; strain. Brush over hot cake. Remove from pan and cool on wire rack. Makes 8 servings, 280 calories each.

### OLD-FASHIONED PEACH PIE

pictured on page 99

*Select only the ripest peaches for this pie, so reminiscent of Grandma's.*

Filling

- 5 cups (about 3 lbs.) peeled and sliced peaches
- 1 tablespoon lemon juice
- ⅔ cup sugar
- 2 drops almond extract
- ½ teaspoon vanilla extract
- ⅛ teaspoon cinnamon
- Pinch salt
- 2 tablespoons flour
- 1 tablespoon butter or margarine

Pastry for a double-crust pie

- 1 egg yolk
- 2 tablespoons milk
- 1 teaspoon sugar

Adjust oven rack to lowest position. Preheat oven to 425°F.

*Filling:* In large bowl combine all filling ingredients; stir well. Set aside.

Divide pastry into 2 pieces, one slightly larger than the other. Roll larger piece into a 12-inch circle. Line a 9-inch pie plate with pastry. Spoon in filling. Dot with butter or margarine. Roll remaining pastry into a 10-inch circle. Place over filling; fold overhang up over top crust. Flute edge. Cut slits in pastry for steam to escape. Decorate with additional pastry if desired.

In bowl combine egg yolk and milk. Brush onto pie. Sprinkle with sugar. Bake 10 minutes. Reduce temperature to 350°F. and bake 50 minutes more or until bubbly. Cool on wire rack at least 20 minutes. Serve warm or at room temperature. Makes 8 servings, 370 calories each.

### PEACH CHUTNEY

*Plan ahead: Make this now for gift-giving at holiday time (see below for canning instructions).*

- 5 cups (about 3 lbs.) peeled and diced peaches
- 1 cup firmly packed brown sugar
- ½ cup raisins
- ½ cup cider vinegar
- ½ cup chopped onion
- 2 tablespoons chopped crystallized ginger
- 1 garlic clove, minced
- 3-inch cinnamon stick
- ¼ fresh lemon, studded with 3 whole cloves
- ¼ teaspoon salt

In large stainless steel or enamel saucepan combine all ingredients. Bring to a boil; simmer uncovered over medium heat, stirring occasionally, 40 minutes, until thickened. Remove cinnamon and clove-studded lemon. Pour into four 8-ounce jars; cool. Cover and refrigerate up to 1 month. (Or follow canning instructions, below.) Serve with pork or poultry. Makes 3½ to 4 cups, 30 calories per tablespoon.

*Canning Instructions:* Ladle prepared chutney into sterilized canning jars to within ¼ inch of top. Cover tightly with new lids (never reuse) and screw bands. Place in a hot water bath. Cover and bring to a full boil; boil 10 minutes. Remove jars from water to cool. When completely cooled, test seals.

For more information, send $1.50 for the booklet *Home Canning of Fruits and Vegetables* (Home and Garden Bulletin #8) to: Superintendent of Documents, U.S. Government Printing Office, Washington, DC 20402.

### CLASSIC PEACH CLAFOUTIS

*This homey dessert has been served in the Limousin region of France for more than a century. The recipe also works well with other fresh fruits.*

- 3 medium peaches (about 1 lb.), peeled and cut into large chunks
- 6 tablespoons sugar, divided
- 2 or 3 drops almond extract
- 2 eggs, separated
- 1 teaspoon vanilla extract
- ½ cup milk
- ½ cup all-purpose flour
- Pinch salt
- Confectioners' sugar, for garnish

Preheat oven to 350°F. Butter a 1½-quart shallow baking dish. In medium bowl toss peaches with 2 tablespoons sugar and almond extract.

In mixer bowl beat egg yolks with 2 tablespoons sugar until very thick. Beat in vanilla. Add milk alternately with flour, beating until smooth after each addition. In another bowl beat egg whites with salt until soft peaks form. Add remaining sugar a tablespoon at a time; beat until stiff but not dry. Stir one third of the egg whites into batter, then fold in remaining. Pour one third of the batter into prepared dish. Spoon on peaches with juice. Pour on remaining batter. Bake 35 to 40 minutes, until firm and golden brown. Sprinkle with confectioners' sugar if desired. Serve warm. Makes 6 to 8 servings, 150 calories each per 6, 115 calories each per 8.

### FRESH PEACH ICE CREAM

*Like any homemade ice cream, this is best eaten right away.*

- 6 egg yolks
- ½ to ¾ cup sugar, depending on sweetness of fruit
- 2½ cups heavy or whipping cream
- 1 cup (about ¾ lb.) chopped peaches
- 2 cups (about 1½ lbs.) pureed peaches
- ¼ teaspoon salt
- 1 teaspoon vanilla extract
- 2 teaspoons fresh lemon juice

In large mixer bowl beat egg yolks and sugar until thick. In medium saucepan scald cream. Gradually stir 1 cup hot cream into egg yolks, then stir mixture into remaining cream in saucepan. Cook over low heat, stirring constantly, until custard thickens and coats the back of a spoon. (Do not boil.) Remove from heat; strain.

In large bowl mash chopped peaches. Add custard, pureed peaches, salt, vanilla and lemon juice. Refrigerate until cold. Freeze in ice-cream maker according to manufacturer's directions. Makes about 1½ quarts, twelve ½-cup servings, 260 calories each.

### PEACH OATMEAL CRISP

*A scoop of ice cream or dollop of sour cream complements this down-home dessert perfectly.*

- 6 cups (about 4 lbs.) peeled and sliced peaches
- 1 tablespoon lemon juice
- 3 tablespoons sugar
- 1 tablespoon cornstarch

(continued)

Unique center-press lid seals so tight, it's patented. Foods can't help but stay their freshest. Yet Rubbermaid Servin' Saver Containers close easily, open quickly with a handy tab. Full 5-year warranty. In your store now at a price you'll like.

Don't you wish everything was made like

Rubbermaid®

The last word in fresh.

Snap.

Save 25¢




on any two Servin' Saver™ Containers.

Notice to Dealer: You may redeem this coupon for face plus 8 cents for handling provided you receive it in your regular sale of two units of the products indicated on the face of the coupon and provided further that you can show upon request proof of sufficient purchases of indicated products to cover the number of coupons presented for redemption. Any other use is unauthorized. This offer is good only in the U.S.A. and is void if taxed, licensed, restricted, or prohibited by law. This coupon is non-assignable and non-transferable and may not be copied or reproduced. Cash value of this coupon is 1/20¢. Coupons must be mailed to: Rubbermaid Incorporated, P.O. Box 1738, Clinton, Iowa 52734. COUPON EXPIRES: JUNE 30, 1988. LIMIT ONE COUPON PER PURCHASE.

71691 101431

6 by Rubbermaid Incorporated, Wooster, Ohio 44691

## JUST PEACHY!
**continued**

Topping

- 1 cup oats, uncooked
- 1 cup all-purpose flour
- ½ cup firmly packed brown sugar
- ½ teaspoon cinnamon
- ½ cup butter or margarine

Preheat oven to 325°F. In large bowl toss peaches with lemon juice. In small cup combine sugar and cornstarch. Sprinkle over peaches and toss again. Transfer peaches to a 12x8-inch shallow baking dish. *Topping:* In medium bowl combine oats, flour, sugar and cinnamon. With pastry blender or 2 knives, cut in butter or margarine until mixture resembles coarse crumbs. Sprinkle evenly over peaches. Bake 40 minutes. Serve warm or at room temperature. Makes 6 to 8 servings, 405 calories each per 6, 305 calories each per 8.

*To microwave:* In 12x8-inch microwave-proof baking dish combine peaches, lemon juice, sugar and cornstarch as above. Microwave uncovered on High 8 minutes, stirring once halfway through cooking. Prepare topping as above but use only ½ cup flour. Microwave on High 12 minutes, rotating one quarter turn halfway through cooking.

## DOUBLE PEACH MOUSSE

*A very satisfying and elegant dessert to serve to company.*

- 1 envelope unflavored gelatin
- ¼ cup cold water
- 2 cups (about 1½ lbs.) pureed peaches
- ¼ cup plus 2 tablespoons sugar
- ¼ cup peach liqueur
- 3 egg whites, at room temperature
- 1 cup heavy or whipping cream
- Sliced peaches, for garnish
- ¼ cup crushed amaretto biscuits, for garnish

In medium saucepan sprinkle gelatin over water. Let stand 5 minutes. Stir over low heat until gelatin is dissolved. Add pureed peaches and ¼ cup sugar. Bring to a simmer, stirring constantly; simmer 30 seconds. Remove from heat. Stir in peach liqueur. Transfer to a large bowl and refrigerate 1 hour, stirring occasionally, until thickened.

In large mixer bowl beat egg whites at high speed until foamy. Add remaining sugar a tablespoon at a time, beating until soft peaks form. In another bowl beat cream until soft peaks form. Fold egg whites into peaches, then fold in whipped cream. Spoon into 6 individual serving dishes. Refrigerate until firm, about 2 hours. Garnish with sliced peaches and crushed amaretti biscuits. Makes 6 servings, 255 calories each. **End**

*Mary D. Higgins is a free-lance recipe developer and food stylist in Providence, Rhode Island.*

# "From Rags to Riches!"

## By Ruth Aycock

, my name is Ruth, and I'm **23 years old.** I tell you
age because it will help you to understand that
e is absolutely no way that I can have any real
ness experience or smarts and yet I have been
to **deposit into my own personal bank account**
over **One Million Dollars in the last 7 months.**
months ago my life was so miserable it was
etic, but now I'm living the lifestyle that is almost
to believe. I feel like I'm living a fairytale story
has become an absolute reality. **My dreams**
**become reality!!**
ow about you? Are you living the lifestyle you
re? Let me ask you a few questions. **Could you**
**$6,000 tomorrow? Could you use $140,000 in 30**
**from today?** Well, that's what I'm depositing in
bank account and **I can show you how your**
**tyle can entirely change in the next few months.**
**eve me,** if I can **deposit over 1 million dollars with**
**ally no business or money smarts** and being 23
's old, I'm convinced that **literally anybody from**
**walk of life could do the same.** It does not matter
u're 15 years old or 100 years old. Your national-
or your educational background makes abso-
ly no difference. It doesn't matter if you're an
npic runner or totally handicapped from the neck
n. **None of these things matter because you**
**er have to leave the house or look anybody in the**
. In fact, this can be done while relaxing in your
rite chair in the comfort of your own home.
ow, I am so happy and filled with joy for life
ause I feel like I'm literally on top of the world, but
w months ago that wasn't the case. If you have
felt depressed and angry at life because it hasn't
n fair to you, I relate with your feelings.
little while ago, my life was so miserable. I had
gotten married and my husband lost his job. We
d every penny we had just trying to survive with-
a job. To make matters worse, I got pregnant and
we had no money for a doctor or insurance. The
thing we owned were a few dishes that I had
ected before I got married. We were getting ready
ell our little car that was all smashed up in the
t, but we would have ended up paying an addi-
al $1,000 to the bank. So we stopped making
ments on the car and saved all of our pennies
dimes for food. We were living in my mother-in-
s house. It is difficult to express how broke we
ly were and what a terrible feeling I had inside. It
like we were just sitting, waiting for everything to
ppear.
ne day I was sitting in the living room with my
band griping about our miseries until finally I got
ick of it that I grabbed my coat and stormed out of
house. I started walking down the street with
s pouring down my face when suddenly I stopped,
s overcome with an incredible idea. An idea that
so simple and beautiful that I could hardly
eve it.
**whole lives changed that very moment.**

**My Valuable Phone Number**
**805-683-3547**
**for an important message**

**'e moved into a $600,000 home in a matter of a**
**months. Within a few days, I was buying luxury**
**worth $50,000 - $100,000. Furniture, clothes**
**jewelry worth thousands of dollars.** In fact, yes-
lay I deposited over $25,000 in my account. Not
for one day. I also have indeed deposited well
r One Million Dollars in the last 7 months.
ow I have not written this book in hopes of mak-
my first million because I've already done it. In
, it's all documented and can be verified by
one.

### IMPORTANT MESSAGE:
### TRY MY 12 HOUR TEST

I would like you to try my test. Order my
book, and upon arrival, quickly read the
irst few pages. After that, if I have not
shown you how to deposit in your bank
more money than you've ever imagined, by
he next morning, send my materials back
or a prompt and complete refund.

**This is what my secret will do for you!**
**My bank deposits for the past 7 months**

| | |
|---|---|
| August | $143,268.00 |
| September | 132,625.50 |
| October | 142,823.23 |
| November | 138,771.10 |
| December | 140,624.00 |
| January | 181,836.21 |
| February | 186,786.34 |
| **TOTAL** | **$1,066,734.38** |

Because of the great joy and happiness I'm now experiencing with my husband and family, I've decided to write my little secret in a book. I want so badly to share my happiness and **my little secret that no one else knows. It's that little secret that made me a million dollars literally overnight and will do the same for you.**

I have hurt so bad because of our financial problems and it's a hurt that will never be forgotten. It's that hurt feeling that motivated me to share my secret with others.

**Believe me,** I have absolutely no special talents for making money. **Anybody from any walk of life, under any condition or ailment can make a million dollars in the next 7 months.**

My secret is one of a kind. To be sure of that fact, I have ordered literally every money making plan that has ever been advertised. My secret is something that you nor anyone else has ever seen or heard of. It's incredible!!

Just imagine yourself hopping on a jet and flying to the country or city of your dreams. Upon arriving there, you rent a luxury car and drive to the most beautiful homes of the area. Once finding the most beautiful home you've ever seen, imagine yourself laying down $600,000 and buying the home free and clear. You furnish it with $100,000 worth of furniture. By this time you've forgotten about your miseries and have left all your financial worries behind!

Just imagine walking into a Ferrari dealership and buying the beautiful $65,000 red one with tan interior, or how about walking into the Mercedes dealership and buying the most beautiful one on the showroom floor. Could you see yourself in a beautiful Rolls Royce?

Just imagine being able to quit your job in the next few days and retire for life, traveling with your family and loved ones to the lands of your choice.

**This is the life that is mine after only a few months of doing my secret. This is the life that is YOURS if you will only have the courage to send $10 with absolutely NO RISK attached to it.** It is very important to me that my secret turn your life around in a matter of days. If it does not, please send it back and I will gladly refund your $10. There are many people becoming millionaires almost overnight through this method. Here are a few of them.

### SOLID PROOF

*S.W., Plainfield, IN*
*There is a man in Plainfield, Indiana, that uses this exact method. He claims to have deposited in his bank $1,209,381.31 between the months of March to August.*

*J.J., Great Falls, VA*
*A young single woman from Great Falls, Virginia has taken this method and is making in excess of 2 million dollars per year.*

**Sworn Statement**
*I testify that as Ruth Aycock's accountant she has indeed deposited in excess of one million dollars in her personal bank account in seven months.*
*L.C., CPA*

**Sworn Statement**
*Ruth Aycock has deposited in excess of one million dollars in her account in the last 7 months.*
*C.C. Bank, CA*



### SPECIAL
### One Million Dollar GUARANTEE!

**If you would like to change your life around** and **retire for life** simply order my book, which contains my secret. When it arrives, quickly read the secret. If my secret does not enable you to deposit One Million Dollars in your bank within 7 months, send back the book at **anytime** for a refund. With this guarantee **you have nothing to lose!**

### MY PROMISE TO YOU!

Once again, I know the pain and hurt of being surrounded by financial problems. My secret eliminated my problems immediately and I know it will do the same for you, if you will only make the effort to order my book with an absolute **money back guarantee.** I want you to feel comfortable and at ease in ordering my secret.

This is the first time my secret has ever been released to the public. For prompt delivery please order quickly. orders are filled as they come in!

**Order Form**

Ruth & Co.
500 South Fairview
Box 550, Dept. 281
Goleta, CA 93116
(805) 683-2882

Dear Ruth, I am very interested in solving my financial problems once and for all. I would like to deposit $1,000,000.00 in my personal bank account in seven months and retire for life. Please send me your book which contains your secret. Enclosed is **$10** on the condition that if **I don't have success with the results of your secret, I can send it back at ANYTIME** for a full refund!
California Residents add 6% sales tax (60¢)

Name _____

Address _____

City _____

State _____ Zip _____

**Important Note:** Please enclose an additional **$1** (in cash) to cover the cost of shipping and handling.

*Thank You*

© 1986




## MAIN-DISH SALADS

continued from page 93

### CALIFORNIA FRUIT PLATE

pictured on page 93

*Farmer cheese is mild, firm and slightly sour. You can also use cottage cheese.*

Dressing

- 3 tablespoons salad oil
- 3 tablespoons fresh lime juice
- 2 tablespoons honey
- ¼ cup chopped fresh mint

- 4 ounces mâche (lamb's lettuce) or leaf lettuce
- 2 heads Bibb lettuce
- 1 pound farmer cheese, cubed
- ½ cantaloupe, peeled and sliced
- 2 kiwifruit, peeled and sliced
- 1 cup blueberries
- ½ pint raspberries

*Dressing:* In jar with tight-fitting lid combine all ingredients; cover and shake vigorously. Makes ½ cup dressing, 60 calories per tablespoon.

Line a platter with mâche and Bibb lettuce leaves. In medium bowl toss cheese with 3 tablespoons dressing; place in center of platter. Arrange fruit decoratively around cheese. Pour remaining dressing over fruit. Makes 4 servings, 370 calories each with dressing.

### SHRIMP-VEGETABLE TWISTS

pictured on page 92

*Lemon juice in the dressing gives this salad a very refreshing taste.*

Dressing

- ⅓ cup olive oil
- 3 tablespoons fresh lemon juice
- ¼ teaspoon red pepper flakes
- 1¼ teaspoons salt
- 1 teaspoon freshly ground pepper
- 1 tablespoon capers, drained and chopped
- 1 tablespoon chopped parsley
- ¼ cup julienned basil

- 6 cups water
- ¼ teaspoon salt
- 1 pound medium shrimp, shelled and deveined
- 6 shrimp, shelled, deveined and tails left on, for garnish
- 8 ounces rotelle (spaghetti twists), cooked
- ½ pint cherry tomatoes, halved
- 2 medium zucchini (1 lb.), quartered, seeded and julienned
- 2 bunches arugula, large stems removed
- 1 small head leaf lettuce

*Dressing:* In jar with tight-fitting lid combine all ingredients; cover and shake vigorously.

In saucepan bring water and salt to a boil. Add all shrimp and cook 2 minutes; drain. Remove shrimp with tails and reserve. Transfer remaining shrimp to a large bowl and toss with dressing. Cool to room temperature. Add pasta, tomatoes, zucchini and arugula to shrimp, tossing to coat with dressing.

Line a platter with lettuce leaves. Spoon on pasta salad and garnish with reserved shrimp. Makes 4 to 6 servings, 350 calories each per 4, 235 calories each per 6.

### FAJITA FIESTA SALAD

pictured on page 93

*For all Tex-Mex aficionados.*

Dressing

- ½ cup olive oil
- ¼ cup fresh lemon juice
- ¼ cup coarsely chopped cilantro
- 3 green onions, coarsely chopped
- 1 teaspoon minced garlic
- ¾ teaspoon salt
- ¾ teaspoon freshly ground pepper

- 1 can (15½ oz.) pinto beans, drained and rinsed
- 1 avocado, diced
- 3 plum tomatoes, seeded and diced
- 1 pound beef skirt steak, cut in thirds
- ½ teaspoon salt
- ½ teaspoon freshly ground pepper
- ½ teaspoon olive oil
- 1 head romaine lettuce, shredded
- 2 bunches watercress, coarsely chopped
- 6 flour tortillas, warmed




*)ressing:* In jar with tight-fitting lid ombine all ingredients; cover and hake vigorously.

In medium bowl combine pinto beans nd 3 tablespoons dressing. In another nedium bowl combine avocado, toma- oes and 3 tablespoons dressing.

Sprinkle steak with salt and pepper. 3rush a 10-inch cast-iron skillet with il; heat over high heat until smoking. 3ear each piece of steak 2 minutes per ide or until medium rare. Slice thin icross the grain.

In bowl toss romaine and watercress vith remaining dressing. Line a plat- er with the greens. Place sliced steak n center with beans on one side, avo- ado and tomatoes on the other. Serve vith tortillas. Makes 6 servings, 600 cal- ries each with dressing and tortillas.

## SCALLOP GAZPACHO SALAD

*\dd crusty bread and a pitcher of san- ria for the perfect summer supper.*

Marinade

- ¼ cup fresh lime juice
- 2 tablespoons vodka
- 2 tablespoons olive oil
- 2 teaspoons grated lime peel
- ¾ teaspoon minced garlic
- 2 tablespoons minced jalapeño pepper
- 1 medium green pepper, minced
- 1 medium cucumber, peeled, seeded and minced
- 1 green onion, sliced thin
- 2 teaspoons fresh minced oregano or ½ teaspoon dried
- 1 teaspoon salt

- 1 pound sea scallops, sliced ¼-inch thick
- 2 bunches arugula, large stems removed
- 8 plum tomatoes, sliced
- 1 small red onion, sliced thin
- Fresh oregano sprigs, for garnish

*Marinade:* In large bowl combine all ingredients.

Stir scallops into marinade. Cover and refrigerate overnight.

Line a platter with arugula. Drain scallops, reserving ⅓ cup marinade. Arrange scallops and tomatoes on platter; top with onion and oregano. Drizzle on reserved marinade. Serve immediately. Makes 4 to 6 servings, 235 calories each per 4, 160 calories each per 6.

## SESAME NOODLE CHICKEN

*A good salad to take on a picnic, but carry it in an insulated container.*

Dressing

- ½ cup water
- ½ cup peanut butter
- 3 tablespoons soy sauce
- 1 tablespoon rice wine vinegar
- 2 teaspoons Oriental sesame oil
- 1 teaspoon grated fresh ginger
- 1 medium garlic clove
- ¼ teaspoon ground red pepper

- 1 pound chicken cutlets, poached and julienned
- 6 ounces fine egg noodles, cooked
- 1 red pepper, julienned
- 1 cucumber, peeled, seeded and julienned
- 4 ounces snow pea pods, cut into ½-inch pieces and blanched
- ½ cup water chestnuts, julienned
- 3 green onions, sliced

*Dressing:* In blender combine all ingredients; blend until smooth.

In large salad bowl combine chicken, noodles and vegetables. Toss with dressing just before serving. Makes 4 to 6 servings, 630 calories each per 4, 435 calories each per 6, with dressing.

## NORMANDY SALAD

*Pair this with a good Riesling wine for a very mellow summer evening.*

- ¾ pound chicken livers, trimmed
- 2 cups milk
- 1 teaspoon salt

Dressing

- 3 tablespoons olive oil
- 1 tablespoon lemon juice
- 1 tablespoon sherry wine vinegar
- ¼ teaspoon freshly ground pepper
- ½ teaspoon salt

*(continued)*

# Low isn't... lowest.




4mg 5mg 7mg 5mg 3mg

# Now Menthol is lowest.

By U.S. Gov't. testing method.

SURGEON GENERAL'S WARNING: Smoking By Pregnant Women May Result in Fetal Injury, Premature Birth, And Low Birth Weight.

NOW. THE LOWEST OF ALL BRANDS.

Competitive tar levels reflect either the Jan. '85 FTC Report or FTC method.

SOFT PACK 100s FILTER, MENTHOL: 3 mg. "tar", 0.3 mg. nicotine av. per cigarette by FTC method.

©1986 R.J. REYNOLDS TOBACCO CO.




## MAIN-DISH SALADS
**continued**

2 McIntosh apples
1 tablespoon lemon juice
3 bunches watercress, large stems removed
6 slices bacon
2 tablespoons flour
2 heads Belgian endive
5 green onions, white part only, cut into 2-inch julienne strips

In medium bowl combine livers, milk and salt. Cover and refrigerate at least 3 hours or overnight. Rinse livers under cold water; drain and pat dry.

*Dressing:* In jar with tight-fitting lid combine all ingredients; cover and shake vigorously.

Slice apples; sprinkle with lemon juice. In large bowl combine apples and watercress; set aside. In medium skillet cook bacon until crisp; drain and crumble. Pour off all but 2 tablespoons drippings from skillet. Sprinkle livers with flour; add to skillet and saute 2 minutes per side. Transfer to a plate and let stand 2 minutes. Cut diagonally into thin slices.

Line a platter with endive. Toss watercress and apples with dressing; spoon onto endive. Add livers, bacon and green onions. Makes 4 to 6 servings, 470 calories each per 4, 315 calories each per 6 , with dressing.

## TORTELLINI ANTIPASTO SALAD

*The key to this salad is adding minced salami to the dressing.*

Dressing

6 tablespoons olive oil
¼ cup red wine vinegar
2 ounces minced Italian salami
1 tablespoon finely chopped basil
1 tablespoon finely chopped parsley
1 tablespoon grated Parmesan cheese
1 teaspoon minced garlic
½ teaspoon salt
Pinch red pepper flakes

4 cups spinach leaves
1 package (8 or 9 oz.) cheese-filled spinach tortellini, cooked
4 ounces provolone cheese, cubed
2 jars (6 oz. each) marinated artichoke hearts, drained and sliced
3 plum tomatoes, cubed
½ cup chopped imported ripe olives
6 anchovy fillets, coarsely chopped

*Dressing:* In jar with tight-fitting lid combine all ingredients; cover and shake vigorously.

Line a large salad bowl with spinach leaves. In large bowl toss remaining ingredients with dressing. Spoon into salad bowl. Makes 4 to 6 servings, 635 calories each per 4, 425 calories each per 6, with dressing. **End**

*Recipes developed by Diane D. Holtaway and Carol Prager.*

## Journal Shopping Center

**ICE - CREAM TREATS**
**Page 42:** Ice cream by Sedutto Ice Cream Corporation.
**29 SECRETS WE KNOW ABOUT YOU**
**Page 89:** Merona, Benetton.
**Page 90:** Upper left: Adolfo, Monet, Christian Dior, Fogal, Evan Picone. Upper right: Benetton, Conran's Center: Merona, American Eagle, Benetton, Joan & David, Monet, J.H. Collectibles, John Meyer Petites, Fogal, Evan Picone. Bottom: Merona, Benetton.
**Page 91:** Top: Jones New York, Merona. Left: Danskin, Capezio, E.G. Smith, Benetton, Pineapple. Right: Benetton, Conrans.
**NAPA VALLEY VINTAGE LIFESTYLE**
**Pages 102–103:** Photographs of Falcon Crest by Keith Rosenthal, Keith Rosenthal Theatre, 6525 Washington Street, Vintage 1870, Yountville, CA 94599, 707-944-2525. Mr. Jordan's library designed by Tammy Cox, Newport Beach, CA.
**Pages 104–105:** Room designed by Michael Taylor, 9 25th Avenue North, San Francisco, CA 94121.
**Pages 106–107:** Insets, left & right: rooms designed by Thomas Bartlett, Thomas Bartlett Interiors, P.O. Box 2499, Yountville, CA 94599, 707-944-2722.
**HIS, HERS, THEIRS**
**Page 108:** Jean-Louis: Basco jacket and sweater, Banana Republic pants, Echo scarf, Cole-Haan shoes. Lynn: Marithé and Francois Girbaud pants, HAC cap, Basco shirt, watch at Time Will Tell. Lesley: Putumayo scarf, Stork Craft shirt, Benetton jeans. Lindsay: Health-tex shirt and sweater, Banana Republic hat, Putumayo scarf.
**Page 109:** Bob: Champion sweatshirt and pants, E.G. Smith socks, Patrick sneakers. Madolin: watch at Time Will Tell, Marithé and Francois Girbaud jacket, Putumayo scarf, Matinique shirt and sweater, American Eagle shoes, E.G. Smith socks, bolo tie at Billy Martin's. Kier: Matinique hat, Echo scarf, Grafix shirt and sweater, Levi's jeans. Palin: Grafix shirt, Pepe jacket, Nike sneakers, Health-tex pants, Matinique cap. Devon: L.L. Bean vest and shirt, E.G. Smith socks, Nike sneakers.
**Page 110:** Dylan: Pepe shirt and pants, Banana Republic T-shirt, E.G. Smith socks, Cole-Haan shoes. Daniela: Pepe jacket, leggings and shirt, Champion T-shirt, Locomotive belt, Banana Republic hat, Fownes gloves, Perry Ellis boots. Andrew: Basco shirt and sweater, British Khaki pants, Matinique jacket, Champion T-shirt. Adam: Claiborne shirt and T-shirt, Levi's jeans, Seacrest scarf, E.G. Smith socks, Banana Republic jacket.
**Page 111:** Jennifer: Fruit of the Loom T-shirt, Farlow Jeans, Riviera headband, Reebok sneakers. Lois: sweater at Barneys New York, Agnès b. pants and shirt, Anne Klein shoes, Camp Hosiery socks. Jeffrey: shirt and cardigan at Barneys New York, Paul Smith pants, Hot Sox socks, Charles Jourdan shoes, glasses at Robert Marc Opticians, NYC. Alexandra: Agnès b. shirt, overalls at Greenstones & Cie.
**COOKING WITH HERBS**
**Pages 112–113:** Porcelain bowls, platters and cruet set and wire basket from Pierre Deux, 870 Madison Ave., NYC 10021. Bowl for potatoes from Howard Kaplan Antiques, 827 Broadway, NYC 10003. Tiles, "RP Bouquet" pattern, from Country Floors Inc., 300 E. 61st St., NYC 10021.

# Pass the Old El Paso® Southwest Taco Salad




## Taco Salad

*1 pound ground beef*
*1 package (1-1/4 oz.) OLD EL PASO® Taco Seasoning Mix*
*1 can (16 oz.) OLD EL PASO® Refried Beans*
*1 jar (16 oz.) OLD EL PASO® Taco Sauce, divided usage*
*2 small heads (approx. 8 cups) lettuce torn in bite-size pieces*
*1/2 cup sliced black olives*
*1/2 cup chopped onion*
*1 large tomato, diced*
*1 ripe avocado, diced*
*1 cup (4 oz.) shredded Cheddar cheese*
*1 cup broken OLD EL PASO® Taco or Tostada Shells or NACHIPS®*

Prepare ground beef according to directions on seasoning mix package. Add refried beans and 3/4 cup taco sauce. In large serving bowl, arrange half the lettuce. Add beef and bean mixture. Top with remaining lettuce, olives, onion, tomato, avocado, cheese and broken shells or chips. Serve with remaining taco sauce. Makes 6 servings.

OLD EL PASO

©1986 PET INC.

## THE STOLEN CAR (continued from page 66)

an tearfully up the steps of my house.
"My little dog's had an accident," she asped.
I looked past her. "Where is he?"
"In the car. I didn't dare move him."
I crossed the pavement and opened ie door. Her Cairn terrier, Joshua, lay ery still on a blanket on the backseat.
"What happened?" I asked.
She put her hand over her eyes. "Oh, was terrible. You know he often plays the farmer's field opposite our house. Well, about half an hour ago he started chase a rabbit and ran under the heels of a tractor."
I looked from her face to the moonless animal and back again. "Did ie wheels go over him?"
She nodded as the tears streamed own her cheeks. "I saw it happen. I ouldn't believe he'd be alive when I m to pick him up." She took a long reath. "I don't suppose he can live fter that, can he?"

I didn't want to upset her, but it seemed impossible that the small dog could survive such an accident. assive internal damage would be inritable, apart altogether from broken ones. It was sad to see the little sandy rm lying still and unheeding when I ad watched him so often running and aping in the fields.
"Let's have a look at him," I said.
I climbed into the car and sat down the seat beside him. With the most care I felt my way over the mbs, expecting every moment to feel a acture. I put my hand underneath im very slowly, supporting his weight very inch of the way.
"I think he has a fractured pelvis," I aid, "but that's not so bad. There are o limb bones broken. Miraculously he oesn't seem to have any internal hemrrhage." The best sign of all was the nkness of the mucous membranes of ve and mouth, and I turned to Mrs. idge rather more hopefully.
"I don't want to raise your hopes unly," I told her, "but at this moment I n't find any sign of severe injury."
"It doesn't seem possible."
I shrugged. "I agree, it doesn't, but if e has got away with it, I can only ink it was because he was on soft round, which yielded as the wheel queezed him down.
"There's not much I can do," I said to Irs. Ridge. "This type of injury usually heals itself. He'll probably have difficulty in standing on his hind legs for a while, and for several weeks he'll be weak in the rear end, but with rest and time he ought to recover."
"Oh, marvelous!" She watched me place the little animal back on the car seat. "I suppose it's just a matter of waiting, then?"
"That's what I hope."

My fears that Joshua might have some internal damage were finally allayed when I saw him two days later. His membranes were a deep pink, and all natural functions were operating.
Mrs. Ridge, however, was still worried. "He's such a sorrowful little thing," she said. "Just look at him—he's lifeless."
"Well, you know he must be bruised and sore after that squashing he had. And he was very shocked, too."
As I spoke, the little dog stood up, wobbled a few feet across the carpet and flopped down again. He showed no interest in me or his surroundings.
Before I left I gave his mistress some aspirin tablets for him. "These will ease his discomfort," I said. "Let me know if he doesn't improve."
She did let me know—within forty-eight hours. "I wish you'd come and see Joshua again," she said on the phone. "I'm not at all happy about him."
The little animal was as before. I looked at him as he lay dejectedly on the rug, head on his paws, looking into the fireplace.
"Come on, Joshua, old lad," I said. "You must be feeling better now." I bent and rubbed my fingers along the wiry coat, but neither word nor gesture made an impression. I might as well not have been there.
Mrs. Ridge turned to me worriedly. "That's what he's like all the time now. And you know how he is normally."
"Yes, he's always been a ball of fire." Again I recalled him jumping round my legs, gazing up at me eagerly.
"And another thing," she went on. "He never even utters a sound. You know, that worries me more than anything, because he's always been such a good little watchdog. We used to hear him barking when the early post came, he barked at the milk boy, the dustman, everybody. He was never a yappy dog, but he let us know when anybody was around."
"Yes . . ." I remembered that, too.
"And now there's this dreadful silence. People come and go, but he never even looks up." She shook her head slowly. "Oh, if only he'd bark! Just once! I think it would mean he was getting better."
"It probably would," I said.
"Is there something else wrong with him, do you think?" she asked.
I thought a moment or two. "No, I'm convinced there isn't. Not physically, anyway. He's had a tremendous fright, and he has withdrawn into himself. He'll come out of it in time."
As I left I had the feeling I was trying to convince myself as much as Mrs. Ridge. And over the next few days, as she kept phoning me with bad reports about the little dog, my confidence began to ebb.
It was a week after the accident that she begged me to come to the house again. Joshua was unchanged. Apathetic, tail tucked down, sad-eyed—and still soundless.
His mistress was obviously under strain.
"Mr. Herriot," she said, "what are we going to do?"
I produced stethoscope and thermometer and examined the little animal again. Then I palpated him thoroughly from head to tail. When I had finished, I looked up at Mrs. Ridge.
"I can't find anything new. You'll just have to be patient."
"But that's what you said before, and I can't go on much longer like this."
"Still no barking?"
She shook her head. "No, and that's what I'm waiting for. He eats a little, walks around, but we never hear a sound from him. I know I'd stop worrying if I heard him bark, just once, but otherwise I have a horrible feeling he's going to die. . . ."

I had hoped that my next visit would be more cheerful, but though I was greatly relieved at Mrs. Ridge's high spirits, I was surprised, too.
I sat down in one of the comfortable chairs in the living room.
"I hope you'll soon recover your car," I said.
She waved a hand negligently. "Oh, it'll turn up somewhere, I'm sure."
"But still—you must be very upset."
"Upset? Not a bit! I'm so happy!"
"Happy? About losing the car?"
"No, not about that. About Joshua."
"Joshua?"
"Yes." She sat down in the chair opposite and leaned forward. "Do you know what he did when those people were driving the car away?"
"No, tell me."
"He *barked*, Mr. Herriot! Isn't that wonderful? Joshua *barked*!" **End**

## LUCKY DAY (continued from page 46)

change, she tried not to think about Jack and how he'd admitted just that morning that he'd been part of a cutback at Merrill Lynch but was starting a new job today. *Another* new job.

She was about to descend the subway stairs, when she heard her name called. "Hey, Nora, don't you say hello?" Behind the newsstand, Bill Regan, his leathery face creased in a smile that revealed too-bright false teeth, handed her a copy of the *Times*. "You're daydreaming," he said accusingly.

"I guess I am." She and Bill had struck up an acquaintance during their daily morning encounters. A retired deliveryman, Bill filled his days by helping the blind newsdealer during the morning rush, then working as a messenger in the afternoons. "Keeps me busy," he'd explained to Nora. "Ever since May died, it's just too lonesome at home. This gives me something to do and a chance to gab. May always said I was a great gabber."

The one mistake Nora made was that four months ago, on the anniversary of May's death, she impulsively invited Bill up for a drink. Now he had formed the habit, much to Jack's annoyance, of dropping in every week or two.

"I got a feeling, Nora," Bill was saying. "A feeling it's my lucky day. There's a big one being pulled out this afternoon."

The lottery was up to $13 million. There hadn't been a winning ticket in six weeks. "I forgot to buy a ticket," Nora told him. "But I don't feel lucky today anyhow. I'd better run. I've got an audition."

"I keep telling you. You're the picture of Rita Hayworth when she was in *Gilda*. You're gonna be a star." For a moment their eyes locked, and Nora felt oddly chilled.

At the theater, there were ninety hopefuls ahead of her. When she finally got the chance to read, it was impossible to tell how she had done. The uneasy feeling that had been with her all day had grown into a black cloud of apprehension.

It was four-thirty and pouring rain when she left the theater, and the apartment, with its wonderful views, was a welcome haven. As she stared out the window, she thought that if only she could get a running part in a soap, she'd be able to carry the finances for a while and give Jack his chance to write.

She shouldn't have hammered at him this morning. He'd been so embarrassed when he admitted losing the Merrill Lynch job. Had she unconsciously become so critical that he couldn't talk to her anymore?

It was only later, when she went into the bedroom, that she noticed the light blinking on the answering machine. There was just one message. It was from Bill Regan. His voice was an excited, raspy wheeze. "I gotta celebrate with you. I'll be over by seven. Nora, I told you. I knew it. *It's my lucky day.*"

Oh, God. Just what Jack needed—to have Bill Regan around tonight. Lucky day. It had to be the lottery. He probably won a few hundred bucks again. Now he would stay all evening or insist on taking them out to dinner.

At six Nora nibbled on a slice of cheese; at six-thirty she poured a glass of wine. Where was Jack? He usually called if he was to be home after six.

At seven-thirty, no one had come. Bill was always on time, if not early. Surely he would have called if he'd changed his mind about coming. And why was Jack still not home?

By eight o'clock Nora wasn't sure what to do. She couldn't remember the name of Jack's new firm, and the messenger service in the Fisk Building, on West Fifty-seventh Street, where Bill worked, was closed. Bill always walked through Central Park when he came to their place. He said it gave him exercise, rain or shine. But on a night like this there wouldn't even be any joggers. Had anything happened to him?

When Jack came in at eight-thirty, his thin, intense face was dead white, his eyes wide-pupiled. Nora rushed to him, and he put his arms around her.

"Jack, what happened? I've been so worried. You and Bill, both so late . . ."

He pulled back. "Don't tell me you've been waiting for Bill Regan?"

"Yes. He was supposed to be here by seven. Jack, what's the matter with you? I'm sorry about this morning. I didn't mean to upset you. I don't care whether you changed jobs. I'm only worried for your sake. . . . Maybe I can give up acting for a while and get a job that pays regularly. I'll give you your chance. Jack, I love you so much."

She heard a strangled sound and felt his shoulders begin to heave. Jack was crying. Nora pulled his head down, cradled it against her face. "I'm sorry. I didn't know it's been so bad for you."

She made him slip off his cheap imitation Burberry. "Jack, you're soaked!"

"I guess I am. Oh, God, honey. I want to talk to you, but I'll wait. You say that Bill is coming." He started to laugh, then tears came to his eyes again.

Like an obedient child, he followed her order to get into a hot shower. Something had happened, but they certainly couldn't talk until Bill Regan had come and gone.

What about Bill? He lived in Queens. Maybe his number was listed. But when she got through, there was no answer.

From inside the bedroom she heard a sharp metallic click. What on earth was Jack doing? The thought slipped from her mind as she redialed Bill's number. He simply wasn't home.

Jack came out dressed in dry clothes. He seemed calmer now, even though the intensity in him made the air crackle as with static electricity. He followed Nora into the kitchen and began to make a salad while she put the water on for pasta. An instant later she heard a sharp intake of breath, and she spun around from the stove. Jack had cut his finger badly. Blood gushed from it. Both his hands were trembling.

"Jack, something's wrong. Tell me, please. If you've lost your damn new job, forget it. We'll manage."

He began to laugh, an unmirthful bellow that came from somewhere deep in his chest. "Oh, honey, I'm sorry," he finally managed to say. "God, what a crazy evening. Come on. Get a couple of Band-Aids for me, and let's eat. We'll talk later. We're both too jumpy now."

They ate in silence, the empty place on Nora's right a silent reminder of the fact that Bill was long overdue. Finally she pushed back her chair. "I absolutely have to call the police and see if there's been an accident."

The desk sergeant whom she reached was heartily reassuring. "No, ma'am, no report of any problems in the park. Even the muggers are trying to stay dry tonight." He laughed at his own witticism. "Sure, be glad to take his name and description."

"Do you think I should call around to the emergency rooms?"

"It couldn't hurt."

Quickly, Nora told Jack what the policeman said and started dialing the major Manhattan hospitals. A man seeming to fit Bill's description had been brought into Roosevelt Hospital without identification. He'd been hit by a car around six-thirty on Fifty-seventh Street and was in a coma. Could Nora come and see if he was the man she was looking for?

When they arrived at the hospital the accident victim was in a curtained-off area of the emergency room, tubes in his nostrils, an IV dripping fluid into his arm. His breathing was erratic. Nora reached for Jack's hand as she stared

own. The man's eyes were closed, a andage half covered his face. But the ray strands were too sparse. Bill had a hick head of hair. She should have remembered to tell them that. "It isn't egan," Jack told the doctor.

The phone was ringing when they got home. Nora raced to answer it. It was the police sergeant who ad sounded so jocular on the phone hen she talked to him earlier. "Mrs. arton, I'm afraid your hunch was right. Ve've found a body in Central Park near eventy-fourth Street. The wallet identies him as William Regan. We'd like you o make a positive identification."

"His hair. Is it thick . . . really full for n old man? You see, the other one was mistake. Maybe this is, too."

But she knew it wasn't a mistake. he had known this morning that omething was going to happen to Bill. he felt Jack take the phone from her. umbly, she listened as he said yes, e'd come right down to the morgue. I'd just as soon not subject my wife . . . ll right. I understand." He put the hone down, and then his arms were round her. "Honey, I'm sure it's Bill. hey'd like both of us to come down. I ish I could spare you, but they want to alk to you. Bill's skull was fractured. here's no money in his wallet—just ome subway tokens in his pocket. hey think it was a mugger."

His arms were steel bands, crushing er. She tried to push him away. "You're urting me . . ."

He didn't seem to hear her. "Nora, et's just get through this. Try to think hat Bill had a long life. Tomorrow . . . h, honey, tomorrow, just wait and see. he whole world, everything will seem ifferent . . . will *be* different."

"Jack, let go of me." Her own voice as a shout. He dropped his arms and tared at her.

"Nora, I'm sorry. Was I hurting you? I idn't realize . . . Oh, God, let's get this ver with."

Even Nora's warmly lined raincoat ouldn't keep her from shivering as hey went out to hail another cab. ack's raincoat had been too soaked to ear, and his overcoat was drenched by he time they found a cab.

The man who approached them as hey entered the city morgue looked to e in his late thirties and introduced imself as Detective Peter Carlson. "If ou think you're up to it, I'd like you to nake that identification immediately. hen we can talk."

Carlson brought them down a corridor o a curtained window. When the curtain was drawn back, Nora saw the lifeless face of Bill Regan. A sheet had been drawn to his neck, his mouth was taped, and an ugly bruise covered his forehead.

**Just then, Nora felt a cold ache in the pit of her stomach**

"There's no doubt," Jack said. He tried to turn her away from the window, but she seemed frozen in place, staring at Bill's mouth. It was as though the tape had been removed, the too-bright smile had replaced it, and in her mind she heard again the rasping, hopeful voice. "I got a feeling, Nora, a feeling it's my lucky day."

Upstairs in the office, she told Detective Carlson about that conversation, about the fact that Bill really was lucky in the lottery. Several times he'd won a few hundred dollars and was always sure he'd win the big one. "When he said lucky day, he meant the lottery. I'm sure of it. I think it's even possible he was one of the big winners."

"There was only one big winner," Detective Carlson told her. "As far as I know, no one has come forward. You're sure Bill Regan had a ticket?"

"He told me he did."

"Well, he wasn't carrying one when we found him. But whoever robbed his wallet might have taken the ticket with the money and not even known what they had. But even suppose he was a big winner. Would he be likely to go around talking about it? Carrying a lottery ticket is like carrying cash."

"Bill was a born gabber," she said.

"We'll check around, but there has been a series of muggings in that area over the last three weeks. We'll get whoever is doing it, I can promise you that . . . and if he killed Mr. Regan, he'll pay for it. Well, you've been a big help. I wish everybody was as concerned about these poor old people."

"What happens next?" Jack asked.

"A lot depends on the autopsy; we'll have the results in a day or so. But I'll bet it was that mugger."

This time it was Jack who insisted that she take a hot shower, Jack who was then waiting with hot lemonade and a sleeping pill.

Nora stared at the red and yellow capsule. "Where did you get this?"

"Oh, at the checkup last month I mentioned that I was having trouble sleeping. Don't worry. The doctor said it's just a touch of depression. No big deal. Come on, get into bed."

A touch of depression. And he hadn't told her. Nora thought of all the nights she had babbled to him about the good parts she had landed: "It's only a couple of days' work, but Mike Nichols is directing it." The reviews of her first decent off-Broadway role last spring. Jack had shared her delight and then gone back to a succession of jobs he hated, selling investment bonds. The novel he had finally finished had almost made it to acceptance at several houses, only to be rejected in the end. The discouragement in his eyes when he said, "After all day trying to sell when I'm not a salesman, I don't know, Nora, it's as though the juices are gone. I go to the typewriter, and everything I try to get on paper doesn't come out the way I want it. Yet I know it's there. I just can't find my voice knowing on Monday I'll be back in that zoo." And she hadn't really listened.

"Come on, drink that lemonade, and we'll both take a sleeping pill."

She obeyed, not trusting herself to speak, wondering if her love for him showed in her eyes. No wonder Bill had been so in need of companionship. If anything happened to Jack, she wouldn't want to wake up.

Nora slept heavily. When she finally pulled herself up on one arm, it was a quarter to nine.

Jack was already dressed for work. When he kissed her, his lips were dry and feverish, and the dark circles under his eyes suggested that the sleeping pill had had little effect on him.

"Jack, don't go to work. Sit down and let's talk. Really talk."

"Look, I have to go in, but I'll be home early, not later than four, and tonight we'll . . . tonight will be special."

After Jack left, Nora dressed quickly.

You're crazy, she told herself as she hurried out the door and down the sunny street. At the newsstand she averted her eyes. The blind man who owned the stand must have been surprised when Bill didn't show up to help in the morning. But she couldn't bring herself to tell him about Bill now.

She took the Lexington Avenue express to Fifty-ninth Street, *(continued)*

switched to the RR train, and made her way to the Fisk Building. A single room served as an office for the Manhattan Express Messenger Service. Several shabbily dressed men waited quietly as the man at the desk barked, "Jimmy, get down to Fortieth Street. Pickup to go to Broadway and Ninetieth. And don't foul this one up."

A skinny old man in the middle of the bench jumped up, nervously eager to please. Just then, the man behind the desk noticed Nora for the first time. Eyes the color of grimy pennies ran up and down her body. "What can I do for you, lovely lady?"

He already knew about Bill. "Some cop was around asking questions this morning. Old Gabby, he'd never shut up. I used to have to yell at him to quit wasting time. Say, I bet you're the actress. He said you looked like Rita Hayworth. Hold on, I gotta take care of some of these calls."

In between rings she managed to get in a few questions. "Sure, Bill was all excited yesterday," he answered. "Babbled about it being his lucky day."

"Do you think he might have told anyone else?"

"Your guess is as good as mine."

She got a list of the places Bill had gone the day before and started at the first: 101 Park Avenue, pick up envelope from eighteenth-floor receptionist and deliver to 240 Central Park South.

The receptionist remembered Bill. "Oh, sure, he's a nice old guy. We get him a lot. Showed me a picture of his wife once. Is anything wrong?"

Nora had expected the question and knew how she would answer it. "He was in an accident last night. I wanted to write his niece. He had left a message on my answering machine saying it was his lucky day. I'd like to tell her about that, what he meant. Did he talk about that to you?"

The receptionist realized it was a fatal accident, and concern passed over her face. "Oh, I'm sorry. No, well, yes, actually, I was so busy, I just gave him the envelope and said 'Have a good day, Bill,' and he said something like 'I've got a feeling it's my lucky day.'"

Her next stop was the apartment building on Central Park South. The concierge remembered Bill but didn't remember his saying anything. "I guess I didn't give him a chance. The mail desk is busy at that time."

It seemed everyone had been too busy for Bill yesterday. A whippet-thin secretary in a Broadway office told Nora she never encouraged the messengers to hang around. "They're just like the delivery boys. Turn your back, and they steal your pocketbook."

Nora crisscrossed all over town and by two o'clock had nearly finished with the list. The second-to-last stop was a piano showroom.

It was empty except for the pianos themselves and a solitary salesman.

"A messenger? Kind of funny-looking teeth? Oh, sure, nice old guy. Had he talked? Had he ever! Been all excited. Told me it was his lucky day."

"You mean he said he *felt* lucky?" Nora asked quickly.

"No, not that. I remember he positively said it *was* his lucky day. But all he gave me was a big wink when I asked him what he meant."

The messenger slip showed he'd been at the piano showroom at four-ten, and the stop before the piano showroom had been the one where the bookkeeper who accepted the delivery remembered Bill saying something about feeling lucky.

He had been *feeling* lucky at three-forty-five. But by four-ten he had *been* lucky. I'm right, Nora thought, I knew it. The lottery had been drawn sometime between three-thirty and four. Had Bill owned one of the winning tickets? She stopped for a quick coffee at a drugstore on Madison Avenue. The radio was on. Yesterday there had been twelve hundred winners of $1,000, three winners of $5,000, and one big winner of $13 million, still unclaimed. The announcer suggested that everyone who'd bought a ticket in Manhattan check their numbers.

There was one stop left on her list.

The ground floor of the World Trade Center was crowded with people hurrying across the concourse. As Nora rode up in the elevator, she wondered why the name of the office seemed so familiar. Probably because she'd been looking at it all day on her list.

Lyons and Backer was an investment firm. Not too big, she could see. The receptionist was blond with slim legs and large breasts. She looked puzzled for a moment and then broke into a wide smile. "Oh, sure," she said. "Where's my head? Of course I remember that old guy. I was just handing him the pickup, when he looked around and spotted one of our salesmen, Jack Barton . . . the cute new guy."

Nora felt a cold ache in the pit of her stomach. That was why the place had sounded familiar to her. It was the company Jack had so reluctantly told her about yesterday morning. His new job.

"Jack was just going out that employee door, and the old guy got real excited, saying, 'Is that Jack Barton? I've got to tell him about my lucky day,' and then ran off after him."

When Nora reached home, the first thing she did was go into the bathroom, where their coats were hanging on the shower-curtain pole. The one she had worn last night was completely dry. And they'd stood in the rain for ten minutes. The overcoat Jack had worn to the hospital and morgue last night was still slightly damp. But his trench coat, the one he'd been wearing when he came in last night, was still soaked. He hadn't walked just from the subway. She remembered again the glittery excitement, the tension that crackled like currents of energy around his body, the way he held her and cried.

"Please, God, no," she whispered. "No." And then she remembered that funny metallic sound from the bedroom last night.

Like a prisoner going to an inexorable fate, she walked into the bedroom and reached into the closet for the metal safety box that held all their important papers, their marriage license, insurance policies, birth certificates. She took the box to the bed and opened it. Slowly she lifted the papers out one by one until she reached the last one, a pink and white lottery ticket. No, Jack, please, no. Not for a thousand dollars. You couldn't.

But when she compared the numbers with the winning numbers listed in the newspaper, she understood. She was holding the $13 million ticket.

Bill Regan had known he was lucky. She had known that something terrible was hanging over her. She looked around the room blindly, trying to find an answer. The manuscript was by Jack's typewriter, the manuscript that couldn't find a publisher. She recalled Jack's sleeping pills for "a touch of depression" and her own unmerciful probing yesterday morning.

Bill must have told him about this ticket, and something in Jack had snapped. He must have listened to Bill's excited babbling, shadowed him back uptown, watched for Bill to leave the Fisk Building, and stalked him into the park. . . .

What was she going to do? The police? No. Jack was her life. She would kill herself before she abandoned him.

Nora was sitting on the couch in the living room when Jack's key turned. She got up as the door swung open. He was carrying an

armful of long-stemmed roses. "Nora." The tension was gone. He had grieved with her for Bill Regan last night, but this was *his* night. "Nora, sit down. I have something to tell you. Oh, my God, honey, wait till you see what's happened to us. I can write, you can have a maid, we'll buy this place, we'll buy a house on the Cape. For the rest of our lives, we're set. We're set. I wanted to tell you yesterday when I came home. But I didn't want Bill Regan coming in on top of us. So I waited. And then with what happened it was impossible to tell you."

"You saw Bill yesterday."

Jack looked puzzled. "No, I didn't."

"He ran after you last night when you left your office."

"Then he didn't catch me. Nora, don't you see? I heard the winning numbers in yesterday's lottery. And they sounded familiar. It was crazy. But then I couldn't find the damn ticket."

*Jack, don't lie, don't lie.*

"I was going nuts. And then I remembered. When I was cleaning out my desk at Merrill Lynch last week, it was right on top. Unless it got thrown out, it had to be in one of the files I was putting in order. I ran over there and went through every damn one of them. Nora, I was going crazy. And then I found it. I couldn't believe it. I guess I went into shock. I walked all the way home. And when you offered to give up your career for me, you must have thought I was nuts when I started crying. I was bursting to tell you, but when I thought poor old Bill was going to be barging in on us, I had to wait. It had to be just our night."

He did not seem to notice her lack of reaction. Thrusting the flowers at her, he said, "Just wait till I show you," and rushed into the bedroom.

The phone rang. Automatically, she picked it up, then wished she hadn't. But it was too late. "Hello."

"Mrs. Barton, this is Detective Carlson." His voice was friendly. "I have to tell you you were right."

"I was right?"

"Yeah. We went over his clothes again. The poor old geezer had a lottery ticket stuck in the lining of his cap. He won a thousand bucks. But you'll be glad to know he wasn't mugged. Guess the excitement was too much for him. The coroner says he died of a massive heart attack. Must have smashed his head on a rock when he fell."

"No . . . no." Nora's shriek matched Jack's wail as he rushed from the bedroom, the strongbox in his hand, the ashes of the lottery ticket wafting up and drifting across his fingers. **End**

## ROCK HUDSON (continued from page 70)

return to Illinois, Kay obtained a divorce from Scherer and married a tall, handsome ex-Marine, Wallace Fitzgerald. The marriage went bad almost from the start. Fitzgerald was a tough, macho drinker with a short temper. He issued strict directives regarding Roy, who he thought was too soft. The boy was to stop kissing his mother good night, speak only when spoken to and stay out of the way as much as possible. Fitzgerald knew how to handle insubordination—with the back of his hand.

When things got too explosive at home, Kay took Roy and ran to her mother, only to return inevitably to her husband. It was demoralizing for young Roy and must have felt like a repeated betrayal by the one who was supposed to protect him.

Roy began to look outside his home for family. Two boys, Jim Matteoni and Pat McGuire, became his closest friends. With them, he found the acceptance, the safe haven, he no longer had at home. For the rest of his life, he looked to his friends for family life. The trio of teenagers loved to go to the movies. Undoubtedly, Roy was harboring dreams of becoming an actor, but he never told his friends. It wasn't something you said out loud, he later said, not in Winnetka, not if you didn't want to be laughed at.



Kobal Collection

**Once in Hollywood, the masculine and rugged-looking Rock appeared in countless grade-B feature films. This is from his fifty-ninth film—*Hornet's Nest*.**

In the high school social scene, Roy was a success, dated several girls, and even went steady. If Roy was conscious of any sexual feelings toward men, he kept them pushed down far below the surface. It was the beginning of a lifetime habit. Many years later, Roy told Marc Christian, a lover, that he had known about his nature when he was eight. It was the year his mother met and married Wallace Fitzgerald.

### Hollywood haven

All his life, Roy had been told he was handsome enough to be in the movies. So after high school, a stint in the Navy and a job at the post office, he packed his bags and moved to Hollywood, land of his dreams. He took a job as a truck driver in L.A. and set out to be discovered. A fellow truck driver gave Roy a tip, and he ended up at the office of talent scout Henry Willson. Willson was homosexual and paraded the fact.

When Roy walked into the room, Willson cocked his head to one side and glanced up at the tall, handsome young man in front of him.

Henry Willson was in the business of manufacturing stars. He looked for potential—good looks, charisma—but even more than that, he looked for malleability. Like Roy's mother and stepfather, he was a controller.

Willson's first step in the process of transforming his clients into stars was to change their names. "I tried to think of something strong and big," said Willson. "Rock of Gibraltar. Hudson came from the Hudson River, for no reason. I knew that was it. Rock Hudson."

Roy felt the name was ridiculous—how could anyone take a Rock Hudson seriously? But when Willson presented him with his new name, he accepted it passively, like a good little boy.

When Roy walked into Willson's office that day in September 1947, the two began a complicated relationship that lasted nearly twenty years. Eventually, Willson was to let his relationship with many of his other clients slide while he attended to Rock. It made sense. None of the others had risen to the same heights as the awkward young man from Winnetka. But it seems likely Willson was involved emotionally, too. When Rock ended the relationship finally and irrevocably in the mid sixties, Willson was by all reports genuinely crushed. But the prospect of a bitter ending was the last thing on Willson's mind as he first displayed his product to various studio bigwigs around town. Finally, they found a taker—Universal.

In 1953, four years after he'd signed with Universal, Rock Hudson got the lead in *Magnificent Obsession*, the movie that would make him a star. After its release, letters began pouring in by the thousands. Suddenly, the details of Rock's life became utterly fascinating to millions of American women, and every fan magazine wanted to know when Rock, nearly thirty years old, was going to make a trip to the altar.

Then a dark shadow fell over Rock's career. *Confidential*, the sleaziest magazine of its time, *(continued)*

had begun nosing around, gathering information about the young heartthrob's private life. A trip to Europe with Henry Willson, a known homosexual, had stirred their interest. Willson knew he had to act fast. It is reported that he made a deal—he would give them a story about another client if they would kill the story on Rock.

While Willson managed to fend off *Confidential*, he knew there was only one way to end the rumors of Rock's homosexuality. Rock had to get married, and fast. Luckily, Willson, the great arranger, didn't have to look very far for a candidate. In his own office was a young secretary, attractive, bright, unattached. Her name was Phyllis Gates, and in November 1955, she became Mrs. Rock Hudson.

Whatever Rock's feelings, his new marriage made good copy, and endless space was devoted to the happy new couple. But in less than a year, there were rumors of a rift. Indeed, by 1958, Phyllis Gates was awarded a reported $130,000 cash in a divorce settlement.

Rock's new single life pleased him greatly, and from that time on, he had many male lovers. Usually, he would be living with one and carrying on an intrigue with at least one more. Rock also liked the pickup scene at gay bars.

It was a happy, relaxed time for Rock—he was free to lead his own life any way he wanted, within the bounds of discretion. And the public was about to see a brand-new Rock on the screen—one they had never visualized before. In 1959, Rock jumped into comedy, with *Pillow Talk*.

None of the three leads—Rock, Doris Day and Tony Randall—had ever worked together, but they hit it off instantly. The film broke box-office records, and yet Randall remembers Rock's persistent lack of confidence. "I always felt it was because he'd become a star too fast. He really believed he wasn't such a great actor."

Nevertheless, for the first time, Rock Hudson was beginning to make real money. He bought a sprawling Spanish mansion in Beverly Hills. It was his haven, the place he was happiest. So big, rambling and private was the house that friends dubbed it the Castle.

During this very lucrative period, in the early sixties, Rock broke off with Willson and eventually started a relationship with Tom Clark, a publicist. He became Clark's personal client and closest friend. Sometime in the early seventies Clark moved into Rock's house. His devotion was complete, and his presence was constant—too constant, some of Rock's friends felt.

## Role changes

With the starring role in *McMillan and Wife*, Rock made a successful transition from the big screen to television. But the pressures of the weekly series began to take their toll. "I'd really get ripped," he admitted. "I was tired at the end of the day, and it didn't seem I was drinking that much, but I was. I was also smoking too much, four or five packs a day. I rarely got to bed before two A.M. and was up before six."

In late 1981, as Rock was taping a new, ultimately unsuccessful TV series, *The Devlin Connection*, he experienced severe chest pains and required immediate heart bypass surgery.



Movie Star News

**Back in the late fifties, Rock Hudson and Doris Day seemed the perfect couple. *Pillow Talk* was a landmark film for them both and the first of several to co-star this duo.**

"The bypass really knocked the wind out of his sails," said one friend of Rock's. "I don't think he was ever really the same again. He lost weight, and his gauntness showed."

In the fall of 1982, a new man—young, vital and sexy—came into Rock's life. Marc Christian was six feet, blond and well built—the ultimate Southern California surfer boy. "Our relationship developed gradually," Marc said. "He seemed intimidated . . . very inhibited. Once he even asked me, 'Do you think I'm attractive?' It was as if he needed approval."

Although Tom Clark was still living at the Castle, Rock began seeing Marc on the sly almost daily. Finally, in the fall of 1983, Clark and Rock had agreed they should spend some time apart, and Marc moved in. Hudson promised Clark that once he was back from Israel, where he was shooting a film, they'd talk it over. But Rock had no intention of talking it over with Tom, Christian maintained. "Once he was out—he was out."

Rock, say those who knew him, was the most loyal friend a person could have; his friendship was good for life. And yet, with two of the most important people in his life, Henry Willson and, later, Tom Clark, he eventually severed the relationship permanently in a remarkably cold, unforgiving way. While the relationships were very different, they had some similarities. Both relationships were long term, and both involved business as well as personal ties. And although Willson was older and Clark was not, the men both functioned—indeed Rock required them to function—as father figures.

## Denial

In April 1984, Rock Hudson discovered a small growth when he scratched the back of his neck. He went for a checkup, and in June, he was given his death sentence. He had Acquired Immune Deficiency Syndrome (AIDS).

According to the lawsuit Christian filed after Rock died, in October 1985, Rock's doctors, his secretary Mark Miller, and Rock's business manager, Wallace Sheft, knew Rock had AIDS. But no one told Marc. They had all, he claimed, put Marc's life at risk. And Rock may have put others at risk, too, with the unthinking help of another actor—a homosexual in his fifties—who had befriended Rock in the last few years of his life. According to several sources, Rock confided in this man and revealed to him that he had AIDS. Understandably, the actor felt intense compassion for Rock. He saw the depression and anxiety that Rock was hiding from the world and began supplying him with sexual partners, mostly young men. They had no idea Rock had AIDS. The trysts were held at the actor's apartment.

For thirteen months, from the time he learned he had AIDS until it was revealed to the world, Rock lied about his health to everyone—even himself. The revelation of his disease and his homosexuality the following summer would send shock waves around the world. But until that time the dying star put on the best performance of his life—acting as if nothing were wrong, despite obvious physical and mental

eterioration that first worried and ıter horrified all who saw him.

In August, Rock told everyone he was oing to France to take a vacation. But nce in Paris, he checked into the Ritz lotel and placed a call to Dr. Domiique Dormont. Dormont had been on he team at the Pasteur Institute inolved in AIDS research and was offerıg experimental treatment with an ntiviral drug called HPA-23. While it idn't cure the disease, the French docors believed it could inhibit its growth.

"He had lost weight. He was somehat tired. And he had Kaposi's sarıma lesions," Dormont said. "But beıre coming to Paris he had surgery to et rid of the lesions, which can be the rst clinical sign of AIDS. He was in ıe middle stages of AIDS. My feeling t that time was that he could benefit om long-term treatment."

Rock taxied back and forth between ıe Ritz and the hospital. "I felt he eeded treatments for more than six ıonths," Dormont recalled. He was ıocked when "Mr. Hudson told me he anted to leave Paris after six weeks ecause he had to appear on *Dynasty*. 's my feeling that he felt Rock Hudson ıuld not die."

When Rock returned to L.A. that ıll, he began blaming his appearance n his bypass surgery. Many thought it as really cancer. Nevertheless, lookıg progressively worse, he was walkıg onto the *Dynasty* set several days a eek as if nothing were wrong.

One scene included a passionate kiss etween Rock and Linda Evans. That ve scene caused a furor when it beame public knowledge that Rock had IDS. After Rock died and Christian ıed his estate, his attorney Marvin litchelson added to the kissing-scene ontroversy. In an appearance with hristian on the Phil Donahue show, litchelson revealed that Rock was eing treated by a nurse for open sores ı his mouth on the *Dynasty* set.

## 1985—the final year

bward the end of his illness, Rock was o longer capable of perceiving reality. ertainly he had no idea how sick he ıoked, how much he had changed.

When Rock agreed to appear with oris Day at a press conference on July 5 to promote her new cable-TV show, e was in the final stages of AIDS. He ad lost so much weight that he had to urchase a new wardrobe. He had little nergy and spent long hours napping. le sweated profusely and suffered nauea and diarrhea. His mind rambled, nd his statements were incoherent.

Some two dozen reporters, cameramen and technicians waited for the Doris Day–Rock Hudson reunion. When Doris Day entered the room, she looked just as bubbly and vivacious as she had back in *Pillow Talk*. But when Rock walked in, the reporters could only stare in disbelief, their machines whirring. This was not the Rock they remembered—his cheeks were hollow, his eyes lifeless, his voice weak. He looked a thousand times worse than he had on *Dynasty*. He stood very close to Doris—she actually seemed to be holding him up.

In a last-ditch attempt to halt the devastating illness, Rock secretly set up an appointment with Dormont in hopes of beginning HPA-23 treatments again. But his trip to Paris was a tragic mistake. Not only had he been told by Dormont that it was probably too late, but more important, the trip succeeded in doing what Rock had managed to prevent for so many years. In Paris, the lifetime veil of secrecy was brutally torn away. Rock Hudson, worldwide celebrity, matinee idol, collapsed as he walked into the lobby of the Ritz Hotel and was soon exposed to the world as a homosexual dying of AIDS.

On Rock's arrival back in L.A., he required medication, rest, nourishment and around-the-clock observation at UCLA Medical Center. Mark Miller put together a select list of about twenty people who were authorized to visit or telephone Rock. Marc Christian, fearful for his own health, went to Paris to be tested for AIDS. When he returned, he was told he could not see Rock because his name was not on Mark Miller's list. Christian was furious.

As Rock's hospitalization dragged on, he became increasingly depressed. Lying in his bed, Rock would watch as orderlies wearing masks, gowns and rubber gloves gingerly handled his gowns and bedding, which had to be destroyed to avoid contamination. Nurses recall seeing tears in his eyes when he would catch his gray, gaunt reflection in the mirror. Eventually, since no more could be done, the doctors sent him home. Rock was discharged on August 24.

It was almost two years since Tom Clark had moved out of the Castle, but Clark felt he had to do something for his dying friend. Miller and Clark talked. It was decided that Clark would return to the fold to comfort his longtime companion during his final days.

On September 26, a Catholic priest named Father Sweeney was sent for. Susan Stafford, an old friend of Rock's, had put Tom Clark in touch with the priest. Clark led Sweeney upstairs.

If Father Sweeney had not known where he was, he would never have recognized the nearly nude man sitting in the chair, tugging helplessly at an intravenous needle. The full, handsome face that caused millions to swoon had been replaced by a death mask reminiscent of the victims of concentration camps.

The priest asked Rock if he wanted to receive the Sacrament of the Sick. Whether he understood or not, Rock murmured his assent.

On October 2, about a week after the priest's visit, Rock Hudson, screen idol and American hero, was dead.

## A last look back

At the core of Rock's personality was a boy who never grew up. Psychiatrists say we all carry around unfinished business from our childhoods. Rock's childhood was poor by any standard. The yearning to correct it—to create the security, to find the unconditional love, to go back one more time and do it right—had to be very strong.

To the end of his life, Rock lacked confidence in his ability and his attractiveness. It did not matter that he was accepted in his profession as a major star, that his fan mail poured in for years at the rate of thousands of letters a week. No one can go back in time to comfort a deprived child.

There were other traits, too, that marked Rock as a boy, not a man. He smoked and drank heavily, despite a serious heart problem. Right up to the end, he seemed to have a child's notion of immortality.

There is no question that this aspect of Rock's nature was related to his sexuality. No one knows what causes someone to be homosexual. Yet there's no denying that certain patterns of behavior that flourish in the gay community—promiscuity, lack of commitment, unbridled sexuality—resemble nothing so much as protracted adolescence.

This is how it was for Rock, who loved the playful prelude, the flirtation. Although he also had a number of serious attachments to men, they could be defined in only one way—crushes, the kind every teenager has.

Rock did form lasting attachments to his friends, both male and female. He had a small group with whom he hung out, drank, shopped, partied and played intricate practical jokes. There are problems that come with being a boy who never grew up, but such people can be the most delightful, enjoyable companions. Rock as a friend—not the movie star, not the remote, private person—was such a man. **End**

other person, but it will give you a more positive attitude.

Now that you see the power of physiology, let's look at a second technique that can help change your way of thinking.

## The power of perspective

Consider the sound of footsteps. If you hear them in a void, they mean nothing. But what if you're alone late at night, and you hear footsteps downstairs? Suddenly they take on meaning. What's important is your past experience; that is what will provide you with a context. You might classify the footsteps as those of your spouse coming home. But if you've had a burglary, you may think there is an intruder in the house.

A signal—the footsteps, for example—has meaning only in the frame or context in which we perceive it. If we change our frame of reference by looking at the same situation from a different point of view, we can change the way we—and others—respond to it. There are two major ways to positively alter our perception of something: context reframing and content reframing.

Context reframing involves looking at an experience that seems to be undesirable and recognizing how the same experience is actually a great advantage in another context. In the context of a snowy night, for example, Rudolph's red nose—normally the object of ridicule—actually became a terrific advantage.

Content reframing means deciding to change your interpretation of a situation. Suppose your son never stops talking. After content reframing, you might say that he certainly must be a very intelligent young man to have so much to say (and it's likely that he is).

For another example, think of a major mistake you've made in the last year. Chances are the mistake was part of an experience with more successes than failures. As you consider it, you'll realize you probably learned a lot from it.

Most of us find it easier to reframe when communicating with others than when we communicate with ourselves. If we're trying to sell someone our old car, we know we have to highlight what's good about the car and downplay what's bad. But few of us spend much time thinking about how to frame our communications with ourselves.

Take a minute and think of three situations that are giving you trouble. How many different ways can you see each of these situations? How many frames can you put around them? What do you learn by seeing them differently? How does this free you to act differently?

One of the most important frames to consider is *possibilities*. We often get the results we expect. We might be getting comfortable results, but we could be getting spectacular results. Try this exercise: Make a list of five things you're doing right now that you're pretty pleased with. They could be relationships that are going well, or something happening at work.

Now imagine them as better. You'll probably surprise yourself by finding ways your life could be dramatically improved. Possibility reframing is something we all can do. All it takes is the mental flexibility to be alert for potential and the personal power to take action.

There's another strategy that has to do with how you and others react to what goes on around you. As with physiology and reframing, it's a simple concept that can be made to work for you.

## Modes of perception

Ever wonder what makes people respond so differently to the same thing? Each of us tends to use a particular mode of perception—visual, auditory or kinesthetic. Just as some people are right-handed and others are left-handed, people tend to favor one mode.

Those who are primarily visually oriented tend to see the world in pictures. They even speak in visual metaphors, talking about how things look, what patterns they see emerging, whether things look bright or dark.

People who are auditorially oriented tend to be more selective about the words they use. Their speech is slower and more measured. Since words mean a lot to them, they want to get them right. They tend to say things like "That sounds right to me" or "I can hear what you're saying."

People who are kinesthetically oriented react primarily to their feelings. They use metaphors from the physical world and are always looking for something concrete. Things are "heavy" or "intense." These people need to get "in touch" with things.

Each of us has elements of all three ways of perceiving, but one system tends to dominate.

Let's take a simple example that's very important and close to home: your love strategy. In the early stages of courtship and marriage, we communicate our love in all three ways. We show each other, we tell each other, we touch each other constantly. But as time goes on, we're less expressive. Do we love the person any less? Of course not! But we feel comfortable in the relationship. We know that person loves us and we love him. So now how do we communicate our feelings of love? Probably in the same way we would like to receive it.

If a husband has an auditory love strategy, how is he most likely to express his love to his wife? By telling her, of course. But what if she has a visual love strategy? The husband may say, "I love you, honey," and she'll say, "No, you don't!" He doesn't understand and asks, "What are you talking about?" She may say, "Talk is cheap. You never bring me flowers anymore. You never take me places with you." She is no longer feeling deeply loved because the specific stimulus that triggers that feeling is no longer being consistently applied by her husband.

Or consider the opposite: The husband is visual and the wife is auditory. He shows his wife he loves her by buying her things, taking her places, sending her flowers. One day she says, "You don't love me." He's upset: "How can you say that? Look at this home, at all the places I take you." She says, "Yes, but you never say you love me." "I love you," he screams, and as a result of his tone, she feels even less loved. Do these scenarios sound familiar?

Awareness is a powerful tool. Most of us think *our* map of the world is the way the world is. We think, I know what makes me feel loved. That must be what works for everyone else. That's simply not true.

Sit down with your partner and find out what makes him feel totally loved. Decide what your own strategy is and teach him how to trigger you. The changes this understanding can make in your relationship are monumental.

You can establish greater rapport with co-workers, neighbors and friends as well by using a process called mirroring. When you mirror someone, you imitate his body language: posture, eye contact and facial expressions. Once you learn to mirror successfully, you can automatically establish rapport.

Encounters with even the most difficult people will be easier if you remember to do the following: Use physiology (positive body language), reframe the situation to see its most positive elements and possibilities, understand the other person's mode of perception, and mirror accordingly.

If all fails, keep an open mind. Don't limit yourself to a rigid point of view. In learning new ways to look at yourself and others, flexibility is key. **End**

*hearing help for*

# Nerve Deafness

## If you hear, but don't always understand the words, Miracle-Ear® may be your answer.

Miracle-Ear can help many people overcome problems like hearing only parts of words. . .straining to hear. . .asking others to repeat. . .or becoming confused when spoken to. These are classic symptoms of nerve deafness.



## If you've been told a hearing aid won't help, now there's Miracle-Ear.®

Miracle-Ear canal aid is a comfortable "custom-fit" hearing instrument designed to help nerve deafness. Notice how small it is compared to other hearing aids you may have seen; it is so small, almost unnoticeable.

## Find out if Miracle-Ear® is right for you.

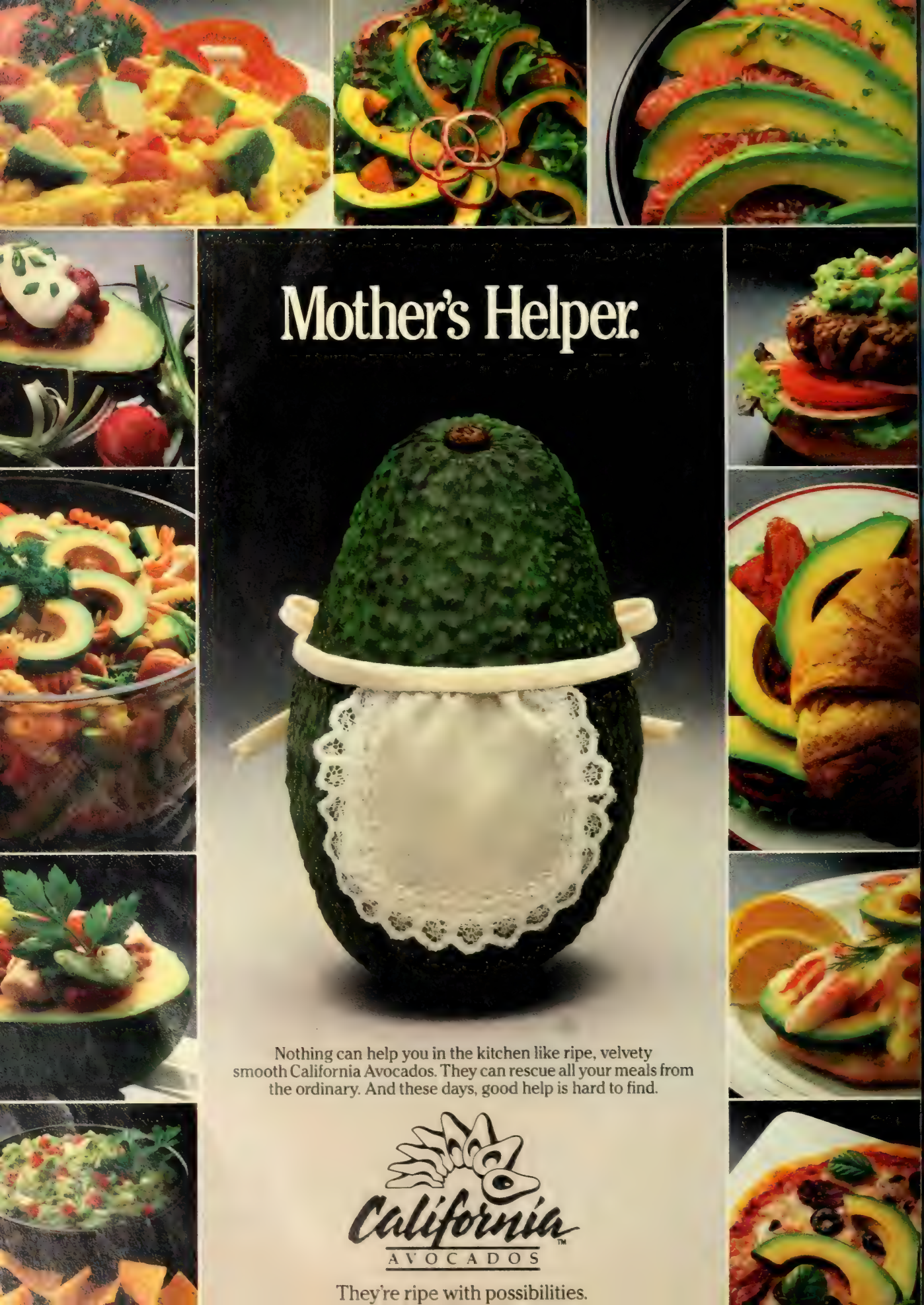
Of course, not everyone can be helped with a hearing aid, but many can. To learn more about Miracle-Ear, complete the postage paid card and mail today.



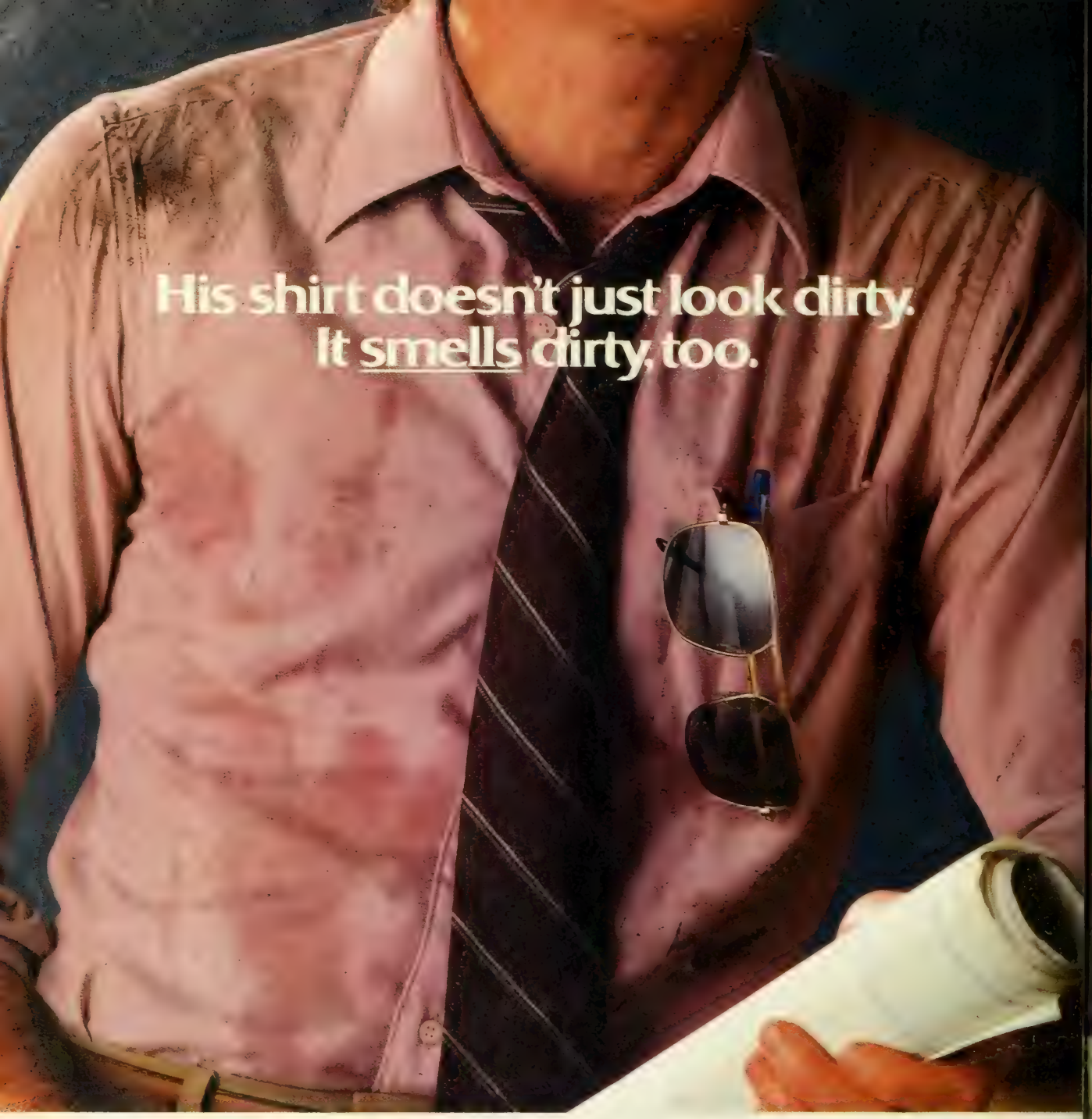

*Mail the postage-paid card Today!*

Miracle-Ear®

© 1986 ,Dahlberg, Inc. Miracle-Ear is a registered trademark of Dahlberg, Inc. The Miracle-Ear symbol is a trademark of Dahlberg, Inc LHJ-283


Mother's Helper.
Nothing can help you in the kitchen like ripe, velvety smooth California Avocados. They can rescue all your meals from the ordinary. And these days, good help is hard to find.
California
AVOCADOS
They're ripe with possibilities.


NEW
Best Foods
Light
Reduced Calorie Mayonnaise
The Best Tasting Light In The Land.
New Best Foods® Light Mayonnaise is the light of a new day. With only half the calories of regular mayonnaise, new Best Foods Light has a rich, thick texture that stands up to everything you put it on. No other light mayonnaise tastes as good as Best Foods. It's absolutely delicious. Spread the word.




# Introducing SURF™: The new detergent that removes the dirt you see and the dirt you smell.

Here it is. New Surf. A breakthrough detergent that breaks through two kinds of dirt to give you two kinds of clean.

Surf removes the tough dirt and stains you can see *and* the stubborn dirt you can smell: from perspiration and body odors to mildew, cooking odors, baby clothes odors, even stale smoke.

Next wash, try new Surf. Your clothes will come out looking clean *and* smelling clean.




**New Surf removes dirt and odors for two kinds of clean.**

© 1983 Lever Brothers

# Fine porcelain spice jars from Gloria Vanderbilt ...delectably collectible.




Each with its own distinctive garden design, hand-decorated in 24 karat gold, and all nestled in their own country French rack.

NO POSTAGE NECESSARY IF MAILED IN THE UNITED STATES

BUSINESS REPLY MAIL

FIRST CLASS PERMIT NO 1 FRANKLIN CENTER, PENNSYLVANIA

POSTAGE WILL BE PAID BY ADDRESSEE

THE FRANKLIN MINT
Franklin Center, Pennsylvania 19063

A




# THE GLORIA VANDERBILT SPICE JAR COLLECTION



Delicious surroundings are every bit as important as delicious food. That's why Gloria Vanderbilt designed her charming collection of spice jars ... because your kitchen should be just as beautiful—just as distinctly *you*—as the rest of your house.

So she created creamy white porcelain jars in an intriguing apothecary shape. And topped them with snug-fitting caps designed to keep herbs and spices at their piquant best.

Then she decorated each little jar with an original drawing of the leaves and flowers of the herb or spice it will contain—twenty-four in all. Delicate designs colored in palest pastels. Tender white trumpets of basil blossoms ... slender wisps of rosemary ... abundant yellow crowns of mustard florets ... all wrapped in garlands of flowers and ribbons.

They rival the beautiful spice cannisters sometimes found in the most expensive antique shops. Because they're crafted with the lavish quality seldom found today ... in fine imported porcelain ... and hand-decorated with precious 24 karat gold.

The price is attractive too. Just $12.50 each. You can acquire the collection on a convenient plan and be billed for each jar monthly. What a sweet way to build a spice jar collection! (And, of course, you can complete the set earlier, if you like.)

The set comes with a charming country French rack at no extra charge. And with each jar, you'll receive a surprise gift—a recipe card containing one of Gloria Vanderbilt's favorite recipes using that particular spice. The rack even has a special drawer for them.

The Gloria Vanderbilt Spice Jar Collection isn't available in even the finest department stores and boutiques. It's yours exclusively from The Franklin Mint.

To begin your collection now, simply fill out the order form and return it by August 31, 1986.

ORDER FORM

## THE GLORIA VANDERBILT SPICE JAR COLLECTION

The Franklin Mint
Franklin Center, Pennsylvania 19091

Please accept my order for The Gloria Vanderbilt Spice Jar Collection. Twenty-four fine porcelain spice jars, each decorated with a unique design by Gloria Vanderbilt, and sent to me at the convenient rate of one per month.

I need send no payment now. Please bill me $12.50* for each porcelain jar as it is sent to me. I understand that I will also be provided with a charming country French wood display shelf, and recipe cards containing Gloria Vanderbilt's favorite recipes at no additional charge.

*$1.95 for shipping and handling

*Please mail by August 31, 1986.*

Mr.
Mrs.
Miss _____
PLEASE PRINT CLEARLY

Address _____

City _____

Signature _____

State, Zip _____

# Why Are We Giving Away Diamond-Inlaid Wristwatches for only $3?

## Hard to believe, *but true.*

During its nationwide publicity campaign, a famous New York firm will give away one million (1,000,000) of its most expensive diamond-inlaid wristwatches for the astonishing price of only $3 to the first one million persons who return this publicity ad to the company before Sept. 30, 1986.

**This *entire* publicity ad must accompany your request. No copies or photostats.**

These are the same famous diamond-inlaid designer watches nationally advertised in leading media throughout America. The face of each watch is distinctively set and inlaid with a genuine 17-facet .25 pt solitaire diamond of the same size and quality regularly sold by this multi-million dollar jewelry firm to its most fashionable New York clientele; and it will be accompanied by a Certificate of Authenticity to that effect issued by GCI of New York.

Not some "pretty" piece of jewelry created to adorn the wrists of the idle rich, each watch is a precision timepiece with a genuine quartz movement that is so powerful it never needs winding and is accurate to within seconds per month. The most expensive diamond-inlaid designer wristwatch of its kind ever sold by this large New York jewelry firm, it is astonishingly lightweight, elegantly slim in profile, and available in both men's and ladies' models.

These diamond-inlaid designer wristwatches will not be sold at this price by the company in any store and there is a limit of two (2) watches per address at this price. But if you order early enough (before Sept. 25) you may request up to five.

**SPECIAL PROMPTNESS BONUS:** If your diamond-inlaid wristwatch request is mailed before Sept. 25, you can also order a genuine diamond pendant, diamond stud earrings, diamond dinner ring—or all three—for the same special publicity price of only $3 each. This is the same diamond jewelry nationally advertised in leading media and set with genuine 17-facet .25 pt solitaire diamonds of the same size and quality regularly sold by this multi-million dollar jewelry firm to its most distinguished New York clientele. All settings (and the 18-inch pendant chain) are entirely layered in genuine 14 karat gold.

*Make check payable to Carter & Van Peel*

**TO ORDER, Complete and mail this *entire* ad (no copies or photostats)**

**Mail this *entire* ad to: Carter & Van Peel, Diamond Watch Offer, Dept. 949-104, Box 1225, Westbury, NY 11595. (V29020)**

Name _____

Address _____

City _____ State _____ Zip _____

| ITEM DESCRIPTION | | ITEM # | QTY. | PRICE | TOTAL |
|---|---|---|---|---|---|
| Diamond-Inlaid Wristwatch | Men's Model | (V27901) | | $3 | $ |
| | Ladies' Model | (V27902) | | $3 | $ |
| Diamond Solitaire Pendant | | (V82480) | | $3 | $ |
| Diamond Stud Earrings | | (V82350) | | $3 | $ |
| Diamond Dinner Ring (circle size: 5 6 7 8 9 ) | | (V8388) | | $3 | $ |

**For Your Protection**
All items will be self-insured by the company and shipped direct from our New York corporate vault. Allow up to 6-8 weeks for shipment. All watches and jewelry are covered by the company's full 1-year money-back guarantee.

| | |
|---|---|
| TOTAL | $ |
| New York residents add sales tax | $ |
| Shipping and Handling (two dollars) | $ 2.00 |
| GRAND TOTAL | $ |

© 1986 Raffoler Ltd., 1200 Shames Drive, Westbury, N.Y. 11590

# Go ahead, get close.






You've got the fresh breath Freedent® gum gives. It's the only gum that won't stick to your dental work, and it cleans in between to freshen your breath while you chew.

So go ahead, get close. You've got the fresh breath Freedent gum gives.

**Try Freedent. The only gum that freshens breath, without sticking.**

©Wm. Wrigley Jr. Co., 1985.


Adjust oven rack to highest position. Preheat oven to 375°F. Grease a 15½ × 10½-inch jelly-roll pan; line with wax paper and grease lightly.

In large mixer bowl combine egg whites and salt; beat until foamy. Gradually beat in ¼ cup granulated sugar and vanilla; beat until stiff but not dry.

In small mixer bowl beat egg yolks and remaining granulated sugar until very thick and lemon-colored, 5 to 10 minutes. Sift together ¼ cup cocoa, flour and cornstarch. Fold into egg yolk mixture, then fold mixture into beaten whites. Pour into prepared pan and spread evenly. Bake 12 to 15 minutes, until lightly browned and center springs back when lightly touched.

Meanwhile, sprinkle a towel with confectioners' sugar. Invert cake onto towel and peel off wax paper. While still hot, roll up cake with towel jelly-roll fashion from long side. Let stand 1 minute; unroll to let steam escape, then reroll with towel. Cool completely on wire rack. Unroll and spread with ice cream. Reroll; cover and freeze until firm. Sprinkle with 1 teaspoon cocoa just before serving. Serve with Hot Fudge Sauce (page 44) if desired. Makes 12 slices, 160 calories each without sauce. **End**

*Recipes developed by Elizabeth A. Marks.*

## AUGUST RECIPE INDEX

Here is a listing of recipes appearing in this issue, including those from the Journal kitchen and advertisements.
*Recipe includes microwave instructions.


**DESSERTS**

Baked Alaska Loaf p. 45
Chocolate Chip Roll p. 142
Classic Peach Clafoutis p. 125
Cold Poached Pears with Fresh Tarragon Cream p. 122
Double Peach Mousse p. 126
Fresh Peach Ice Cream p. 125
*Hot Fudge Sauce p. 44
Ice Cream Fruit Pie p. 44
Ice Cream Puffs p. 45
Mocha Hazelnut Meringues p. 44
Old-Fashioned Peach Pie p. 125
Orange-Mint Sorbet p. 122
Peach Coffee Cake p. 125
*Peach Oatmeal Crisp p. 125
Quick Butterscotch Ice Cream Pie p. 145
Raspberry Sauce p. 45
Sweet Surprise Mold p. 44

**ENTREES**

California Fruit Plate p. 128
Fajita Fiesta Salad p. 128
Grilled Cornish Hens with Herb Butter p. 116
*Grilled Shrimp p. 122
Grilled Veal Chops with Walnut Stuffing p. 116
Normandy Salad p. 129
*Pork Chops with Chunky Barbecue Sauce p. 122
Scallop Gazpacho Salad p. 129
Sesame Noodle Chicken p. 129
Shrimp-Vegetable Twists p. 128
Taco Salad p. 132
Tortellini Antipasto Salad p. 131
Western-Style Frittata p. 68

**MISCELLANEOUS**

Anchovy-Pesto Bruschetta p. 68
Herb-Marinated Goat Cheese p. 116
Peach Chutney p. 125

**SIDE DISHES**

Avocado-Orange Salad with Cilantro Dressing p. 122
*Baked Tomatoes and Zucchini Provençale p. 116
Corn in Husks p. 120
Garden Harvest Salad p. 68
Grilled Basil Mushrooms p. 120
Grilled Peppers and Sweet Onions with Thyme p. 116
Lemon-Rosemary Potatoes p. 116


## ICE-CREAM TREATS

**continued from page 45**

smooth after each addition. Drop dough by teaspoonfuls about 2 inches apart onto prepared cookie sheets. Bake 30 to 40 minutes, until golden. Turn off oven; puncture each puff with tip of knife to let steam escape. Cool in oven with door ajar 1 hour. Transfer to a wire rack to cool completely. Cut puffs in half crosswise, fill with ice cream and replace tops. Return to freezer to firm.

In saucepan, melt chocolates over low heat. Drizzle over puffs. Return to freezer until ready to serve. Makes 30 puffs, 105 calories each.

## CHOCOLATE CHIP ROLL

*Reminiscent of a favorite school lunch dessert, the Newly Wed.*

- 4 eggs, separated
- Pinch salt
- ½ cup granulated sugar, divided
- ½ teaspoon vanilla extract
- ¼ cup plus 1 teaspoon unsweetened cocoa
- 2 tablespoons flour
- 2 tablespoons cornstarch
- Confectioners' sugar
- 1 quart chocolate chip ice cream, softened

*Important New Vitamin Facts from an Independent Hospital Survey:*

# OF 105 MULTIVITAMIN/MINERAL SUPPLEMENTS STUDIED, ONLY ONE TYPE WAS FOUND "APPROPRIATE."

***Better-balanced, advanced formula Unicap M.®***
***More "appropriate" to help rebalance unbalanced meals the way nutritionists recommend.***

*Are all vitamin/mineral supplements the same? Not so, say nutritionists who conducted an independent survey within the Department of Food and Nutritional Services at a leading hospital.*

*According to them, among the 105 multivitamin/mineral supplements studied, only 16 were judged "appropriate" for most vitamin users. And that's the kind whose formulation provides neither too much (above 200%), nor too little (below 50%) of the U.S. RDA of its essential vitamins and certain minerals. Such as advanced formula Unicap M.*

*It's why the hospital's nutritionists consider Unicap M a better-balanced vitamin, better to help you rebalance unbalanced meals. Unicap M, for most vitamin users, the "appropriate" choice.*




***Potency guaranteed. Sugar free. Sodium free.***

*The Better-Balanced Vitamin from* **Upjohn**




*Unicap® The official vitamin of the National Hockey League.*

**Nutrition Insurance Update — No. 2:**

# NEED TO REBALANCE UNBALANCED MEALS AFFECTS MILLIONS OF WORKING WOMEN.

## THESE EASY TO FOLLOW STEPS OFFER A WELL-BALANCED SOLUTION.

A USDA Survey shows that, from foods they eat, millions of Americans are not satisfying completely their vitamin and mineral needs. Among them are many working women. The reasons why vary. These include:

- Working women are often too busy, so they skip meals — only two out of five eat three square meals a day.
- Working women are concerned about being overweight — consuming less than 1800 calories a day makes it hard to get the vitamins and minerals one really needs.
- Working women spend less time in the kitchen, less time shopping for food — for them, convenience may be a more important criterion in food selection than nutrition.

To make up for these limitations to a well-balanced diet, nutritionists suggest a few sensible steps for working women to take:

- Check the labels of food products on grocers' shelves. The labels provide information about the vitamins and minerals within each product. Nutrients that can help maintain good health.
- Minimize vitamin loss by cooking vegetables in as little water as possible. Also, avoid overcooking foods, or storing them too long.
- Most important: Eat a variety of foods from the traditional four food groups — fruits and vegetables; grain products; meat, poultry, fish and legumes; and milk and milk products.

In addition, working women should consider rebalancing unbalanced meals with a vitamin/mineral supplement, such as Unicap M. This will help provide good insurance for proper nutrition…so important for women who want to maintain optimal health.

**Better-Balanced Nutritional Supplements from Upjohn.**
Designed for Health. Produced with Care.




# Only Sears Super Plush has a worry-free warranty that never forgets.

Presenting Sears Super Plush carpeting with a full 10-year warranty.* It's the industry's best. The only warranty that not only protects against crushing and matting but fading, too.

MOHAWK
The First Name In Carpet.

Even on stairs. Or Sears will replace it—absolutely free.

And Sears exclusive Magni V™ nylon fiber resists footprints, pawprints, spills and odors. All this and contemporary, fashionable, long-lasting looks. Made exclusively for Sears by Mohawk Carpet, New Super Plush is one more reason to celebrate our New Century. Sears guarantees it. And Sears never forgets.

*There's more for your life at* SEARS

Celebrating Our New Century

*See Store for Details. ©Sears, Roebuck and Co., 1986. Available at most Sears retail stores.

## 20 MUST-KNOW FACTS

continued from page 40

vegetables—improves skin appearance and reduces the effects of aging. By studying cultured skin cells in the controlled environment of a laboratory, Gilchrest found that cells that are taken from the epidermis (the top layer of skin) and combined with carotenoids suffer only minimal damage when they are exposed to the sun's damaging ultraviolet rays. In fact, the researchers found, these treated cells grew more normally, and ultimately looked better, than those that were untreated.

**16.** New research conducted at the University of Alabama uncovers another reason to eat green vegetables: Rich in folic acid (a water-soluble B vitamin that is also found in fermented products such as yeast), green vegetables just might help prevent lung cancer. In recent studies of smokers with precancerous bronchial cells, doctors noted that these patients exhibited low blood levels of folic acid. Encouraged by discoveries in the 1970s that folic acid could help improve precancerous cells in the cervix, these scientists are now studying smokers to see if the nutrient will have a similar effect on bronchial cells as well.

**17.** Contrary to popular wisdom, a candy bar won't give you a quick energy boost. In fact, says Wayne R. Bidlack, Ph.D., associate professor of pharmacology and nutrition at the University of Southern California School of Medicine, it takes too much time to digest the candy to get any immediate benefits. What's more, once the candy is metabolized and its sugar enters the bloodstream, the body promptly secretes insulin to return blood-sugar levels to what they were before you ate the candy bar. What, then, will give you energy? Bidlack suggests a well-balanced daily diet of carbohydrates that eliminates fatty meats and fried foods. And you don't have to take any protein supplements. Bidlack says a well-balanced diet will provide you with all the necessary ingredients for stamina.

**18.** Soft drinks, especially colas and powdered drink mixes, contain phosphorus, an essential mineral, but taken in excess, phosphorus can deplete the body of calcium and contribute to the development of osteoporosis or tooth loss. Washington State University dietitians suggest you drink root beer or fruit-flavored carbonated beverages instead. Can't kick the habit? Then supplement your diet with calcium-rich foods—cheese, milk, enriched or whole grain breads, seafood such as salmon, shrimp and sardines, and fruits and vegetables, particularly collard and turnip greens.

**19.** Crippling rheumatoid arthritis (RA) strikes more women than men. Though sufferers have long complained that joint pains worsened after they ate certain foods or drinks, doctors generally have doubted the food connection. Now, however, the *British Medical Journal* reports the case of a young woman with RA who eliminated dairy products—particularly cheese—from her diet. Not only did she show pronounced improvement of her symptoms but"—even more astonishing—there was an actual reversal in the abnormalities associated with arthritis.

**20.** There may be a connection between dietetic foods and frequent bouts of diarrhea, report doctors in the *Journal of the American Medical Association.* Many dietetic foods contain sorbitol and mannitol. These substances are sugar alcohols that are slowly absorbed from the gastrointestinal tract and may trigger such upsets. So if you're trying to lose weight, limit the amount of so-called dietetic foods you eat. **End**







**Your kid could win all this!**

Imagine your child winning a 2-foot-high remote-controlled robot, a color TV, a VCR, a stereo, and a computer! That's the grand prize in the Sunkist Tickle Tree Gamestakes. And there are 25,000 other prizes. Look for specially-marked boxes of Sunkist Fun Fruits with Instant-Win Gamecards.

No purchase necessary. Offer void where prohibited. Gamestakes ends December 31, 1986.

25¢ Manufacturer's Coupon—Expires 8/31/87 FF-10LHJ

**Save 25¢** on any variety of Sunkist® Fun Fruits.™

To the consumer: This coupon good only on required purchase of product specified. Limited to one coupon per purchase. Coupon cannot be bought, sold or exchanged for cash, coupons or certificates. Any other use constitutes fraud. You must pay any sales tax.

To the retailer: Thomas J. Lipton, Inc. will reimburse you for the face value of this coupon plus 8¢ for handling provided you have accepted this coupon in accordance with T. J. Lipton Redemption Policy incorporated herein by reference. Cash value 1/20¢. Mail to: Thomas J. Lipton, Inc. Box R-7000, El Paso, TX 79975




5 03 41000 28225

25¢




## MOTHER OF THE BRIDE

continued from page 27

Jackie, Edwin Arthur Schlossberg, forty-one, has taken a close, almost parental interest in the minutiae of Caroline's life. At her recent birthday party, she wore a filmy black and yellow silk pajama suit. "Ed picked that out for her," says a close friend of the couple. "He buys most of her clothes." (For himself, Ed prefers flamboyant op-art ties, linen jackets and ankle boots.) The apartment the couple bought (some time before their official engagement) is in Jackie's territory, the chic Upper East Side of Manhattan, but Ed's imprint is on its decor, intimates say. "It has a beautiful Indian rug and gifts to Ed and ethnic artifacts from his travels," a friend says.

Under her beau's tutelage, Caroline flourished as manager and coordinating producer in the film and television department at the Metropolitan Museum of Art. There is a new seriousness about her; the pair leave Manhattan night spots early so that Caroline, a first-year law student at Columbia University, can study.

What sort of man did it take to so impress Caroline? Ed Schlossberg—author, artist, poet, philosopher—is a quiet Renaissance man, educated at the best private schools, the son of a prosperous textile-company owner. He earned his Ph.D. from Columbia University by writing a dissertation in the form of an imaginary conversation between Albert Einstein and playwright Samuel Beckett. Today he heads his own company, named after him, that designs projects and exhibitions for educational institutions, the entertainment industry and museums.

It's no wonder Jackie was thrilled with her daughter's choice of an intellectual for a mate. Her own cultural leanings date back to her childhood, when she spent her summers at Lasata, the family's estate in East Hampton, Long Island, drawing, reading and writing poetry, as well as perfecting her French. At twenty-two, she and sister Lee, now Princess Radziwill, co-authored a sensitive memoir of their trip through France and Italy, *One Special Summer*. After college she worked at the now-defunct Washington *Times-Herald* as the paper's inquiring photographer, a job that called for a firm grasp of the social issues of the day. While First Lady, Jackie entertained Robert Frost, Pearl Buck and Arthur Miller at the White House.

Jackie's interests in culture are very close to those of Ed Schlossberg. "Like mother, like daughter," says one of Caroline's former beaux, alluding to Jackie's attraction to intellectual men. In fact, one Kennedy friend has remarked, "Ed's exactly the kind of suitor to whom Jackie—or at least part of her—has been drawn."

Why only part of her? Because Jackie has always been a woman driven by seemingly contradictory forces. She married a brilliant, extroverted, womanizing Irish-Catholic senator and later a hedonistic Greek shipping tycoon, perhaps testimony to the fact that there have always been at least two Jackies—the artist and thinker and the class-conscious Deb of the Year.

The most recent contradiction in Jackie's life has been her abrupt transition from bejeweled social butterfly to pantsuited career woman—a metamorphosis that came just a few months after Onassis's death in 1975. Even as her $26 million buyout from claims against Onassis's estate was being negotiated, she accepted a $200-a-week editing job at Viking Press. "Obviously, she doesn't need the money," sniffed one society matron, "but there are always motives to everything Jackie does." The motive might well have been an effort to shape an identity that did not depend on the approval of a husband or a parent.

Inevitably, at the start, publishing

colleagues wondered just how serious she was. According to one report, she spent her first week at Viking browsing through Valentino's spring collection. Since moving to Doubleday, however, she has made a point of behaving "like one of the girls," says an office insider. She arrives at her midtown office by taxi, likes to be called Jackie by associates, keeps her office door open, stands in line at the coffee machine and even operates the copying machine herself.

Some old habits linger, however. Her manuscripts accompany her to Kenneth, the hairdresser of the rich and famous; she carries them in a Hermès book bag, poring over them as she has her hair blow-dried in a private room. And some lunches continue to be eaten at restaurants like Le Cirque, Nancy Reagan's favorite New York spot. But the meals are no longer leisurely. "She's very precise, one hour to an hour and a half," says Le Cirque owner Sirio Maccioni. "And she usually has something light, such as broiled fish and salad." But Jackie has also been seen in the Doubleday employee snack bar picking up milk and a tuna-fish sandwich. Like other entry-level editors at Doubleday, she was initially assigned a windowless cubicle. When John Sargent, the company's chairman and a close friend, who had recruited her, broke the news to her, Jackie replied serenely, "Oh, that's all right, John. I've lots of windows in my home."

Jackie's biggest coup so far as editor was snaring Michael Jackson to write his autobiography for a $400,000 advance. And recently, Jackie convinced one hundred or so hardbitten publishing salesmen from across America of the virtues of her two big books for the coming season, one on the unlikely subject of Tiffany table settings.

For all her professional successes, Jackie is still haunted by her past. Some of the ghosts seem to be kept at bay at least in part because she has been in therapy with a Manhattan psychiatrist for years. What she can't escape is publicity; everything about her is treated as public property, including her romantic life. She was infuriated by reports that she had fallen for a younger man, Richard DeCombray, one of her writers at Doubleday, a novelist eleven years her junior. But rumors about her romantic attachments usually revolve around older men, not younger. Headlines have linked her with men ranging from William Paley, the former head of CBS, to none other than Frank Sinatra.

However, the man who has been her most constant escort for the last ten years, Maurice Tempelsman, is only about a year older than Jackie, who is fifty-seven. Nonetheless, friends point out how avuncular he is in her presence. The Belgian-born Tempelsman owns his own company, New York–based Leon Tempelsman and Son, with sales reportedly exceeding $100 million a year. He has vast interests in African minerals, primarily diamonds. To oversee his hugely successful deals, Tempelsman often crisscrosses the globe. Still, he has become an important part of Jackie's social world. Not long ago he and Jackie went to dinner with Caroline and John, and Tempelsman brought along one of his children as well. Another guest, a Kennedy family intimate, says, "I noticed how soft, gentle and sensitive Mr. Tempelsman was with Jackie. He's a real intellectual partner for her."

Why, then, hasn't Jackie married again? For one thing, Tempelsman is still married, though he is reportedly separated from his wife. But there is perhaps another reason: Tempelsman, like Schlossberg, is Jewish, and there has been an abiding taboo against interfaith marriages in Jackie's family. In fact, a number of family friends said that Rose Kennedy objected to Caroline's marriage. But Kennedy insiders say that *(continued)*




SURGEON GENERAL'S WARNING: Smoking Causes Lung Cancer, Heart Disease, Emphysema, And May Complicate Pregnancy.

If you

Box and 100's Box Menthol: Less than 0.5 mg. "tar", 0.05 mg. nicotine; Soft Pack, Menthol and 100's Box: 1 mg. "tar", 0.1 mg. nicotine; 100's Soft Pack and 100's Menthol: 5 mg. "tar", 0.4 mg. nicotine; 120's: 7 mg. "tar", 0.6 mg. nicotine av. per cigarette, FTC Report Jan. '85. Slims: 6 mg. "tar", 0.6 mg. nicotine av. per cigarette by FTC method.

## MOTHER OF THE BRIDE

**continued**

any such misgivings are confined to an older generation of the family. Says a close acquaintance of Senator Ted Kennedy, "The first time the family introduced me to Ed, it was made quite clear that they were very fond of him. He's solid and has both feet on the ground."

Jackie, for her part, may not have always wanted to be earthbound. Years ago, some time after John F. Kennedy was killed, she was asked, "What is your secret fantasy?" Her answer: "I'd like to be a bird." The dream of flight is understandable. She has been confined in a cage of celebrity and notoriety. Now the mature Jackie, still as beautiful as she is complex, seems to have found a release from that cage. But will Jackie, once her daughter's nuptial hoopla has faded, suffer a bit from empty nest syndrome, and the realization that she is nearing her sixtieth birthday? Even if she does, those feelings will be softened by the fact that she has made a solid life for herself. What's more, as one family friend explains, "there's a new, quiet confidence about Jackie." A confidence, no doubt, born of a sense of continuity, of tranquillity, and the knowledge that no matter what, she will prevail. **End**

## MOTHER OF THE GROOM

**continued from page 27**

Prince Andrew was born, in 1960, his was the first birth to a reigning monarch since 1857, when Queen Victoria had her youngest daughter. Queen Elizabeth had not wanted to wait so long (ten years) after having Charles and Anne before completing her family, but after she assumed the monarchy at twenty-five (Charles was three, and Anne was one and a half), royal duties took up all her time. Reportedly, the pressures of the monarchy put a strain on Elizabeth and Philip's marriage, and Andrew was the result of their reconciliation. Perhaps for that reason, he is the Queen's favorite child.

Elizabeth was determined to provide as normal a childhood as possible for Andrew. From the start, she began spending more time with him than she had with Charles and Anne (her father's illness and her duties as a princess had kept her busy during their early childhood). She arranged her royal responsibilities so that she could spend time with him after breakfast, again at mid-morning and always before bedtime.

And she was determined to keep Andrew out of the public eye as much as possible. She was so successful, in fact, that rumors arose that there was something wrong with the boy. But when Andrew was sent to Gordonstoun, a Scottish boarding school, when he was a young teen, his good looks, easygoing personality, winning smile and endless supply of charm convinced everyone that the Queen's decision had been a wise one.

Andrew turned those looks and that charm on a succession of beautiful women. And now that it is time to marry, he has rewarded his mother's patience by providing her with a daughter-in-law she can be very close to. While the Queen is very fond of her other daughter-in-law, Diana does not share Elizabeth's favorite pastime: horses. But Sarah is as passionate an equestrian as the Queen, and the two are sure to spend happy hours riding around the grounds of the various royal estates together.

Sarah is much more outgoing than Diana, and Andrew more so than Charles, and the gala wedding on July 23 is likely to reflect the couple's gregarious personalities. Whereas Charles and Diana's wedding was a fairy-tale extravaganza, fit for a future king and queen, Andrew and Fergie's wedding is more likely to resemble a huge party.

Some details of the wedding are being guarded almost as carefully

smoke
please try Carlton.

s any state secret, but others have een disclosed. The wedding will take lace in London's Westminster Abbey, nlike Charles and Diana's wedding, hich was in the much larger St. Paul's athedral (needed to seat scores of for-ign dignitaries). Sarah will leave for ne church from Clarence House, the esidence of the Queen Mother, just as iana did. She will ride to the church ith her father in the traditional glass oach, with an escort of Life Guards. long the way, Sarah's coach will join ith Prince Andrew's, and the pro-ession will ride to the Abbey's great est door.

In the Abbey, about a thousand uests will be waiting for the couple. he seventy-minute ceremony will be-in at eleven-thirty. Sarah's wedding ng, like those of all royal brides since ne Queen Mother, is made from a nug-et of gold mined in Wales.

The bride's wedding dress, as well as ne dresses of her attendants, is being esigned by Lindka Cierach, a little-nown London designer who has built reputation on the opulent gowns she esigns for society brides. While the esign of Sarah's dress is to remain se-ret until the ceremony, Cierach's resses are generally very fitted and re described as sexy but not revealing, eminine but not frilly. The thirty-three-year-old designer uses lots of pearls, sequins and lace for each unique dress. Not surprisingly, her gowns are expensive. Her evening wear generally starts at $1,000, and her wedding dresses are no doubt much pricier.

Sarah and Andrew will have four bridesmaids and four pageboys to attend them, including Diana's young son Prince William, and Princess Anne's children, Zara and Peter Phillips (ages five and eight respectively). After the ceremony, the couple will ride to Buckingham Palace in an open coach, before leaving for their honeymoon.

With her third child married, Queen Elizabeth has only her youngest son, twenty-two-year-old Prince Edward, still single. Edward, a shy and handsome student who just graduated from Cambridge, is very unlike his brother Andrew, who chose a career in the Royal Navy instead of college. Edward has been dating classmate Eleanor Weightman (whom he affectionately calls Munchkin, because she is so petite) for nearly two years. The royal family is very fond of the athletic and outdoorsy Eleanor, even though she is a commoner (her father is a wealthy executive with ICI, a chemical firm). No doubt the Queen will be quite pleased if and when the couple announce their engagement.

Queen Elizabeth's own youth was not as free as her children's. She was thrust into the position of heir to the throne in 1936, after her Uncle David (King Edward VIII, the Duke of Windsor) abdicated to marry American divorcée Wallis Simpson. Elizabeth's father became King George VI, and Elizabeth, who was only ten years old, had to begin her training for the monarchy immediately. She was just thirteen when she met her eighteen-year-old third cousin, Prince Philip of Greece. It was love at first sight for Elizabeth, who was too young to date, let alone marry. She never had another romance and never looked at another man. The couple were wed in 1947, when Elizabeth was twenty-one.

While Elizabeth has been eclipsed lately by her youthful and photogenic daughter-in-law, Princess Diana, and by fun-loving Sarah Ferguson, it should not be forgotten that it was the Queen, not Diana, who really modernized the monarchy—while still keeping its traditions and sense of dignity very strong. Likewise, the Queen is a modern mother who realizes that young people today are freer to have romantic experiences before marriage; yet she is also a traditional enough parent to insist that when her offspring do settle down, they do so with *(continued)*

## MOTHER OF THE GROOM
**continued**

suitable partners. And luckily for Charles and Andrew, suitable in the Queen's mind does not mean stuffy, because neither Diana nor Fergie is staid by any stretch of the imagination.

The Queen herself, despite appearances, is not a dour and stodgy woman. She is known in her family as a terrific mimic with a great sense of humor. (Once, when shopping in town wearing a plain coat, with a scarf around her head, another shopper stopped her to say, "Why, you look just like the Queen." Elizabeth's wry answer: "How very reassuring!") And although she is considered the richest woman in the world, she is happiest when she can forgo her regal clothes collection and opulent jewels to tromp around the countryside in boots and a scarf, with her corgi dogs yapping at her heels.

Having just celebrated her sixtieth birthday, Queen Elizabeth is as popular as ever with her subjects, whom she has been ruling for thirty-four years—and intends to rule for many more. And one of the happiest days of her highly successful reign will be when her favorite son marries the girl she considers practically perfect. **End**

## MERYL STREEP
**continued from page 101**

Surprisingly, there are no security measures, no hidden cameras or high iron fences. But it soon becomes apparent that there's no need for them. The live-in caretaker and his part-time assistant keep an eye on the property, as does the full-time nanny. And though initially Meryl was worried about how accessible her home is—the road by the wall divides and continues on around the lake, right past her house—the thirty-eight hundred people of Salisbury quickly put her at ease. To them, Meryl Streep is just another resident. Many Salisburians haven't seen the films for which she now commands $3.5 million apiece: The town doesn't have a single movie theater, only half the area has cable TV, and while there's a large community of writers and artists, most of the locals are farmers without the time for or interest in watching anyone's movies on TV.

To her neighbors, Meryl Streep is just another mother in an old sweatshirt—white is her preferred color, in extra-large. Just another mother who sits with her children at the local drugstore sipping old-fashioned ice-cream sodas or who pops into Harris Foods to shop for homemade salads and cakes or who cheers Henry on when he plays hockey with his teammates at Salisbury Central Public School.

In fact, Meryl can be downright inconspicuous. During a recent game at her son's school, a man looked across the bleachers at Meryl, who, without makeup, is rather plain. The man remarked, "So that's Meryl Streep? Funny, she doesn't look like a movie star." Which, Meryl admits, is exactly how she wants it. "I don't like to be adored," says the actress, who in nine years of film appearances has copped a staggering six Oscar nominations, winning two Academy Awards—her first for best supporting actress (*Kramer vs. Kramer*) and her second for best actress (*Sophie's Choice*). "I'd much prefer not to have all the attention and adulation, people going berserk when they see me in public," she says. "Actually, I'm sort of boring, except for this incredibly fascinating career I have. Day to day, you know, I'm just like everybody else."

Constant recognition was the main reason the Gummers gave up their loft in New York City's SoHo district. They had always loved metropolitan life, but she grew tired of "being scrutinized as a public figure, with people checking out my hair, my dress or *(continued)*


NEW Sunkist VITAMIN C

*Great Tasting Vitamin C Your Whole Family Will Love*

Imagine squeezing the natural flavor and goodness of fresh oranges into great tasting, chewable vitamin C tablets. Sunkist Chewable Vitamin C has a burst of delicious orange flavor unlike any other vitamin C tablet.

Available in:
- rolls of 60mg chewables
- bottles of 250mg and 500mg chewables
- bottles of 500mg easy-to-swallow caplets

35¢ Manufacturer's Coupon Expiration Date: August 31, 1987 35¢

SAVE 35¢ on any package except rolls

Retailer: Redeem on terms stated for consumer upon purchase of product indicated. ANY OTHER USE CONSTITUTES FRAUD. For reimbursement of face value plus 8¢ mail to CIBA CONSUMER PHARMACEUTICALS, Box 1550, Clinton, Iowa 52734. Failure to produce on request invoices proving purchase of stock covering coupons may void all coupons submitted. Void if taxed, restricted, prohibited or presented by other than retailers of our products. Offer good only in the 50 United States. Cash value 1/20¢

76680 100146

Sunkist VITAMIN C




NOTHING SAYS C LIKE Sunkist

Sunkist is a registered trademark of Sunkist Growers, Inc. Sherman Oaks, CA, 91423

# If you're eating a high fiber bran flake, that's good.

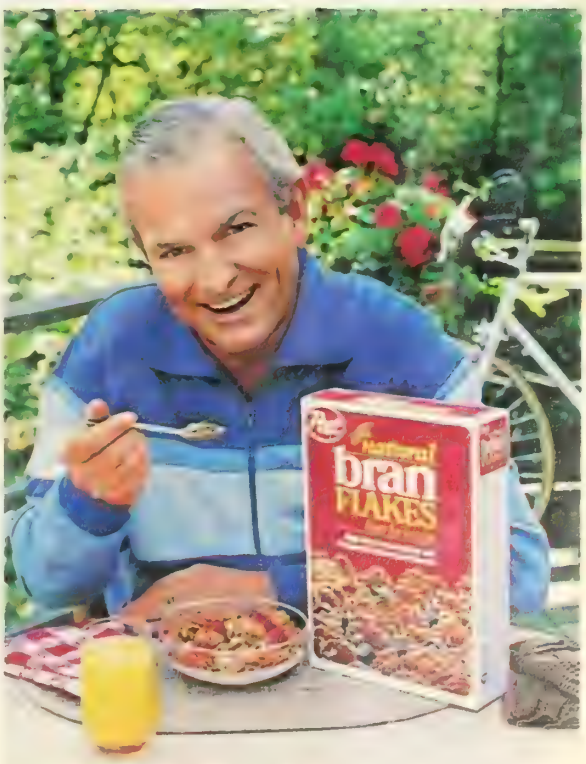
# If it's highest in fiber and best tasting, that's better.

## And that's Post.®

"To me, no bran flake is better than Post® Natural Bran Flakes. In fact, in a test, Post® was preferred against a leading brand. And I agree.

"This oven toasted, whole grain goodness tastes best. The flakes are the crispiest. And compared to the other leading bran flake they're highest in fiber. So I know I'm getting more.

"It was good to add a high fiber bran flake to my diet. And choosing Post® Natural Bran Flakes was even better."




Post

**The best tasting, highest fiber bran flake.**

GENERAL FOODS

© 1986 General Foods Corporation Post is a registered trademark of General Foods Corporation

whatever." She says she couldn't even go shopping "without having someone look at what size underpants I buy" and hated having "to change my telephone number every five minutes, because of all of these freaks calling me up." She adds, "I think this is what turns public figures into alcoholics; you really have to do something when people are watching you all day long."

Unnerved by the loss of privacy and concerned about how it would affect their children, Meryl and Gummer found the ninety-acre haven in Salisbury, though they still maintain an apartment on fashionable Central Park West and frequently make the two-hour drive to Manhattan to see plays, visit friends or hold business meetings.

In addition to keeping up her hectic personal life of late (her new daughter, Grace, was born in May), Meryl has been extremely prolific professionally. She has made three films back-to-back: *Plenty*, *Out of Africa* and *Heartburn*. Although she has agreed to do a few interviews in connection with *Heartburn*, which opened just last month, she admits to feeling worn out. "I would prefer to have somebody do it for me," she says, "sort of a Meryl Streep clone who would be very flashy and catch the public's eye."

What Meryl *really* wants is the rest of the year to enjoy the quiet and anonymity of country living. As she wryly commented upon winning the People's Choice Award for favorite all-around female entertainer earlier this year, "I don't know how much entertaining I've done. I haven't even had anyone over for coffee in eighteen months!" Nonetheless, she has reportedly already agreed to a new project—starring as a vagrant in *Ironweed*, based on William Kennedy's Pulitzer prize–winning novel. (Her co-star will be Jack Nicholson.)

But for Meryl, being busy has been the rule rather than the exception for most of her thirty-seven years. Born in Summit, New Jersey, in 1949, Meryl is the eldest child of commercial artist Mary Louise Streep and Harry Streep II, a pharmaceutical executive. She has two younger brothers: Harry III (nicknamed Third), thirty-six, the head of the Third Dance Theater, in Manhattan; and Dana, thirty-two, a bond salesman who lives in New Jersey.

Meryl began her career as a professional actress after having been a sometime student of the stage in high school and then a serious one at Vassar and the Yale School of Drama. When she graduated, in 1975, she won a role—on her very first audition, no less—with Joseph Papp's New York Shakespeare Festival. She subsequently worked in other Papp productions and acted with other notable companies as well. After having been spotted by movie casting director Juliet Taylor, she made her screen debut in the 1977 film *Julia*, playing a socialite, and she credits Jane Fonda with having given her invaluable lessons about acting for the camera.

"Jane was *so* good to me," she recalls. "I hope I have enough sense to take care of somebody the way she took care of me then. I mean, she just literally saw how out to lunch I was and took me by the arm."

> "It's very, very difficult to be a good mother. I applaud anybody who comes through it unscathed."

*Julia* was followed by a series of great roles in other films, most notably *The Deer Hunter*, the TV mini-series *Holocaust* (for which she won an Emmy), Woody Allen's *Manhattan* (she played his lesbian ex-wife), and the film that made her a superstar, *Kramer vs. Kramer*, in which she played a woman who abandons and then tries to reclaim her son. Ironically, the producers had wanted Kate Jackson for the role of Joanna and were ready to sign her when Meryl came in and read for the small part of Phyllis, Dustin Hoffman's lawyer lover. Hoffman and director Robert Benton exchanged glances and immediately knew they had themselves a new Joanna.

While talent has played a large part in Meryl's meteoric rise, she is the first to admit that good fortune has also had a lot to do with it. "I was lucky," she acknowledges. "Once you get a job that attracts a certain amount of recognition, it leads to other jobs. The idea that the break begets the break really has been true with me." She also worries about her success. "The praise is nice, and being able to pick scripts is wonderful . . . but the extreme publicity has to create an expectation in an audience that I can't possibly satisfy."

So far, however, there's no sign of audience disappointment. Meryl is the most-sought-after actress in Hollywood. Although names like Goldie Hawn and Barbra Streisand have greater clout at the box office, Meryl brings more prestige to a film. As producer Allan Carr explains, "She gives an ordinary picture major stature. Any leading man looks better opposite her."

Though she's in demand, Meryl says work does not come naturally to her. "I'm very, very lazy," she says, noting that even when she is working she is "totally dependent on that morning call from the studio, otherwise I'd never get going. I need someone cracking the whip." In that respect, she's envious of her husband's drive and is constantly amazed that he'll work "all day long, then sometimes, after dinner, he goes back to work again. He's self-directed, but not me."

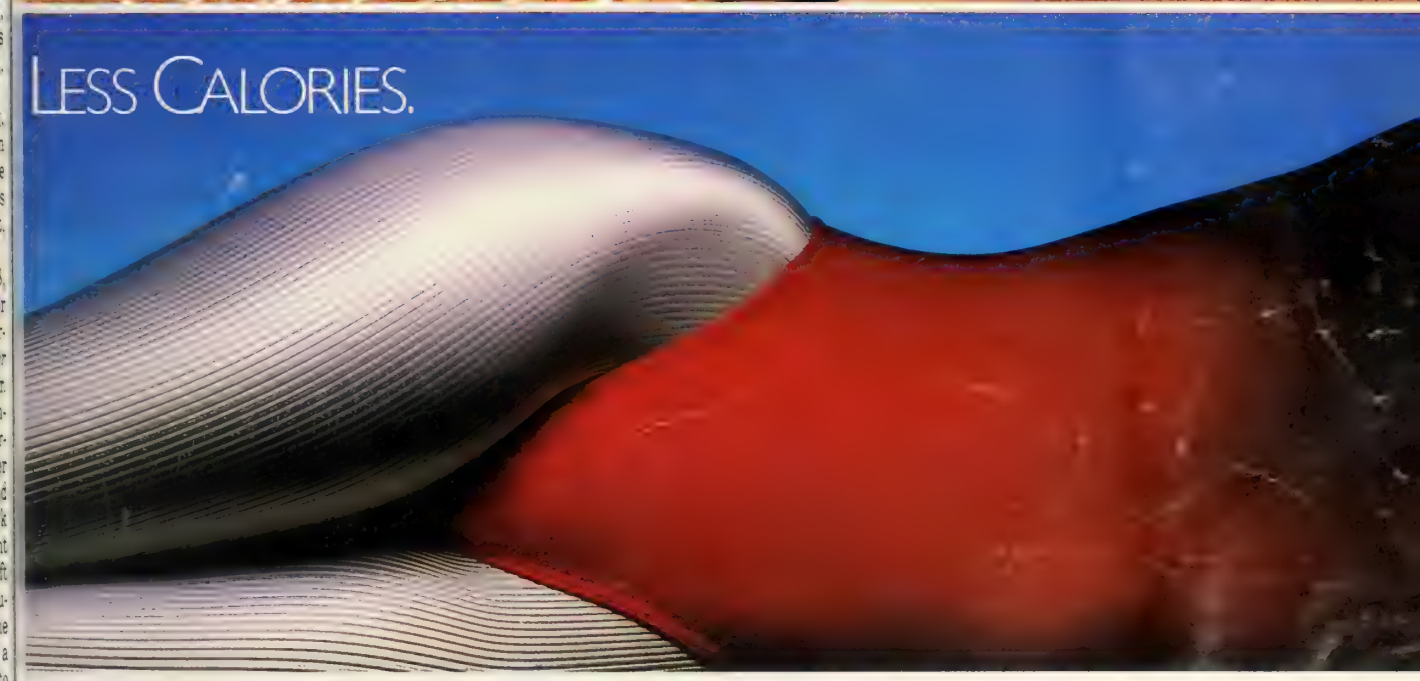
At first glance, the self-effacing, often flip actress seems to have little in common with Gummer, a quiet, intense man of thirty-nine. But it soon becomes clear that two people could not, in fact, be better suited to each other.

When they first met, in 1978, Meryl's boyfriend of two years, actor John Cazale (best known for his portrayal of Fredo in the two *Godfather* movies), had just died of bone cancer. Meryl, describing herself as "emotionally blitzed," was drawn from her sorrow by Gummer, a friend of her brother Third's and a highly regarded painter and sculptor in the New York art world. The couple hit it off right away, and even though Gummer left immediately for a lengthy tour of Europe, Meryl didn't let that stand in the way of what she sensed would be a rewarding friendship. "I started to write to Don," she says, and the two of them "really got to know each other through our letters."

What they discovered, says the actress, is that they were "similar in a lot of ways. He also has a great sense of humor and a sense of himself and his work that's imperturbable." She also couldn't help being charmed by his forthrightness: Upon returning from Europe, Gummer immediately "built me a little room in his loft and told me I could stay." She agreed, and they were married just two months later, in September of 1978.

Today, as they near their eighth anniversary, Meryl reflects on some of the reasons she feels the relationship has succeeded. "I think one reason our marriage is working is that I didn't marry too early. Don knows all *(continued)*




# INTRODUCING FIGURINES 100 DIET BARS.

New Figurines® 100s are so rich, so creamy, so much more delicious, you won't believe we've slimmed them down to just 100 calories a bar. In luscious new S'Mores flavor plus better-than-ever Chocolate, Chocolate Caramel, Chocolate Peanut Butter and Vanilla, they'll put a smile on your lips...and nothing on your hips.




MANUFACTURER COUPON NO EXPIRATION DATE

Pillsbury

## SAVE 35¢

35¢

ANY FLAVOR NEW FIGURINES® 100 DIET BARS




Coupon good only on purchase of product indicated. Not good on Trial Size. Not valid if transferred or reproduced. ANY OTHER USE CONSTITUTES FRAUD. RETAILER: We will reimburse you the full value of this coupon plus 8¢ handling provided it is redeemed by a consumer at the time of purchase on the brand specified. Proof of purchase may be requested. Coupon not properly redeemed will be void and held. Mail to Pillsbury, Box 802, Minneapolis, MN 55460. Cash value .001¢. Void where taxed or restricted. LIMIT ONE COUPON PER ITEM PURCHASED.

1502

© 1986 The Pillsbury Company

1502 5 18000 40935 3






about my work and what it means to me, and I understand about his work. We both know what we can give and what we can take from each other."

One area that might have been a source of tension between the couple is Meryl's superstar status and her husband's relatively low profile. Maureen Stapleton, who plays Meryl's therapist in *Heartburn*, suspects that Meryl's sense of humor contributes a great deal of stability to the marriage. "It has to be difficult for Don Gummer that all the attention is on his wife. He handles it, but I think Meryl's attitude helps. She keeps things light, and I give her a lot of credit for that."

Gummer has his own explanation. "There are many different levels of love. Ours is founded in a very deep-rooted feeling of trust. We're best friends." He also feels that they've both benefited artistically as well. "She's learned how to look at objects, and I've learned how to look at people."

Not all of Gummer's colleagues feel the change has been beneficial, however. Some insist that his art has suffered since the marriage, one former schoolmate even declaring, "His stuff became boring." While it's true that Gummer's work is less cerebral—his reputation was built on angular, geometric sculptures made of steel, stone, silk and wood—it is now much more accessible. This is especially true of the paintings he did after spending time with Meryl while she was making *Out of Africa*. He returned from location and began painting magnificent if quirky watercolors with African motifs, realistic still lifes of human and animal skulls scattered among African artifacts such as statues, necklaces and pieces of cloth. The paintings have sold extremely well, at an average of five thousand dollars each.

Henry Gummer was born just over a year after the couple were married, and Meryl saw at once that her husband would have made the better mother in some ways; her natural laziness is, she feels, incompatible with raising a baby.

"Being a housewife and mother is difficult," she says. "You have to be more self-generated. You have to keep yourself involved with your child during periods of the day when it's just the two of you and you feel that at any moment you may literally go out of your mind. The spark of electricity is always there when you're making a movie because it's not just you. It's not like that when you're a mother, and that's what's so impressive about good mothers. It's really a very, very difficult job, and I applaud anybody who comes through it unscathed."

But Meryl loves every minute of motherhood and states that she never would have been happy just having a career. When asked what she wants, she says, "Basically, I want it all—but in manageable proportions."

What's astonishing is that Meryl is actually succeeding. The question, then, is not whether she can balance a full home life and a career, but what she will do next—not only to satisfy the public but also to fulfill her own creative needs. She has the rare good fortune of being attractive enough to play classic leading ladies, as she did in *Falling in Love* and *The French Lieutenant's Woman*, and being versatile enough to do character roles. Indeed, in *Heartburn*, Meryl proves that she is also adept at playing comedy, and while that came as a surprise to many moviegoers and critics, it is something her friends never doubted.

Close pal Goldie Hawn comments that while she is the one with the reputation for comedy, it's Meryl who keeps things hopping when they get together. "Her delivery is terrific, and her sense of humor is incredible. If we're on the phone, she'll joke about how glamorous it is that the two of us are sitting out in the boondocks with babies and stacks of unwashed laundry."

But there is also a serious side to Meryl Streep, a side she has made more time for since Henry's birth. These days, she says, there are a few causes that she deems "worth giving up a bit of my privacy for—disarmament, equal rights, looking out for the disadvantaged. I don't want to get too busy to care." That explains why, during a break in the filming of *Heartburn*, Meryl rushed over to the PBS studios to do the narration for *Power Struggle*, a documentary warning about the dangers of nuclear energy—an issue she is extremely concerned about.

One thing Meryl is not overly concerned about is reviews, either good or bad. She explains, "You can only be as good as the task at hand. There are so few beautifully written scripts that if there's something with any promise, you latch on to it." And if it doesn't work out, she rationalizes that at least she had fun and made enough money "to give my children a good life, a happy life."

Meryl is clearly a woman who knows what is really important in her life. "I feel pulled in a lot of different directions," she concedes, "but I haven't shattered yet. Thank God I know who my real people are. My husband, my family. At home they know the real me—just plain old Meryl herself." **End**



# We make other vegetables green with envy.

Why would other vegetables be jealous of potatoes?

First off, for their flavor. Potatoes are probably the only vegetable Mother never had to tell you to eat.

Then, for their nutrition. Potatoes are an excellent source of fiber and Vitamin $B_6$, and they supply hard-to-get iron. Plus, one potato gives you 35% of the U.S. Recommended Daily Allowance of Vitamin C.

And to top it off, no other vegetable can be fixed as many different ways as the potato.

Of course, a potato isn't totally unlike its greener cousins. It is naturally low in calories (only 100 for a medium sized potato*), 99.9% fat free, and has absolutely no cholesterol. So next time you're looking for a vegetable to round out your meal, pick up a potato. And see why other vegetables are green with envy.

## Potatoes. America's Favorite Vegetable.

*150 grams, round type, boiled in skin. Source: USDA Handbook No. 382. © 1986 The Potato Board

## DINNER AT THE WHITE HOUSE

continued from page 81

to me and said, "You'd better take some salad." Horrified, I glanced up over my left shoulder and realized the waiter had been patiently waiting for me to serve myself. I quickly filled my plate.

When the meal was over, the President gave a brief and amiable toast to the Mulroneys. "If I'm correct, Brian," the President said, "in two days it's your forty-seventh birthday. All I can say is, kid, I wish you the very best!"

After the toasts the Reagans and the Mulroneys led a general exodus from the room. I hurried over to tell Nick some of the President's stories; then I drifted back to our table to see if I could snitch the President's hand-lettered place card. An inveterate souvenir collector, I had already crammed my evening bag with my gold-edged menu and place card as well as a paper cocktail napkin and a book of matches stamped THE PRESIDENT'S HOUSE.

As I edged around the table, the majordomo, a genial white-haired gentleman, handed me the President's place card without even asking what I wanted. "Somebody always comes to get it for a souvenir," he said with a smile as I blushed at being caught.

While demitasse and after-dinner liqueurs were served, the Reagans chatted with their guests. Then, after a piano concert in the East Room, the doors were thrown open to reveal that tiny round tables had been set up around the floor of the Entrance Hall, where the Marine Dance Band was playing tunes from Broadway musicals.

While waiters served glasses of champagne, everyone gathered to watch the Reagans begin the dancing. As they glided across the ivory marble floors, I felt, not for the first time that evening, that I was watching a dream sequence from a film. Soon other dignitaries joined the Reagans on the dance floor, but most of the guests, like Nick and me, preferred to stand on the sidelines, watching and chatting. I was astonished to find myself joking with Vice-President Bush and his wife at one point.

Then, before the clock struck midnight, the Reagans left the dance floor and began to move through the crowd toward the stairway to their private quarters. Everyone stepped back to let them by, but as they passed us, the First Lady suddenly stopped and smiled. She seized my hand and Nick's and said, "We must have a photograph with the Gages before we go!"

At that moment I wouldn't have been surprised if the marble columns of the Entrance Hall had come crashing down around our ears. Nancy Reagan was holding our hands and calling for the photographer, everyone in the room was staring at us, and I was too thunderstruck to utter a word. The First Lady pulled Kate Nelligan and Walter Payton, who had been standing beside us, into the picture. She directed the President to stand *there* and Nick to stand *here*, and then flashbulbs popped. Before I could recover from this incredible climax to an astounding evening, the Reagans were gone.

Everyone chatted awhile longer, and then we began to drift down the staircase. I reflected that our White House dinner had exceeded my wildest fantasies. "After tonight I'm not going to worry about getting fat and old," I told Nick. "I've had my moment of glory!"

By now, everyone in Grafton has been treated to my recitation of "Our Dinner at the White House." Our three children listened politely at first, but eventually their eyes glazed over, and now they slip out of the room when the subject comes up. Undaunted, I'm saving all the details to tell our grandchildren. **End**






# Marlboro Lights




The spirit of Marlboro in a low tar cigarette.

SURGEON GENERAL'S WARNING: Smoking By Pregnant Women May Result in Fetal Injury, Premature Birth, And Low Birth Weight.

## BRAT PREVENTION

continued from page 65

that "when a child's privileges increase, so do his responsibilities," says Gershenfeld.

"Decide on your priorities," Schaefer suggests. "Instead of coming on like gangbusters about everything, choose one area to work on with your child."

For instance, make a list of chores required to run the household, then ask the child to choose which ones he'll handle. This will give him room to assert himself within an acceptable framework, while letting him see how much work *you've* been doing. A child's chores shouldn't consist only of putting away his own toys or clothes. Even a three-year-old can perform some task —such as setting out napkins or silverware for meals—that helps others.

With an older child, experts believe, the allocation of a weekly allowance—as long as it has a stipulation attached to some of it—teaches a valuable lesson. Handling his own money teaches a child to make choices and stick by them.

### On the road

All the actions parents can take to avoid spoiling a child, or to unspoil her, become much easier, says Gershenfeld, "when parents form a unified front. If a husband and wife disagree on what's reasonable to expect, they'll undermine each other." Consistency is also crucial. "Discipline won't work if one day it's fine for the blocks to be all over the living-room floor, but the next, when company's coming or the mother had a hard day, it isn't fine," she notes.

Once a child begins to meet some of the parents' requests, it's essential that they reinforce the new, positive behavior. "A lot of parents are constantly catching their kids 'doing bad,' but never catching them 'doing good,'" Massari says. Parents—especially parents of a spoiled child—should make it clear that they love their child, but they don't like her *behavior*.

Another important but often overlooked way parents can teach the child to be less self-centered is to let him know that they have needs and concerns of their own that are important. "At dinner, instead of just asking the kids, 'What did you do today?' talk about your own values and interests," suggests Gershenfeld.

Making your needs known means not endlessly bending and sacrificing your own desires for those of your children. One woman realized that the elaborate schedule taped to her refrigerator door listed all the activities—hockey practice, ballet class, Brownies—of her three children but none of her own numerous commitments. The revised schedule, she says, "gave my kids a greater respect for *my* time."

What this mother really meant was that by unspoiling her children, she enabled herself to be a little more "spoiled," a little more self-centered. And there are times when everybody should be that way. In fact, what people sometimes speak of as spoiled behavior is sometimes simply a manifestation of a strong sense of self-worth.

"I worry," says Massari, "about the so-called model child, who never makes demands and turns down offers of special treats by saying he can do without."

"The bottom line for every child," says Gershenfeld, "is to feel that he is competent and lovable." The parent who truly meets her child's needs does so by empowering her child to cope with a world where not all desirable objects are affordable, not all bullies tamed, not all peas served separately from mashed potatoes. Instead of providing everything her child asks for, the successful parent teaches her child the joy that can come from waiting for something, working to earn it or, if necessary, doing without it. And instead of blindly offering her approval, she encourages the kind of behavior that will make him lovable even to those who aren't his parents.





Introducing Quaker Rice Cakes.

Quaker Rice Cakes are big. And crunchy. And made of nothing but puffed whole grains that add up to a mere 35 calories each—so you may top 'em off with whatever you please and still eat light. When it comes down to serious snacking, there's no better way to lighten up! New Quaker Rice Cakes. 35 calories Light!

## BEAUTY PROBLEMS

continued from page 97

### What can I do about blemishes?

? you want to hide a pimple or two, pply an ice cube to blemishes. The old will reduce redness and hasten the ealing process. After applying make-p, but before the final whisk of pow-er, brush liquid concealer one shade ghter than your skin tone on each lemish. Acne medication containing a .5 or 5 percent concentration of ben-oyl peroxide will help heal blemishes. egular application to areas prone to reakouts often prevents the problem.

A dermatologist may decide to treat ne in one or a combination of ways: ith topical or systemic antibiotics ich as minocin, clindamycin or eryth-omycin; with drying agents, including enzoyl peroxide, Retin-A, sulfur or re-orcin; or with corticosteroid injections. nce the problem is under control, re-dual scarring can be minimized with ermabrasion, chemical peeling or col-gen injections.

### Facial hair is driving me crazy

leaching is quick, easy, painless and expensive. Hairs stay pale until they ll out; new hair appears in its natural ark shade. If you have just a few dark hairs on your upper lip, bleaching may be your best bet. Cream depilatories are made with chemicals that weaken hair so that it breaks off slightly below skin surface. Regrowth, often silkier than original hair, appears within about two weeks of treatment. Waxing lasts longer—three to four weeks—and if you do it regularly, there is a tendency for new hair to grow in finer-textured than the old.

The permanent solution is electrolysis. A probe is inserted deep inside individual hair follicles, and an electric current destroys the roots. If electrolysis is done properly by an expert, there is no regrowth. The cost ranges from $35 to $80 per hour.

### Help! My nose is enormous

Learn to love it, and make it a part of your own distinctive look, à la Streisand. If you can't change your attitude, you *can* make less of a big nose with makeup. Start with an astringent to minimize oiliness. Next, sponge on oil-free foundation. Use a matching concealer to blend in any discoloration and redness. Now contour: You'll need foundation, face powder or powder eyeshadow in a shade slightly darker than your skin tone. To shorten a too-long nose, apply a stripe of darker foundation down the center and over the tip to where nose meets upper lip. To slim a wide nose, shadow each side with darker foundation or powder. To correct a nose that veers off to one side, apply a slightly lighter foundation straight down the center, ignoring the curve.

Rhinoplasty is the permanent solution to the problem. Straightening, shortening and narrowing can be done in an operation lasting from thirty minutes to one and a half hours. These days, surgeons aim for a nose that fits and flatters the face—often just a slightly smaller and more refined version of the original nose. Cost ranges from $2,000 to $4,500. **End**

Our panel of authorities: Brendan Boylan, A.B., D.D.S., diplomate of the American Board of Orthodontics, NYC. Marc S. Lemchen, D.M.D., attending orthodontist, The New York Hospital–Cornell Medical Center; co-chief of Orthodontics at Lenox Hill Hospital, NYC. Albert Hornblass, M.D., director of ophthalmic plastic orbital and reconstructive surgery, Manhattan Eye, Ear, Nose, and Throat Hospital; professor of ophthalmology, the State University of New York, also affiliated with Lenox Hill Hospital, NYC. Philip Kingsley, trichologist, with clinics in New York and London. Duane Biesel, manager of product development, Hair Care Products, Gillette, Personal Care Division. Ann C. Hill, M.D., assistant clinical professor of dermatology, The New York Hospital–Cornell Medical Center, NYC. Gerald Imber, M.D., attending physician, Department of Plastic Surgery, The New York Hospital–Cornell Medical Center, NYC. V. Michael Hogan, M.D., clinical professor of surgery, New York University Medical Center, NYC. Ronald Sherman, M.D., senior clinical instructor of dermatology, Mt. Sinai Medical Center, NYC. Marvin Rapaport, M.D., associate clinical professor of dermatology, University of California, Los Angeles. Diana Bihova, M.D., clinical instructor of dermatology, New York University Medical Center. Lia Schorr, president of Lia Schorr Skin Care, NYC. Veruchka Pinn, skin care specialist at the Veruchka Skin Care Salon, NYC. Lucy Peters of Lucy Peters Electrolysis International Ltd., NYC.



# Why does real estate agent Bea Montague use Lightdays® Pantiliners?



## "I like to feel just-showered fresh all day, every day."

"For me, real estate has become a 24-hour lifestyle. I deal with as many clients at social gatherings and dinners as I do during office hours. And Lightdays help me keep that morning-shower freshness through the whole day, no matter how late it goes. Their shape is contoured so they're very comfortable.

Lightdays liners help me feel dry, fresh and comfortable. It's a good feeling that makes you more confident in yourself, and when you're talking to a client, that comes across."

Bea Montague

Kotex® Lightdays® Pantiliners are designed with a special hourglass shape that curves where you curve. So they fit comfortably. They're also remarkably thin, with three adhesive strips to hold them firmly in place. Use Lightdays for extra protection during your period and to feel just-showered fresh, anytime.




## For just-showered freshness all day, every day.

© 1985 Kimberly-Clark Corp.

## 29 SECRETS

continued from page 91

**Does politics make strange bedfellows?**

In a way it does. The majority of Democrats sleep in pajamas, while most Republicans sleep in sexy lingerie . . . but when it comes to what these party-affiliated wives do when they have time alone with their husbands, it's the Dems who make love and the GOP respondents who (yawn) watch TV.

**Can money buy happiness?**

Asked that question directly, the vast majority of our respondents said no. But when we asked the computer to find out how many women at various income levels reported that they are in fact happy, we got a somewhat different answer. We found that the richer a woman is, the more likely she is to report that she's happy. And the more a working woman earns, the less likely she is to say she's unhappy working and would rather be a full-time homemaker. Specifically, 32 percent of the respondents who make $20,000 or less envy homemakers. For those making $21,000 to $40,000, the figure is 31 percent; for those making $41,000 to $60,000, it's 2.5 percent; for those making $61,000 to $100,000, it's 18 percent; and for those making more than $100,000, it's only 8 percent who would rather be home.

**Does she or doesn't she?**

That depends on how much money she makes. The more a woman earns, the more likely she is to color her hair. Of those making $20,000 or less, only 14 percent tint their tresses, while 30.2 percent of those making more than $100,000 refuse to go gray.

**Which political party wants government-funded child care?**

So we have to tell you? 82.6 percent of the Democrats want Uncle Sam to help rock the cradle, compared with a mere 7 percent of the Republicans.

**Who's got religion?**

0.8 percent of the Protestant respondents consider themselves religious, compared with 69.4 percent of the Roman Catholics and 36.8 percent of the Jewish respondents.

**What's the best thing about working?**

For career women, it's self-esteem. For those with "just a job," it's the money.

**A woman who was over thirty when her first child was born was probably very busy getting established in a career, right?**

Wrong. The main reasons for delayed parenthood for both career women and those who say they have "just a job" are late marriage and trouble conceiving.

**You simply can't win**

Married women say they get depressed because everybody makes too many demands on them. Unmarried women get the blues because there *aren't* enough demands made on them.

**How do women feel about men who wield a dust mop?**

They love 'em! 92.4 percent of the women whose husbands help around the house say they are very happy. Only 48.4 percent of the women whose husbands refuse to divvy up the dirty work are as contented.

**What's the prognosis for shotgun marriages?**

Something less than wedded bliss. Of the women who are currently divorced or are in second, third or fourth marriages, 35.8 percent were pregnant when they first married. For those in first marriages, the figure is 5.8 percent. Of the unhappy and very unhappy women, 35.9 percent were pregnant when they married, compared with 12.5 percent of the happy and very happy women.

**Good morning, darling**

48.6 percent of our sexually satisfied respondents feel eager and excited when they greet the new day. Only 29.3 percent of those who are not sexually satisfied feel as good.

**How does infidelity affect a marriage?**

83.4 percent of women who were unfaithful wives are now divorced.

**It's just like they tell you in those country-and-western songs**

Of those of you who married for love, 80.6 percent have remained faithful. The women who married for money headed for the cheatin' side of town.

**Do wives ever keep savings accounts that their husbands don't know about?**

Yes, if they are having an affair.

**And finally—is it good if a wife is the one who usually initiates lovemaking?**

Get ready for a surprise. The answer is a definite no. Only 26.8 percent of the women who usually initiate sex have excellent sex lives, compared with 45.9 percent of the women whose husbands are initiators and 51.5 percent of those who say it's about fifty-fifty. **End**

*The statistics in this article were tabulated at the University of Pittsburgh and the New York Institute of Technology, using data from* Ladies' Home Journal *reader surveys. Ellen Frank, Ph.D., and Clive Enos, Ph.D., were the principal researchers.*

**COMING IN SEPTEMBER**

*LHJ*'s fourth annual reader survey —"The Private Life of the American Woman." Don't miss this chance to share and compare your innermost dreams and desires!


LADIES' HOME Journal SHOPPING SERVICE

SWEATER OFFER as seen on pages 108–111

**Ladies' Home Journal**
**Dept. J085**
**P.O. Box 506**
**Chappaqua, New York 10514**

**Fully refundable if not satisfied!**

Please send me the following, exclusively available from Ladies' Home Journal.

| Description | | Amount |
|---|---|---|
| ___ (#050) | Complete Sweater Kit with Instructions | |
| ___ (#051) | Instructions only | |
| | P&H | |
| | TOTAL | |

**Price**
Complete Sweater Kit with Instructions: $39.95 plus $3.00 postage & handling for one, or $74.95 plus $4.00 for two.

Instructions only: $3.00 (includes postage).

Enclosed is my check/money order in the amount of $_____ payable to RMS Sales Inc.
Or charge my ☐ Mastercard or ☐ Visa.

**Signature**_____

**Card No.**_____ **Exp. Date**_____

**Print Name**_____

**Address**_____

**City**_____ **State**_____ **Zip**_____

For Canadian orders use U.S. funds. Add $3.00 to postage & handling charges.

## COLOR PHOTOS $1.75



YOUR CHOICE
- 24 Wallet Photos 2⅓x3⅓"
- Three 5x7" Enlargements
- One 8x10" Enlargement

Send any photo. 8x10 or smaller (returned). Add 65¢ per selection for post./handl. and an add'l. 50¢ ea. for 1st class mail. Money back guarantee

**COLOR LAB**
P.O. Box 230A, Irvington, NJ 07111

## *Pregnant Women*

**Look your best throughout your pregnancy . . . For color catalog (sizes 4–14) with fit guide, send $2.00 to P.O. Box 091038, Dept. LH886, Columbus, Ohio 43209 or call 614–861–2558.**



ReCreations
MATERNITY



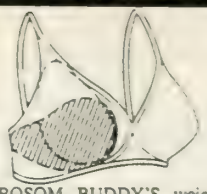
ADDRESS LABELS WITH NICE DESIGNS

Any initial in Old English or Script, most dogs, palm, gull, saguaro, U.S. flag, pines, horse, treble clef, rose, happy face . . . also any zodiac sign, roadrunner, palette. Printed in black ink on 500 white or 250 gold gummed labels. To 20 letters per line, 4 lines. Order by initials shown. . . .

| | | |
|---|---|---|
| #DD | 500 white 1¾"x⅝" | $3.95 |
| #GDD | 250 gold 1¾"x⅝" | $3.95 |
| #DR | 500 white 1½"x½" | $3.50 |
| #GDR | 250 gold 1½"x½" | $3.50 |

Please add 75¢ postage and handling. Useful 80-P. Gift Catalog, $1.00. Bruce Bolind, 38-L Bolind Bldg., Boulder, CO 80302. (Since 1956, thanks to you!)

## MASTECTOMY?



BREAST FORM only **49.95**
plus $3 p/h
size DD - $55
SEND FOR FREE BROCHURE

BOSOM BUDDY'S weighted fabric breast form. DESIGNED by a MASTECTOMEE as an alternative to silicone . . . Never hot or sticky. Cool & comfortable soon after surgery. Weight is adjustable. Excellent choice for long-term wear or before reconstructive surgery. Looks and feels NATURAL. Fits regular bra. Specify cup & bra size Money-back guarantee

VISA (208) 343-9696
B & B COMPANY
Dept. L-J 86 Box 5731 Boise, ID 83705

# Journal Store

By Sheryl Kraft



1



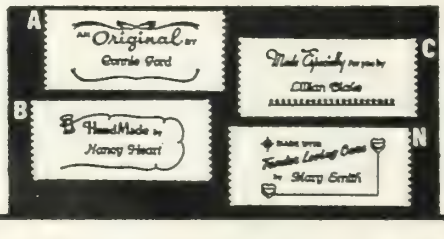
3



5



2




4

**Stop here for convenient shopping with this wide selection of merchandise. Enclose your personal check or money order; allow 4 to 6 weeks for delivery!**

1. **Fund Craft—Fundraising Cookbooks**. A great way to cook up some cash for your organization. Choose from a large selection of stain resistant covers printed with your group's name, plus 4 personalized intro pages & photo. Each book includes 26 pages of basic cooking info, recipe index, color dividers & more. Contributed recipes appear with member's name. $1.45 & up, depending on quantity. Write for free info to: Fundcraft, Box 340, Dept. 13, Collierville, TN 38017.

2. **Kaiser Crow**—Save 40% Towle "OLD MASTER" Silverplate pattern features beautifully detailed 12" round tray, coffee, sugar and creamer. (4-piece set $49.95). Shipping & Insurance chgs. $5.00. Mail orders to Kaiser Crow, Inc. 747 Sheridan Blvd, 2D., Dept. LHJ8, Denver, CO 80214. 1-800-468-2769

3. **Stop sweat for 6 weeks** Drionic®—the heavy sweater's answer to costly and embarrassing underarm, hand or foot sweat. Short treatment with electronic Drionic keeps these areas dry for 6 week periods. Recommended by dermatologists every where. Send for free information. Clinical studies available to physicians. Write General Medical Co., LJE-81, 1935 Armacost Ave., Los Angeles, CA 90025

4. **Personalized quality labels** For your sewing, knitting and crocheting. Printed in black, with red border on white cotton. Choose from: (A) "An Original By," (B) "Handmade By," (C) "Made Especially For You By," or (N) "Made With Tender Care By." Prices are for one style and name only: 40 for $5.75, 70 for $7.75, or 100 for $9.75. Enclose self-addressed stamped envelope (two postage stamps for 70 or more labels). Enclose check or M.O. to: IDENT-IFY LABEL CORP., Dept. 28, P.O. Box 204, Brooklyn, NY 11214.

5. **Do-it-yourself electrolysis** With PERMA TWEEZ, you can safely and permanently remove unwanted hair without puncturing the skin. Clinically tested and recommended by many dermatologists; and, saves hundreds of dollars over salon electrolysis! $16.95 ppd. Send to GENERAL MEDICAL CO., Dept. LJE-80, 1935 Armacost Ave., W. Los Angeles, CA 90025.

GREAT COLOR WALLETS and ENLARGEMENTS

## EXPRESS PHOTO SERVICE℠ ONLY $2.50



FULL COLOR • BORDERLESS
Five choices only $2.50 each
- ★ 40 Wallets
- ★ 32 Wallets & One 5"x 7"
- ★ 8 Wallets & Four 5"x 7"s
- ★ 2 Custom 8" x 10"s
- ★ 20 Jumbo Wallets

Vibrant Permaprint™ copies on KODAK paper. Send any instant print or photo up to 8x10 (returned). Add 75¢ each set for handling and postage. For Rush Express Photo Service add $2.00 per order. Enclose check or M.O. with return address, send to:
RELIANCE COLOR LABS, INC.
STUDIO E852-8 BOX 159 STAMFORD, CT 06904

GUARANTEED SATISFACTION OR COLOR MONEY BACK

## Legal Assistant (Paralegal)

- ★ AN EXCITING LEGAL CAREER
- ★ FULLY ACCREDITED PROGRAM
- ★ INSTRUCTED BY ATTORNEYS
- ★ STUDY AT HOME IN SPARE TIME
- ★ FREE CATALOG — ACT TODAY!!

SOUTHERN CAREER INSTITUTE
Dept. J86 Drawer 2158
Boca Raton, FL 33427
(305) 368-2522


## Ladies Home Journal SUBSCRIBER SERVICES

**Change of Address:** Please attach mailing label from this magazine and write in your new address below. 6-8 weeks advance notice is needed.

**Mailing List Name Removal:** We occasionally make our mailing list available to organizations whose offer we believe might be of interest. If you do not wish to receive any mailings from companies not affiliated with Meredith Publications, Inc., please check the box below and attach your mailing label.

**Complaints:** For duplicate issues, late delivery or any problems, attach mailing label and send details to the address below.

☐ **Change of Address**
☐ **Please remove my name from your rental list**

FCP-8

NAME _____

ADDRESS _____

CITY _____ STATE _____ ZIP _____

**Mail to: LHJ P.O. Box 10895 Des Moines, IA 50336-0895**

# A Word of Comfort for Sensitive Ears



by Janet Matthews

Two years ago I gave up on pierced earrings. Every time I wore them, my earlobes swelled and got sore. Fashion wasn't worth the pain.

Then something happened.

I responded to a mail order advertisement for a free pair of earrings made especially for sensitive ears. To my surprise, these earrings really worked: all soreness, itching, and flaking disappeared.

Still skeptical, I did a little research. Here's what I learned:

The pain I'd felt is called *contact dermatitis* — an allergic reaction responsible for the symptoms that make most earrings so uncomfortable for about half of us who wear them. I was surprised to learn that it's triggered by the common alloys and solders used in every pair of earrings I owned — even the expensive 14K gold ones!

The solution, explained to me by Roman Research spokeswoman Marjorie Stone, is a unique process using an alloy-free combination of pure, 24-karat gold and surgical stainless steel. The result is irritation-free and guaranteed hypo-allergenic.

I visited Roman Research and saw how modern medical standards were applied in making these earrings. I also saw *thousands* of letters of thanks to Ms. Stone from women all across America. Let me quote just two:

"Before Whispers came along, my ears would get seriously infected by even the most expensive earrings. I work for a doctor, and even he was amazed."

Here's another:

"I had my ears pierced about 15 years ago, and I have never been able to wear any kind of earrings, even clips, without getting a reaction .... Now I can, and I really can't believe it!"

What I had experienced is a very common problem!

Ms. Stone said that because of the fantastic response to Simply Whispers (more than 300,000 women tried them last year), the company now offers a "Lifetime Guarantee Against Discomfort" on hundreds of beautiful earrings — classic styles, seasonal colors, and children's styles, priced from just $5.98 in its new color catalog.

To prove it, Whispers gives a *free* pair of trial earrings ($9.98 retail value) with every catalog request.

Beauty *doesn't* have to hurt. If you'd like to end earring discomfort forever, I urge you to write to Simply Whispers. I did, and now I can wear the styles my friends do *but with complete safety and comfort.*

For a color catalog and free trial earrings, send $1.00 to *Simply Whispers, Roman Research Marketing, Dept. 2221, 1 Accord Park Drive, Norwell, MA 02061.*





**Distinctive Burner Covers add European charm to brighten your kitchen**

Europeans discovered decades ago the beautiful touch burner covers add to the kitchen. Now you can too! With your choice of over 18 colorful designs, burner covers will give a distinctive charm to **your** kitchen.

- made from strong steel and porcelain enamel
- heat resistant and easy to clean
- sizes for electric **and** gas ranges
- inexpensively priced
- burner covers make unique gifts

Brighten your kitchen and show your special individual taste. Write or call for our **FREE** color brochure today!

**MAX BURTON ENTERPRISES** Dept. 88
502 Puyallup Ave., Tacoma, WA 98421
(206) 627-2665

Please mail me your FREE color brochure and price list for ☐ Electric ☐ Gas Ranges

Name_____

Street_____ Apt._____

City_____

State_____ Zip_____

**Free Fund Raising Ideas Catalog!**

Each year, Revere Company helps thousands of school, church, civic and social groups (just like yours) earn the money they need. Our colorful catalog contains all of the latest, most lucrative products and programs available to fund raisers. You can have a free copy sent directly to you simply by calling toll-free or mailing this coupon. Order now!

**1-800/528-6050** Ext.147
In Ariz. 1-800/352-0458 Ext. 147

To: **Revere Company**
**Department C63**
**Scranton, PA 18504-0119**

☐ Please send me Revere's latest "Catalog of Fund-Raising Ideas."

Name_____

Group_____

Address_____

City_____

State/Zip_____

**Revere**
AMERICA'S FOREMOST FUND RAISING CONSULTANT

FINEST QUALITY STAINLESS

**$1 Teaspoon Sample Offer**

REED & BARTON
☐ 1800 ☐ Country French ☐ Colonial Shell ☐ Barclay ☐ RoseCliff ☐ Golden RoseCliff* ☐ Regatta ☐ Golden Regatta*

KIRK STIEFF | Lunt
☐ Satin Flutes ☐ Sprig ☐ Breakers ☐ Clarendon ☐ Cabernet ☐ Country Living ☐ Optima

YAMAZAKI | INTERNATIONAL
☐ Cove ☐ Celine (Gold Only) ☐ Florian ☐ Florian Gold* ☐ Nicole ☐ Resplendence ☐ New Charm ☐ Queen's Fancy

WALLACE
☐ Lotus ☐ Shellbrook ☐ French Shell ☐ Antique Baroque ☐ Claiborne ☐ Soliloquy

TOWLE
☐ Beaded Antique ☐ Beaded Antique Gold* ☐ Boston Antique ☐ Colonial Plume ☐ Hammersmith ☐ London Shell ☐ Old Vienna

GORHAM
☐ Colonial Tipt ☐ Gotham Shell ☐ Golden Gorham Shell* ☐ Melon Bud ☐ Golden Melon Bud* ☐ Ribbon Edge ☐ Golden Ribbon Edge* ☐ Nouveau ☐ Trilogy

Kaiser Crow offers the lowest prices in America on finest quality stainless steel. Now is your chance to sample before you buy. Check desired pattern(s) above and return the entire ad. Enclose $1.00 for each spoon (*$2.00 for gold trim). Limit five spoons, one per pattern. Color brochure with complete order information included with teaspoon.

Name_____

Address_____

City_____

State_____ Zip_____

Colorado residents add sales tax. Allow 4-6 weeks for delivery.
Offer Ends 12/31/86.

**Mail Orders to:**
**Kaiser Crow, Inc.**
**747 Sheridan Blvd., 2B**
**Dept. LHJ 8 7**
**Denver, CO 80214**

Kaiser Crow

SEPTEMBER

LADIES' HOME Journal



**SEX AND THE MARRIED MAN**
A famous psychologist reveals what men really want from marital sex and how you can improve your lovelife

**BETTY CROCKER IN THE '80s**
Twenty exciting new recipes from the updated cookbook classic, featuring microwave instructions, calorie info and more!

**REGRETS ONLY**
The spicy new best-seller by Sally Quinn—a novel about power, passion and Washington wives

**FALL FASHION AND BEAUTY**
The looks you'll love for autumn: elegant, sophisticated, self-confident and oh-so-sexy!

**FIFTY SYMPTOMS NOT TO IGNORE**
A special LHJ medical guide that just might save your life—not to be missed!

Plus . . . low-cal dinners ready in thirty minutes or less . . . the secret world of latchkey kids . . . women who make big bucks . . . startling results of a new readers' poll . . . and lots, lots more!

**On sale August 14**

# LAST LAUGHS

## OUT OF THE MOUTHS OF BABES

As my five-year-old daughter helped her father in the yard, I jokingly said, "I'm glad to see you working for a change." "Oh, I'm not working for change," she exclaimed. "I want a dollar!"
*—Debbie Barden, Orange, VA*

My four-year-old neighbor had trouble remembering my name the first time I baby-sat with him. Finally he asked in exasperation, "Can't we just pretend we're married so I can call you honey?"
*—Irene Fornero, Streator, IL*

When I told my six-year-old daughter that her blackberry gelatin dessert was made with artificial flavorings, she said with amazement, "Oh, you mean they use plastic berries?" *—Jean Offman, Portage, PA*

My four-year-old's grandmother asked him to help her sort some clean socks. Impressed with his work, she asked, "Do you sort socks for your mother, too?" "No," he replied. "*She* knows how!"
*—Patricia Bourke, Grosse Pointe, MI*

"I can't believe it!" exclaimed my friend when she saw the mess her six-year-old twin daughters had made in their room. "Why can't you believe it, Mommy?" one child asked innocently. "We do it every day."
*—Carolynn Brocato, Jacksonville, FL*

## MOMILIES

Chances are you've heard them a thousand times—those precious pearls of wisdom your mother repeated over and over again. Now you're probably surprised to hear yourself sharing these gems with your offspring. But admit it—you love knowing that a part of your childhood will live on to haunt your kids, and their kids, and their kids . . .

- If you fall out of that tree and break your leg, don't come running to me
- Just because
- You'll understand when you're older
- Wait till your father gets home
- Look it up—you'll remember it longer
- If you're bored, clean your room

From the book MORE MOMILIES, by Michele Slung. Copyright © 1986 by Michele Slung. Reprinted with permission of Ballantine Books, a division of Random House, Inc.

## ARMCHAIR CONTESTANT

***The game shows***
***on my old TV***
***Have always been***
***a cinch for me.***
***My winnings often***
***make me purr,***
***A trip, a car, some***
***cash, a fur.***
***Alas, I only have***
***this flair***
***While playing from***
***my easy chair.***
***—Rhoda Pellor***

## FOR BETTER OR FOR WORSE

**By Lynn Johnston**




From the 1986 FOR BETTER OR FOR WORSE CALENDAR, by Lynn Johnston. Copyright © 1985 Universal Press Syndicate, published by Andrews, McMeel & Parker. Reprinted by permission.

LADIES' HOME JOURNAL
September 1986

30 MEDICAL SYMPTOMS
THAT MUST NOT BE IGNOR

3 9042 01504518 7

$1.50
ember
1986
dies'
Home

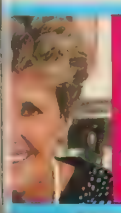
# Journal



Goldie Hawn:
"Why I left
Hollywood"

AST FOOD WITHOUT
HE CALORIES

HAT MARRIED MEN
ANT FROM SEX



Erma Bombeck:
What's she
really like?

HE BEST
ALL FASHIONS

HAT KIDS DO WHEN
OU'RE NOT HOME

HE NEW
ETTY CROCKER
OOKBOOK

Katharine
Hepburn

Her new
frankness
about
her life
and
loves

BURLINGAME CA 94010
480 PRIMROSE RD
BURLINGAME PUB LIB
JUN87 ED 02521 02
91-BRLPRM-480995 2 07EEB
**********CAR-R-SORT**CR46

BURLINGAME
AUG 1 19
LIBRARY

REVLON

**Introducing**
**The Wall Street Violets.**

Clearly feminine.
Definitely powerful.
Even when they
come across soft.
Because Revlon has
taken all the shyness
out of them.
There's a violet as wild
as the futures market.
A purple as rewarding
as capital gains.
Mauves, pinks,
berries and blues
from risky to
conservative. For your
lips, nails, cheeks
and eyes. The rate of
return is up to you.



Because imitating men
was never a good idea.



Lynn is wearing Royal Purple Super Lustrous Lipstick and Creme Nail Enamel, Enchanted Orchid Blush-On, Wild Violet and Superfrost Pink Custom Eyes. ©1986 Revlon, Inc.


REVLON
'Colorstuff Eyes' and Mistropure are trademarks of Revlon, Inc. for Mascara. © 1986 Revlon Inc.



# Revlon invents 'Special Eyes' Micropure* Mascara.



## Non-irritating even to contact lens wearers.



Mascara can be a real pain. Especially if your eyes are sensitive.[1] That's why the Revlon laboratories created new 'Special Eyes' mascara. The ophthalmologist-tested Micropure™ mascara. It lengthens without fibers. It's tear-resistant, won't flake, smear or run. And feels beautiful.

New 'Special Eyes.' Even the contact lens wearers who tried it, loved it. And if it's good enough for them...it's good enough for anybody. Three custom brushes give you lashes just the way you like them.

*Unique, processed and purified to the highest cosmetic standards
[1]Eyes [illegible]ntate easily

**evlon. The difference between looking good and looking great.**

REVLON

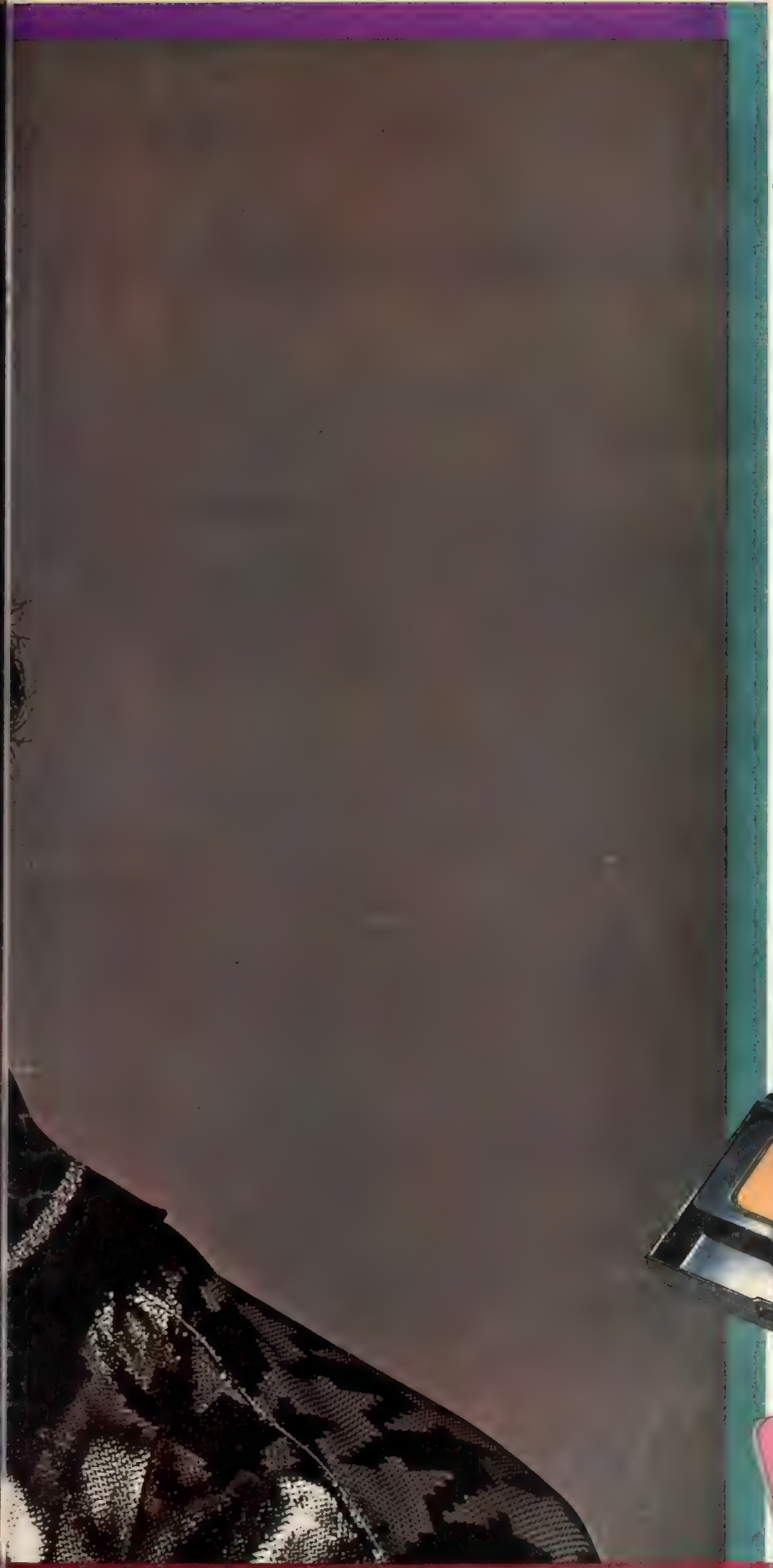


Color Stylist Eyeshadow in Forbidden Apple and Ginger Berry to Highlight. Fashion by Jonathan Colby at Rod Owens. Earrings by David Webb. Inc. © 1986 Revlon, Inc.

# Revlon's Marvelous Custom Blush.

## A collection of 14 colors so you can have cheekbones, shadows, hollows, highlights, mystery, like you've never had before.

The blush that comes with just one color blusher is very limiting. The Custom Blush compact is not. It can be filled and refilled with any two colors. Which means, ultimately, a whole wardrobe of colors and color combinations to go with the rest of your wardrobe.





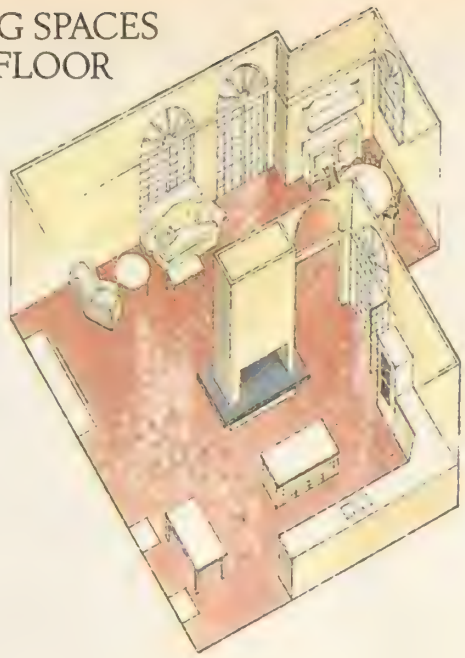
**evlon. The difference between looking good and looking great.**

# THE KITCHEN SUITE

AN ARMSTRONG ADVENTURE IN SPACE



# THINK OF IT AS THREE LIVING SPACES UNITED BY AN ARMSTRONG FLOOR



In the style of a traditional country cottage, this multipurpose suite is clustered around a centrally located fireplace. But what really brings the suite together is the Armstrong Solarian® floor that flows easily from one area to the next. You'll find it in the kitchen area, where the cooking island has counters that flip up for casual dining, and a bookcase and nearby desk function as a study area. It also graces the living area, which features a fireside grouping of seats, perfect for entertaining guests or watching TV. And it warms the formal dining area, where a wall of French doors provides a great view of the out-of-doors.



## THE DESIGNER SOLARIAN FLOOR

It's Armstrong Hampton Brick Designer Solarian that sets the tone for the entire suite. Complemented by ceiling beams and country furnishings, its rich texture and terra-cotta color create a setting that's comfortable and inviting. So, Armstrong Hampton Brick gives the entire suite the warm feeling of natural brick with the easy care of an Armstrong floor.







**To see more:** For a free color Kitchen Suite booklet with many photos, floor plans, and product information, call the toll-free Armstrong Consumer Line, 1 800 233-3823, and ask for Dept. 69FLH. Or send coupon to:

Armstrong, Dept. 69FLH, P.O. Box 3001, Lancaster, PA 17604

Armstrong

so nice to come home to™

Name _____

Street _____

City _____

Zip _____ Tel. (  ) _____

LADIES' HOME Journal®

**MYRNA BLYTH**
EDITOR-IN-CHIEF

**Tamara Schneider**
ART DIRECTOR

**Jan Goodwin**
EXECUTIVE EDITOR

**Mary Mohler**
MANAGING EDITOR

ARTICLES
**Margery D. Rosen, Beth Weinhouse, Roberta Anne Grant,** senior editors
PAMELA S. GUTHRIE, DIANE SALVATORE, ERIC SHERMAN, associate editors
RACHEL HAGER JEANNE CURRY

BOOKS AND FICTION
**Mary Lou Mullen,** editor
SOFIA MARCHANT

BEAUTY AND FASHION
**Lois Joy Johnson,** editor
MARJORIE WRIGHT
MARGARET L. O'HANA

FOOD AND EQUIPMENT
**Jan Turner Hazard,** editor
SUSAN J. SARAO
DIANE DILALO HOLTAWAY
ELIZABETH A. MARKS BEVERLY STEPHENS
MARGOT ABEL BERNICE MITTMAN

DECORATING AND DESIGN
**Marilyn Diane Glass,** editor
SALLY J. JONES

COPYWRITER
**Linda Glassberg**

EDITORIAL PRODUCTION
**Nina Kellin,** editor
JANE FARRELL, KAREN JACOBSON, copy editors

EDITOR-AT-LARGE
**Sondra Forsyth Enos**

PUBLIC AFFAIRS
**Margaret Hickey**

READER SERVICE
**Lietta Dwork**

ART DEPARTMENT
**Jane Wilson,** design director
**Stephanie K. Birdsong,** associate art director
**Jeffrey Saks,** associate art director

**Paul Sawyer,** graphic system manager

EDITORIAL BUSINESS MANAGER
**Marion Davies**

ASSISTANT TO THE EDITOR-IN-CHIEF
**Alberta Harbutt**

**Contributing Editors**
LAWRENCE BALTER, Ph.D.
KATHERINE BARRETT MARGARET DANBROT
DOROTHY CAMERON DISNEY
SONYA FRIEDMAN, Ph.D. CLIFF JAHR
CONSTANCE LEISURE ARNOLD PALMER
JEFF ROVIN
MICHAEL J. WEISS (WASHINGTON, D.C.)
NANCY J. WHITE

**ROBERT D. THOMAS**
PUBLISHER

A Meredith Publication
**Robert A. Burnett**
President & CEO
**Jack D. Rehm**
Executive Vice President



# BETTY CROCKER AND FRIENDS

*By Myrna Blyth*



H. Perlchit



Robert D'Amico/KABC Talkradio



Sigrid Estrada

**Three fascinating women whose new books are previewed in this month's *Journal*, top to bottom: Betty Crocker, sporting her latest look; *LHJ*'s resident psychologist, Sonya Friedman; Washington-wise novelist Sally Quinn**

Not only is this month's *Journal* filled wit features about extraordinary women lik Katharine Hepburn, Erma Bombeck an Goldie Hawn, but the authors of our piece are rather extraordinary women as wel What's Betty Crocker *really* like? That what I asked Marcia Copeland, director Betty Crocker Food and Publications Center. "Well," sh replied, "if Betty were real, I think besides being a wor derful cook, she'd be married, a mother and a workin woman. She'd be very competent at handling both her jo and her family. But I don't think she'd be a superwoman. Personally, I'm not so sure. Ever since Betty—who purely fictitious—was created sixty-five years ago by Ger eral Mills as a symbol of service, she has been prett super! And she has kept up to date. Her current thinkin is reflected in the newly revised *Betty Crocker Cookbook* from which the *Journal* has an exclusive excerpt (see pag 124). One thing that is different about Betty: She no longe gets scores of serious marriage proposals the way she onc did. Still, in her newest rendition Betty looks better—an younger—than ever. What a woman!

Psychologist Sonya Friedman, Ph.D., is the author "What Married Men Want From Sex" (page 46), an excerp from her newest book. Sonya's specialty is helping peopl cope with the problems they've cooked up for themselves (Everyone has a personal recipe for doing that!) An what's the biggest problem most women have? "Men," say Sonya. "On my radio shows women most usually call t ask me something about the men in their lives." Sonya is regular on ABC Talkradio, a coast-to-coast hookup, an has listeners across the nation.

Well-known journalist Sally Quinn is the author of *Re grets Only* (page 96), a juicy novel about Washingtor Sally, who is married to Ben Bradlee, executive editor *The Washington Post*, and who has been a *Post* reporte herself for seventeen years, is indeed wise in the ways Washington. Are the scandalous characters in her ne best-seller based on real-life Washington personalities Sally isn't talking. All I can say is, like Betty Crocke they certainly seem believable!

So enjoy, enjoy, the last days of summer, the first days school and our exciting September issue.

© 1986 Meredith Publications, Inc. All rights reserved. "Never Underestimate the Power of a Woman" is a trademark of Meredith Publications, Inc., registere U.S. Patent Office. Title "Ladies' Home Journal" registered at U.S. Patent Office and foreign countries.

Send all subscription correspondence and change of address (include latest mailing label and allow 8 weeks change) to P.O. Box 10895, Des Moines, IA 50336-0895.

Robert D. Thomas, SVP/Publisher
Robert Kelly, Advertising Director
James C. Whitelaw, New York Manager
Frederick W. Becker III, Eastern Manager
Mary Morgan, Prime Showcase
Jack Sackley, Midwestern Manager
Paul Bode, West Coast Manager
Sharon Rogers, San Francisco Manager
Terry Grella, Sales Administration Manager

Myrna Blyth, SVP/Editor
Jeremy Grayzel, SVP/Operations
Dean Pieters, VP/Development
Carole Mandel, SVP/Circulation Director
Mitch Lurin, VP/Marketing Services
Esther Loufer, VP/Promotion Director
John W. Condit, VP/Manufacturing
Michael C. Senior, Newsstand Sales Director
Michael I. Cook, Business Manager

The Journal can process unsolici manuscripts or material, and t Publisher assum no responsibil whatsoever for th return.

# "When he runs on empty, SNICKERS® satisfies him. And me."

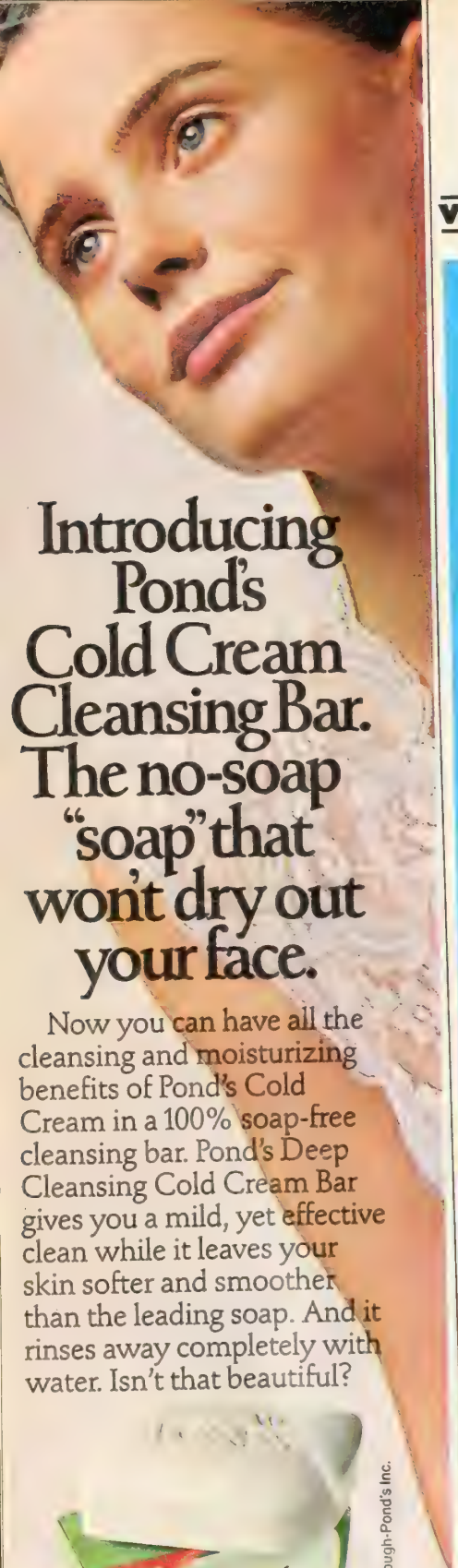
When my son mows the lawn, I stay out of his way. Except when he gets hungry. Then I give him a SNICKERS® Bar.

Packed with peanuts and peanut butter nougat, SNICKERS® is great at satisfying his hunger. And it's covered with caramel and milk chocolate for a taste he really loves. Then it's dated for freshness, so I know SNICKERS® has no preservatives.

So when my son needs to fill up between meals, I give him the wholesome snack that both of us love. SNICKERS.®




SNICKERS® Bar
© Mars Inc., 1986



Introducing Pond's Cold Cream Cleansing Bar. The no-soap "soap" that won't dry out your face.

Now you can have all the cleansing and moisturizing benefits of Pond's Cold Cream in a 100% soap-free cleansing bar. Pond's Deep Cleansing Cold Cream Bar gives you a mild, yet effective clean while it leaves your skin softer and smoother than the leading soap. And it rinses away completely with water. Isn't that beautiful?




© 1986 Chesebrough-Pond's Inc.

No soap can do what Pond's does beautifully.



LADIES' HOME

# Journal

VOL. CIII NO. 9 SEPTEMBER 1986


## ARTICLES


8 • **EDITOR'S JOURNAL**

14 • **CAN THIS MARRIAGE BE SAVED?**
"My husband is so moody" *By Carol Mithers*

24 • **A WOMAN TODAY**
"A missing person" *By Mary Cates*

28 • **KATHARINE HEPBURN: NO EXCUSES, NO REMORSE**
At seventy-six, Kate offers surprising new insights into her life and loves. *By Jeff Rovin*

34 • **WHY DON'T WE TALK ANYMORE?**
Silence isn't *always* golden. If you and your husband no longer have much to say to each other, it's time to relearn the fine art of communication. *By Katherine Barrett and Richard Greene*




Tom Arma


128
**AT HOME WITH ERMA BOMBECK**
No kidding—a very honest, very funny interview with a truly happy lady. *By Cindy Adams*

41 • **THE PRIVATE LIFE OF THE AMERICAN WOMAN**
Take part in our fifth annual survey and help us find out how your most intimate thoughts and dreams compare with those of other women. *By Clive Enos, Ph.D., and Sondra Forsyth Enos*

46 • **WHAT MARRIED MEN WANT FROM SEX**
Discover what your husband would never tell you about his deepest fears and desires. *By Sonya Friedman, Ph.D.*

50 • **MEDINEWS**
Post-exercise tips; when to take calcium; a new drug for tender breasts; and more. *By Beth Weinhouse*

52 • **THE BEST OF THE RICH AND FAMOUS**
A fascinating peek at the super glitzy and glamorous with "Lifestyles" host Robin Leach. *By Eric Sherman*




Rebecca Chao


63
**THE SECRET WORLD OF LATCHKEY KIDS**
What do they really do when you're not at home? Take a look at our special photo essay. *By Sondra Forsyth Enos*

70 • **PET NEWS**
Detecting allergies in your pet; diet tips for your feline; a rabies warning; and more. *By Nina Keilin*

72 • **GOLDIE HAWN'S NEW LIFE**
She and lover Kurt Russell have said goodbye to Hollywood for a simpler life down on the farm. *By Jeff Rovin*

79 • **30 SYMPTOMS NOT TO IGNORE**
How to recognize warning signs of serious illness—and what to do about them. *By Genell J. Subak-Sharpe*

88 • **PSYCHOLOGIST'S JOURNAL**
*By Sonya Friedman, Ph.D.*


Women sweat, too.
For Women
SUPER DRY SOLID
ANTI-PERSPIRANT DEODORANT
lady speed stick
Protects you like a man, treats you like a woman.
by MENNEN
© 1986 THE MENNEN CO.

LANACANE®




# The instant itch reliever

*...and a lot more*

Instantly on contact with the itch. That's how fast LANACANE® Creme Medication starts working to relieve an itch.

That's because LANACANE contains the special type of anesthetic widely used by doctors all over the world for fast and lasting relief from pain and itching. Doctors know that's the only way to really attack itching instantly.

LANACANE Creme simply shuts off the itch. On contact. Quickly and effectively.

What's more, LANACANE is not a hydrocortisone like Cortaid® and Cortizone-5, medications known to work slowly and indirectly. Hydrocortisones don't work on some of your most common itches, because they contain no pain killers at all.

LANACANE works directly on every kind of itch. From insect bites to dry skin, to personal itching. Because LANACANE shuts off the itch right where the itch is. It safely relieves the pain of your irritated, inflamed skin tissue. No matter how sensitive the area. And LANACANE Creme's special antibacterial action helps speed your body's natural healing process.

LANACANE even contains Aloe to soothe and moisturize the skin.

No wonder LANACANE is the world's leader in fast itch relief.

Yet, for all that relief, ounce for ounce, LANACANE costs far less than leading hydrocortisones.

And that can be a relief, too.

©1986 COMBE Inc.

91 • **THE CREAM PUFF KID**
A poignant story about the special relationship between a doctor and his most unforgettable patient.
*By Peter Rogers, M.D.*

94 • **MONEY NEWS**
Shrewd and sensible financial tips to help make you a better investor, a smarter consumer.
*By Katherine Barrett and Richard Greene*

105 • **CRIMINALS HAVE ALL THE RIGHTS**
A startling look at the shortcomings of our judicial system—in which the offender often has many more rights than the victim.
*By Edmund Newton*

182 • **LAST LAUGHS**
Quips and quotes from all over.

## FICTION

96 • **REGRETS ONLY**
An inside view of Washington, from the exciting new novel. *By Sally Quinn*

## GOOD LOOKS

36 • **BEAUTY JOURNAL**
Workouts with weights; tips on trimming bangs; and more.

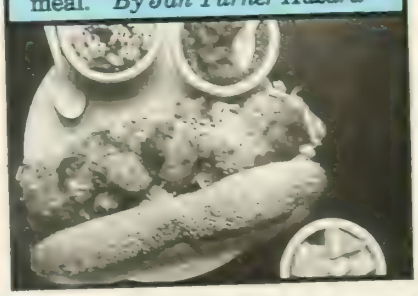
## AT HOME

120 • **KITCHENS WITH A SPECIAL STYLE**
One contemporary, one country—exceptional and unique kitchens with personality and flair. *By Marilyn Diane Glass*

## FOOD

76 • **EASY AS 1-2-3**
Turkey-mozzarella roll-ups, spicy eggplant linguine and an icy-cold espresso freeze. *By Diane D. Holtaway*

108
**SANDWICHES!**
They're not just for lunch anymore. Try these scrumptious and inventive ideas for everyone's favorite pick-up meal. *By Jan Turner Hazard*



Irvin Horowitz

118 • **FAST FOOD, HOLD THE CALORIES**
No time to cook? Try our at-home renditions of all your take-out favorites—they're speedy and nutritious.

124 • **NEW RECIPES FROM BETTY CROCKER'S NEW COOKBOOK**
An *LHJ* exclusive! A preview of the new edition of a classic from America's favorite cook.

136 • **RECIPE INDEX**

110
**FALL FASHION AND BEAUTY ATTITUDES**



Tohru Nakamura

Eight fabulous pages of elegant, sophisticated, sexy looks for you.
*By Lois Joy Johnson*

Cover photo of Katharine Hepburn, Tony Esparza/CBS. Insets: Goldie Hawn, Visages; Erma Bombeck, Tom Arma.

© Philip Morris Inc. 1986

# PLAYERS LIGHTS 25's

## 5 free in every pack.

# "I just came into a windfall."










## 25 of the finest for the price of 20.



Kings: 10 mg "tar," 0.8 mg nicotine—
100's: 12 mg "tar," 0.9 mg nicotine av. per cigarette by FTC method.

Kings & 100's
Regular and Menthol

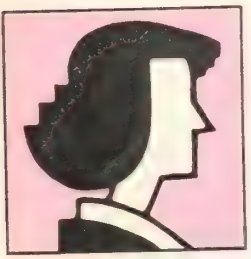


SURGEON GENERAL'S WARNING: Cigarette Smoke Contains Carbon Monoxide.

Mfr's. suggested pricing based on full-price brands.

# "MY HUSBAND IS SO MOODY"

*Life with Robert was an emotional roller coaster. How could Anne stay with a man who was so out of control? By Carol Mithers*



*This case is based on information from the files of the Assistance League branch of the Family Services Association, in Fullerton, California. The true story reported here is from interviews, though names and other facts have been changed to conceal identities. The counselor in this month's case was Mary Collier, M.S.W.*

## ANNE'S TURN

"I can't believe this is happening again," said Anne, thirty-two, a soft-spoken woman in a gray knit tunic and matching skirt. "Everything was going so well, but then Robert's cycles of depression and anger reappeared. He won't talk to me. He snaps at Jimmy, our two-year-old son, and whenever I ask what's wrong, he gets furious and shuts me out. Sometimes he seems so unstable I'm afraid he might even hurt me or the baby. Robert's mood swings have been happening on and off since we were married, six years ago. On top of all this, he doesn't lift a finger around the house, and I'm getting tired of doing all the work. Though I love my husband very much, I don't know if I have the energy to take it anymore.

"My own parents fought constantly, mostly over money. They're still fighting over the same things to this day, so I assure you, I have no illusions about living happily ever after. But I swore I would never have a marriage like theirs, and look what's happened: This is my second, and now it's falling apart.

"Soon after I married my first husband, I realized I didn't really love him; I had just been desperate to get out of the house. I was also so afraid of arguments that I let him make all the decisions. Finally we were divorced, and I moved back to my parents' house, but nothing had changed there. That's when I decided to make a clean break, so I packed up and moved to California.

"About five years after I moved here, I met Robert. I was working at a large hotel downtown, and he came in to reserve a banquet room. We started talking, and when he asked for my phone number I was really excited.

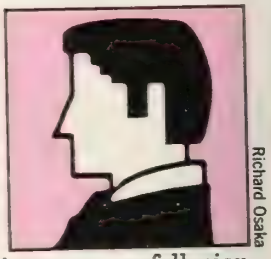
"We hit it off right from the start. Robert was a social worker counseling kids at a local juvenile center, and every weekend we'd go to the beach, the movies or out to dinner. We had so much in common; like me, Robert had been married once before and was determined to make his next relationship work.

"A month after we met, Robert moved into my apartment, and four months later, we were married. When I think back now, Robert did admit he was nervous about getting married—he said he loved me very much, but he was afraid he could be very difficult.

"Almost as soon as we were married, our relationship seemed to change. For one thing, I was fired from my job because my boss didn't want anyone who wasn't willing to be on call twenty-four hours a day, and now that I had Robert, I certainly wasn't. For six months, I looked for a new job, and by the time I found a spot in an insurance office, we were pretty broke.

"Just about this time, Robert decided that working at the juvenile center was too emotionally draining. He was burned out, he said, and he was going to try working as a salesman—something he'd always wanted to do—for a computer software company. He worked on commission, and he was quite good at selling, but in the beginning money was tight. Still, there were blessings: We had fallen in love with a little house and scraped together every penny we could for a down payment. And we decided to start a family. Life was stressful, but we thought that once we bought our house, everything would fall into place.

"Unfortunately, it didn't. For one thing, we'd been buying everything on credit so we could save all our cash. After we moved into the house, we realized how broke we were and how much we owed. On top of that, I had to have surgery for infertility—there was scar tissue on my fallopian tubes, and if I had an operation, perhaps then I could conceive. Of course, I had the operation, but I was out of work for six weeks, and though my medical bills were covered, I didn't get a paycheck.



Richard Osaka

"Well, that just about sent us under. I was upset, but Robert became terribly depressed. That was the first time I witnessed one of his moods. But it certainly wasn't the last—they occurred frequently after that. Sometimes they lasted ten minutes, sometimes ten days. He'd withdraw from me completely, refusing to talk and refusing to make love. He'd mope around expecting me to wait on him hand and foot. The more I asked what was wrong, what I could do to help, the angrier he became. I was frightened; I didn't know what was happening, and I started to think I was to blame.

"The worst part was when Robert's depression turned to rage. Just like his father, the least thing would set him off. One day, he objected to something I said—I can't even remember what it was—and he got up from the lounge chair, tipped it over and sent it crashing against the reading lamp.

"You see, though his family always pretended nothing was wrong, Robert's father, who died ten years ago, was an alcoholic. Whenever he drank, he would be especially hard on Robert, his only child, criticizing him about everything. If Robert ever tried to talk to his father about it, he was either yelled at or ignored. His mother, a shy, quiet woman, was apparently unwilling or unable to stand up to her husband, so Robert had to handle all of it himself. Robert doesn't drink, but he's like his father in other ways. *(continued)*


New Golden Griddle
Golden Griddle
SYRUP
CAN YOU SOLVE
THIS GRIDDLE RIDDLE?
There's a new pancake syrup we're told,
That flows out in a stream of gold.
Made with real maple syrup you see,
And thick naturally.
Look deep inside the golden stream,
And the riddle answer can be seen.
New naturally thick,
with pure maple taste.

FOR BIG CONSTIPATION RELIEF,

take a tiny laxative.

Actual Size

How can such a tiny pill give such effective gentle overnight relief? Because these unique laxative pills contain no bulky fillers and are coated to pass through the stomach for effective lower tract action. And the lower tract is where the problem occurs. For temporary relief from simple constipation, take easy-to-swallow Carter's Little Pills® tonight. Read and follow directions. You'll get rewarding relief tomorrow morning.

*Trusted for over 100 years.*

Carter's Little Pills.® They look so little. They relieve so big.



Good Housekeeping PROMISES

(c) 1985 Carter-Wallace, Inc.

FREE!

When you know our secret.



Tempt yourself 24 delicious ways...

Just circle the word "Swiss" on the reply card of the Swiss Colony ad in this issue, and you will receive these 24 dainty Petits Fours pastries FREE with your first order.

## CAN THIS MARRIAGE

continued

"Usually Robert calmed down after these explosions. In fact, for almost two years, things did seem better, and we became very close again. I even became pregnant! It was a difficult nine months—and then I had to have a caesarean—but Robert couldn't have been more supportive. At last, I thought, our dark days were over.

"Needless to say, I was wrong. A few months ago, Robert started having problems at work. He and his boss can't seem to get along, and it looks as if Robert will have to change jobs. I've tried to get him to talk, but he ignores me. Once again, he's moping around the house. Just last week we got into a huge fight because it takes him four days to carry the trash cans from the curb to the backyard. I'm not a slave, for heaven's sake. I'm a nervous wreck again; I eat to calm myself down, so my weight is zooming up. And our sex life? It's nonexistent.

"I love Robert, but his anger and depression are leaving no room for our marriage. I've been thinking about a divorce. If he doesn't change soon, I don't see that I have a choice."

### ROBERT'S TURN

"Anne is fed up, and I don't blame her," said Robert, thirty-four, a pleasant-looking man in a tan business suit. "I know my moods can be scary, but I would never hurt her or Jimmy.

"I don't mean to yell, but Anne has a way of pushing my buttons. Whenever I feel low, she nags me constantly. Ever since I was a kid, I've kept my distance from people, and when Anne tries to get under my skin like that, it really makes me mad.

"I wasn't very happy growing up. My relationship with my father was lousy. He would call me stupid whether I came home with a low grade on a test or accidentally burned the toast. He humiliated me in front of my friends.

"I think my father was a very unhappy man—he hated his work as a salesman—he had trouble dealing with the rejection. So he sought relief in the bottle. I first remember him drinking heavily when I was thirteen. I hated his drinking, but any discussion on my part was impossible.

"By the time I went away to college, the drinking was so bad, we never knew if he'd be coming home that night. And he was always a belligerent drunk, going out of his way to irritate people and to humiliate me in particular. I guess I learned early on to put up a wall so he couldn't get to me. Anne thinks these moods are new and her fault, but she's wrong; I remember getting depressed like this back in junior high.

"Anyway, I thought going away to school would help, and it did—for a while. I met my first wife during my senior year. The marriage lasted only three years and probably worked for less than two.

"About a year after my divorce was final I met Anne, and I was immediately struck by her independence and strength. Our relationship progressed quickly; before I knew it, we were planning a wedding. The problem was, I didn't think I was ready to be married again. I wanted to postpone the wedding until I had worked out my problems, but I didn't have the guts to tell her. I was afraid I'd lose her.

"Shortly after we were married, I decided to quit the counseling center and start my sales career. My father had always told me I could never be a salesman—he didn't think I had the personality or wherewithal to do it—but that only made me more determined.

"I really liked selling, and I was doing well, though I see now that Anne and I bit off more than we could chew by buying the house. We were also trying to have a baby, but we couldn't. It was all too much, and my moods began again.

"Now, when I get depressed I just want to be left alone to wallow in it. It's not that I don't want to help out; I simply can't. But no matter how bad I feel, eventually I get over it. Though I have tried to explain this to Anne, she either starts to cry or insists on bugging me. That makes me angrier, and before I realize what's happening, I'm yelling and knocking over chairs.

"Lately it seems my depressions are more frequent, and I can't seem to get a handle on them. The pressure at work is mounting—I have a new supervisor, and he and I don't see eye to eye. I want very much to quit, maybe even start my own small firm, but I have a family to support; I'm too old to start over.

"I love Anne, and I give her a lot of credit for hanging in there. Maybe I'm not cut out to be anyone's husband. I'll take the blame for our problems, but can't she understand that there are times when I need to be alone?"

### THE COUNSELOR'S TURN

"At first, this couple's problem seemed to be one-sided," said the counselor. "But although it was true that Robert's periods of depression and rage were a major source of conflict, Anne, too, shared responsibility for the trouble this marriage was in. The real issue for this couple was their inability to communicate what they wanted and needed from each other.

"Like many children of alcoholic parents, Robert came to this relationship carrying some heavy emotional baggage from the *(continued on page 22)*

# Lenox.



Front view shown actual size

# After you've gaine from yo



# d the weight back
# ur last diet, call us.

"You know what it's like to be caught in a cycle of dieting and splurging. You want desperately to find something that will work. Just for you."

Maybe that something is someone who cares.

At Diet Center, you'll have your own counselor. Working with you one-on-one. She doesn't just hand you a diet and say, "Come back in a week." She's with you every step of the way.

## Can Someone Talk You Out Of Being Overweight?

Yes. Change your mind and you can change your body. You can learn new ways to think and feel about food. Open up to new tastes and pleasures.

Your counselor will guide you day-by-day through the program. You'll eat real food, that you can buy in the supermarket. The emphasis is on fresh and healthy. There are no special foods to buy.

And you won't feel hungry and deprived. How?

## You Learn How To Feel Good. All The Time.

Your counselor will teach you how to eat fuel foods, that give you energy through the day. She'll give you the exclusive Diet Center Supplement to help stabilize your hunger. She'll show you how to relax without wrapping yourself around a piece of chocolate cake.



And she'll share her own experience with you. Our counselors have been through the program. So before they help you, they've helped themselves.

It's normal for most people to lose up to ten pounds in the first two weeks. How's that for inspiration?

## Weight Loss That Stays Lost.

OK, so you reach your ideal weight. Your counselor won't just wish you good-bye and good luck. She'll follow through. Helping you keep up that new way of eating. Which, by the way, doesn't mean depriving yourself for the rest of your life.



So don't face weight loss alone anymore. You don't have to.

There are more than 2100 Diet Centers in the U.S. and Canada. To find the one nearest you, just look in the White Pages of your phone book under "Diet." Then call. Your first consultation is free. So what have you got to lose?

You're Going To Make It This Time.

# Diet Center

DIET CENTER

A subsidiary of American Health Companies, Inc.

For franchise opportunities, contact Diet Center, Inc., Rexburg, Idaho 83440. © 1986 Diet Center




**CAN THIS MARRIAGE**

continued from page 16

past. When a child is growing up, he needs to be able to trust his parents. But an alcoholic parent can't always be trusted. Robert never knew, for instance, when his father would lash out at him, much less come home at all. He never learned the importance of sharing his feelings with others and was left instead with a great deal of unexpressed rage.

"As an adult, whenever anything bothered him, Robert coped by withdrawing, and he viewed any attempts to help him as an invasion of privacy. He reasoned that telling Anne how he was feeling would make him vulnerable, as he had been as a child.

"Robert continued this pattern over the years; as soon as something shook his self-confidence—for instance, when financial problems or a crisis at work loomed—he reacted by internalizing the problem and blaming himself. Ironically, Robert's perception of his own problem was not off the mark. He simply needed help marshaling his many good qualities to overcome his negative behavioral patterns.

"Anne's childhood experiences, though not nearly as difficult as her husband's, had also failed to teach her how to communicate effectively. Since her parents fought constantly over the same problems, she never learned how a couple can work through problems and solve them. Desperate for a 'nice' marriage, she deferred to her first husband's every wish, which made her unhappy. In her relationship with Robert, she shifted gears and became all-controlling. When Robert was depressed, she probed relentlessly for the cause of his mood. When she was unable to find out what was wrong—when, in fact, Robert pushed her away—she dealt with her frustration by overeating and then blaming her husband.

"In our first session, I outlined three goals for this couple. The first was for them to make a firm commitment to make this marriage work. I pointed out that because of their inability to connect on an emotional level, much of their marriage was based not on intimacy but on accomplishments—saving for a house and trying to have a child, and so on.

"The second goal was for each to take a share of the responsibility for their problems. For a long time, only Robert was willing to do this. Anne persisted in seeing herself as the blameless victim of Robert's moods. It was essential, then, for them to decide who was responsible for what.

"We began with the practical aspects of their life—deciding, for instance, which chores were appropriate for each partner to do. Once Anne saw that these basics were being taken care of, she began to relax and soften her adamant stance against Robert.

"At the same time, I urged Robert to take at least twenty minutes a day to relax, either by practicing deep-breathing techniques or by meditating or doing yoga. Though many people dismiss such simple measures, recent studies have proven that depressed people like Robert show remarkable progress when they implement relaxation techniques to combat stress. And though Robert agreed that he could not always withdraw from the family—that is, have the luxury of being the 'sick' one—I instructed Anne that when he wanted to be alone, she could and should respect his wishes.

"The third and most difficult goal was for them to learn to share their feelings. We worked on a simple exercise: Each was to pick one upsetting incident and say, 'When you do this, I feel this way.' Just learning to recognize a feeling and expressing it in a nonthreatening way was a big step.

"When I discovered that Anne and Robert had spent virtually no time away from home together since their marriage, I suggested that they arrange for a baby-sitter on a regular basis so they could get out of the house and into a neutral environment away from chores that needed to be done. The time alone reinforced their deep feelings for each other and gave them more practice in communicating.

"And the more they communicated, the more they realized how good their marriage really was. Robert has learned that he needn't be afraid to express his fears to Anne, and this trust has given him a renewed sense of confidence. Rather than become immobilized over a possible job change, he has been setting up interviews with executive placement firms.

"Robert's openness has had a positive effect on Anne. Though she will probably always worry about problems until they are solved, Anne has learned to keep her anxieties at a manageable level, and she has acknowledged that overeating is the way she copes with stress and not something that is Robert's fault.

"Though this couple terminated their joint counseling two months ago, we agreed that Robert would continue to see me for a while longer; he still feels the need to talk more about ways to handle his moods when they do shift. However, as this couple find out more about themselves, they know that any problems that crop up will be ones they can tackle together." **End**

# *If you smoke...*

## Some useful information for those who want to smoke ultra low tar.

Because times and tastes change, and because of claims and counter-claims, we, the makers of CARLTON, present these few facts to you:

In 1964, CARLTON first recognized the desire of some smokers to know the tar and nicotine content of the cigarettes they were smoking. CARLTON became the first brand to put these figures right on the pack. During the next 20 years CARLTON introduced a whole range of products, including the lowest in tar of all brands, the lowest menthol, and the lowest 120's.

In the last 21 reports issued by the U.S. Government, no cigarette has tested lower than CARLTON. In the latest such report, CARLTON Box King was reported as less than 0.5 mg. tar, 0.05 mg. nicotine.

As you read through this statement, from CARLTON, you will see how CARLTON compares to other low tar products. For example:




*Carlton 100's Box*
**1 mg. tar**
*0.1 mg. nic.*




*Vantage Ultra Lights 100's*
**5 mg. tar**
*0.5 mg. nic.*

And if you're a Merit smoker, it might interest you to know that Merit Ultra Lights 100's have 5 mg. tar, 0.4 mg. nic vs CARLTON Box 100's at 1 mg. tar, 0.1 mg. nic. And the comparisons continue.




*Carlton 100's Box*
**1 mg. tar**
*0.1 mg. nic.*




*Merit Ultra Lights 100's*
**5 mg. tar**
*0.4 mg. nic.*

| BRANDS | TAR | NIC. |
|---|---|---|
| CARLTON 100's Box | 1 mg. | 0.1 mg. |
| Carlton King | 1 mg. | 0.1 mg. |
| Kent III Kings | 3 mg. | 0.3 mg. |
| Now 100's | 3 mg. | 0.3 mg. |
| Kent III 100's | 4 mg. | 0.4 mg. |
| Benson & Hedges Ultra Lights | 5 mg. | 0.4 mg. |
| True King Size | 5 mg. | 0.4 mg. |
| Camel Lights | 8 mg. | 0.7 mg. |
| Merit King Size | 8 mg. | 0.5 mg. |
| Kent Golden Lights | 9 mg. | 0.8 mg. |
| Vantage Kings | 10 mg. | 0.7 mg. |
| Marlboro Lights | 10 mg. | 0.7 mg. |
| Marlboro Lights 100's | 10 mg. | 0.7 mg. |
| Benson & Hedges 100's | 16 mg. | 1.0 mg. |

Our point is simply this. If you are interested in the tar content of your cigarette, you should compare the tar content of your cigarette vs CARLTON. If you are interested in the lowest...

**LATEST U.S. GOV'T REPORT CONFIRMS:**

no brand lower than Carlton Box King—less than 0.5 mg. tar 0.05 mg. nic.

**CARLTON IS LOWEST**

Box King—lowest of all brands—less than 0.01 mg. tar, 0.002 mg. nic.




...There's a Carlton for you. Carlton Box King (less than 0.01 mg. tar, 0.002 mg. nic); Carlton 100's Box, 100's menthol Box and menthol King (less than 1 mg. tar, 0.1 mg. nic); Carlton King Soft Pack (1mg. tar, 0.2 mg. nic); Carlton 100's Soft Pack and 100's menthol Soft Pack (5 mg. tar, 0.5 mg. nic); Carlton Slims and Slims menthol (6 mg. tar, 0.6 mg. nic); Carlton 120's and 120's menthol (7 mg. tar, 0.7 mg. nic).

SURGEON GENERAL'S WARNING: Smoking Causes Lung Cancer, Heart Disease, Emphysema, And May Complicate Pregnancy.

Box and 100's Box Menthol: Less than 0.5 mg. "tar", 0.05 mg. nicotine; Soft Pack, Menthol and 100's Box: 1 mg. "tar", 0.1 mg. nicotine; 100's Soft Pack and 100's Menthol: 5 mg. "tar", 0.4 mg. nicotine; 120's: 7 mg. "tar", 0.6 mg. nicotine av. per cigarette, FTC Report Jan. '85. Slims: 6 mg. "tar", 0.6 mg. nicotine av. per cigarette by FTC method.

# A MISSING PERSON

*I thought I had the perfect marriage. Then my husband left on a business trip—and never came back. By Mary Cates*

I'll always remember Friday, June 10, 1983, as the day my world was turned upside down. Yet it started out as a perfectly ordinary day. That morning my husband, John, and I kissed good-bye as I left for the local high school, where I taught English. After work I drove home in happy anticipation of the evening ahead. A week ago, John had announced that he had gotten a new job selling maintenance contracts for commercial buildings, and tonight we were going out to dinner with his new boss. I was proud of my husband. His new job meant more challenging work and a substantial increase in salary. It also meant that our dream of buying a home would become a reality.

Little did I realize as I walked into our apartment on that summer afternoon that my life was about to be changed forever. There was a note from John on the table in the hallway. It said simply: *Hon, something has come up. I'll be back in a couple of days. Love, John.* I was disappointed of course, but in the few months that we had been married, John traveled often for his old job, and I told myself that this was probably one last trip for that company. Still, the apartment seemed unusually empty and quiet without him, and I missed him already.

I expected John to call me that night, and when I didn't hear from him, I began to get uneasy. Why hadn't he called? I wondered. Two days later John had not returned, and my uneasiness gave way to panic. I called my brother, who was John's best friend. He told me that John had stopped by his office the day before he left on his trip and had borrowed several hundred dollars. I was stunned. If John had needed money, why hadn't he told me?

By now I was frantic with worry, and I called the police. They refused to file a missing-persons report because John had left on his own and there was no sign of foul play. The police officers tried to reassure me that he would show up in a few days. They urged me to check with John's employer and our family and friends. I couldn't believe I would have to search for my missing husband all by myself, but it seemed there was nothing else I could do.

I called John's former boss, but he didn't know anything about the trip, and neither did our friends or relatives. My last resort was John's new employer, and I tried to locate the company. But there was no record of it or the man John supposedly worked for. I felt as if I had been kicked in the stomach.



Charles Thatcher/Black Star

**Mary Cates with a picture of the man who mysteriously vanished from her life**

I kept thinking that the whole situation must be a bad dream. But the concern and advice of my family reminded me how horribly real it was. My father suggested that I call my attorney to notify him of John's disappearance. I did, and my lawyer advised me to change the locks on the apartment and close out our joint bank account. He also cautioned me not to pay John's bills. Although I followed his advice, I felt bad about doing so. Suppose John needed access to our bank account? And how would he feel when he came home to find the locks changed? He could be hurt or suffering from amnesia. Or perhaps he'd been robbed and left for dead. I simply couldn't believe that John had left me.

As the days dragged by, I kept thinking about my relationship with John. We had met two and a half years earlier, when he first moved to town. After a few months our relationship had become serious. John was a kind and generous man, and he was well liked by my friends and my family. John was also respected at work; he had been named employee of the year by his company.

After two years John and I decided to get married. We were both in our thirties and very much in love. I wanted more than anything to make John happy. He had told me that his first wife and young daughter had died in a car accident, and I knew he had suffered deeply. It was especially tragic because his parents had also died in a car crash when he was a young boy. He was an only child who had been raised in an orphanage, so becoming a part of my family meant a lot to him. And John treated me like a queen, often surprising me with flowers and gifts and telling me almost daily how much he loved and needed me. That's why I felt there had to be an explanation for John's disappearance, and I was determined to find out what it was.

For the next week I followed the suggestions the police had given me. I drove through the parking lots at the airport searching for John's car, I questioned our neighbors, and I checked John's old office, but I found nothing to suggest where he could be. My husband had disappeared without a trace.

The strain of worrying about John exhausted me. I was beginning to feel that I hadn't really known my husband at all—especially when I started receiving bills for charge cards I wasn't even aware John had. I *(continued)*

BDF●●●● Beiersdorf Inc., Norwalk, CT 06856-5529. ©1985



# A SOAP SO SPECIAL IT'S MADE FOR JUST ONE PART OF YOUR BODY. YOUR FACE.

The skin on your face is more delicate than the skin on the rest of your body.

And Basis® is one soap which recognizes this fact.

Recommended by dermatologists, Basis is specially designed to cleanse delicate facial skin.

It is a pure, simple soap with no detergents, no abrasives and no harmful ingredients.

So although Basis cleans thoroughly, dissolving dirt and makeup deep in the pores of your skin, it's very very gentle.

Basis is a highly emollient soap that can help balance the moisture level of your skin and prevent moisture loss.

Leaving your skin supple, smooth and soft, almost like you've used a moisturizer.

Basis can be found in the specialty soap section of your favorite store.

Basis® Soap. Designed for the single most important part of you: your face.




*Also available in Extra Dry and Sensitive Skin formulas.*




## A WOMAN TODAY

continued

was flabbergasted to learn he'd bought a television, a stereo, china, glassware and other household items. I spent hours at each of the stores where John had made these purchases, hoping to find some clue that could lead me to him. I did discover that the car used to pick up the television set was not ours and began to wonder if John's credit cards had been stolen. But I was unable to discover any other information about my husband.

In desperation I went to a famous psychic in our area who occasionally worked with the police. After hearing my story she told me that she felt John was still alive and offered to call the police for me. She convinced the authorities that John's mysterious disappearance might be worth looking into, and they finally filed a missing-persons report. My father, who was eager to help, hired a private investigator to look for John.

By this time I felt as if I were living a nightmare. Because it was summer and school was out, I had nothing to do with my days except worry about what had happened to John. I lived for the mail and the phone, hoping that he would get in touch with me. I prayed that he would call me or come back home soon.

When school started that fall I was relieved to get back to work. At night I went to bed early and cried myself to sleep. But I was exhausted all the time. I refused social invitations and avoided my friends. I didn't know how to tell them my husband had disappeared. Whenever anyone asked about John, I'd say he was doing fine and was so busy at his new job he had no time to socialize. But it was hard to repeat those lies, and I soon began to fear that if one more person inquired about John, I'd burst into tears on the spot.

It was a very bleak time in my life. Creditors kept calling, demanding payment on John's accounts. I wasn't legally responsible for them, but I did have to pay for a loan we had at the bank. I was slowly draining my savings making those payments. I also had to pay the attorney who was advising me. Still, I clung to a small remnant of hope that John would soon return and our life could continue as before. I felt I couldn't bear one more day of not knowing what had happened to my husband, but I had to . . . and I did. As the months dragged on, I prayed that if I couldn't have John back, I might at least find out why he had left.

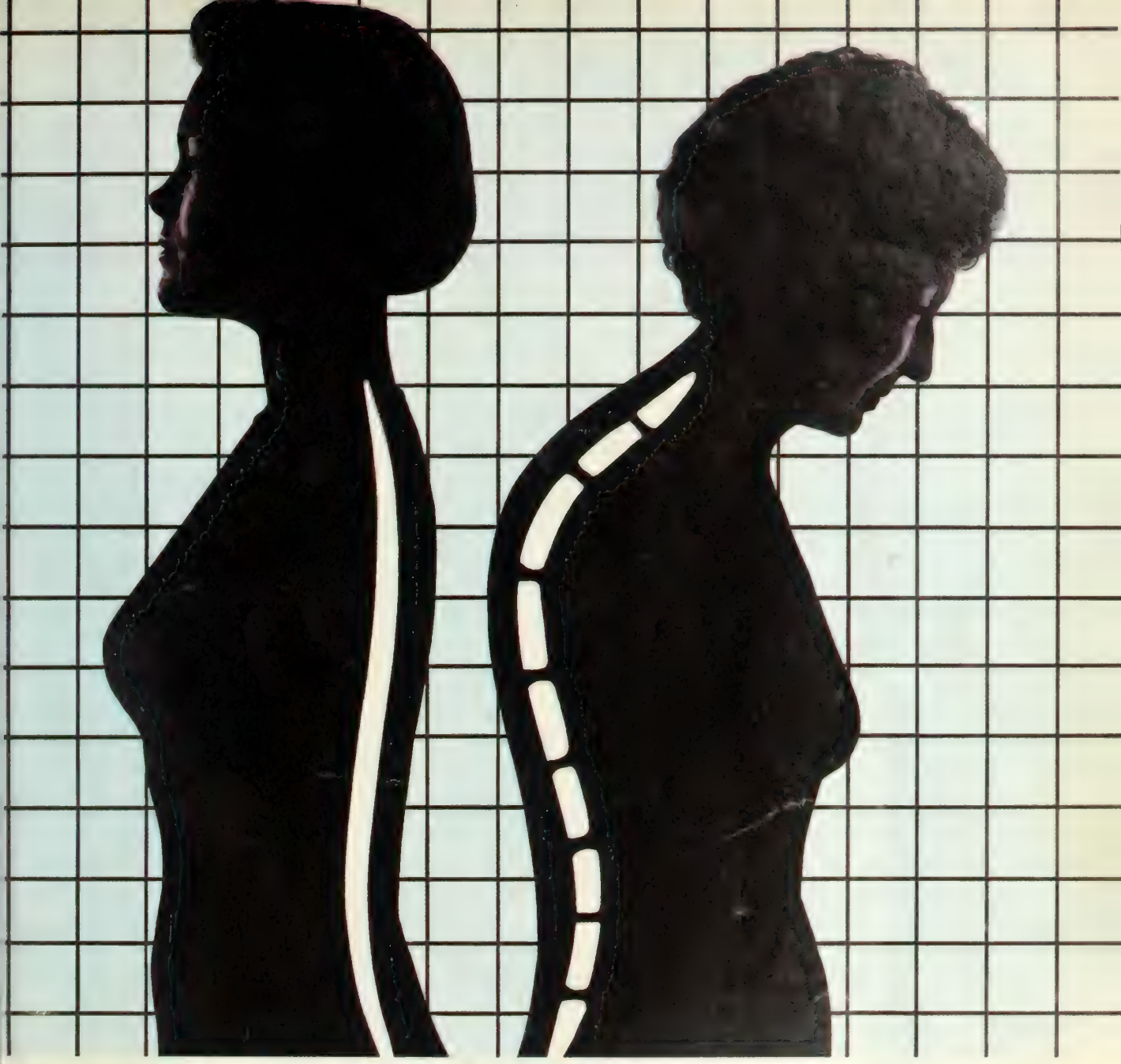
At the end of May 1984, nearly a year after John's disappearance, I received devastating news. The private investigator my father had hired notified me that he had finally located my husband. John was living in another state and was involved with a woman. But before the investigator could catch up with him, he disappeared once again, leaving the woman behind.

I felt totally betrayed and humiliated. Day after day I'd anguished over John, and now this. How could he do this to me? I asked myself over and over. I thought about confronting the woman John had been involved with, but I decided it would be too wrenching for me to face her. I finally acknowledged that it would be easier for me to live with the questions about John and his disappearance than with the answers.

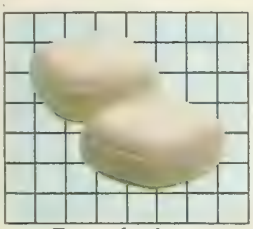
Tearfully, I filed for a divorce. But even though John had hurt me deeply, a part of me still loved him. That made me feel even worse. Finally, after the shock wore off, I began to get angry—so angry, I was afraid I'd explode. I wondered if our life together had been a charade from the beginning. Had John only pretended to love me? As painful as that was for me to believe, I had to admit I really didn't know much about John and his past other than what he had told me. Perhaps he had lied to me about everything . . . his first wife, his child, his parents. But I had never suspected a thing—what did that say about my ability to judge people? Was I so gullible that John had known from the start I'd be an easy mark? Or had I been too eager to get involved in a serious relationship? The more I tortured myself with these questions, the more furious I became.

My family encouraged me to vent my anger, and gradually it dissipated. They also helped me to see that what had happened did not reflect on me. There was something in John's personality that caused his behavior, and he had fooled everyone who had known him. I learned later that they were right—there are people who assume different personalities as easily as actors play their roles. This kind of pathological behavior certainly seemed to describe what John had done. Although this was hardly comforting, at least I finally had a good explanation for his having treated me so heartlessly.

It's been more than three years now since John walked out of my life. At the time it caused me more pain than I thought I could bear, but with the loving support of family and friends, I've put my life back in order. Today I have an active social life, and I've updated my appearance. I'm dating, too, and although I'm not seriously involved with anyone, I'd like to remarry someday. I feel stronger and more capable than ever as I face the future. **End**



# WILL A LACK OF CALCIUM DO THIS TO YOU OVER THE YEARS?

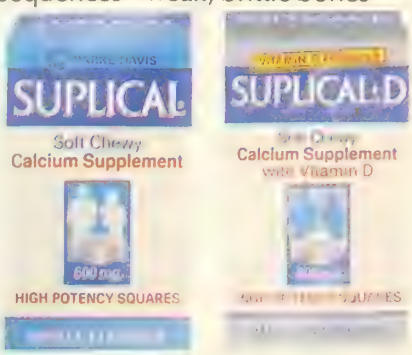


*Two soft, chewy Suplical squares contain 1200 mg of calcium.*

Today, 8 out of 10 women don't get enough calcium in their diets. And with time, that could lead to osteoporosis and its distressing consequences—weak, brittle bones and stooped posture.

That's why there's Suplical,® the only calcium supplement that comes in soft, chewy squares. Two Suplical squares give you 1200 mg of calcium daily, and that's what doctors say you need.

Suplical can help replace the calcium the years take away. Help keep bones strong, straight and healthy; start taking Suplical today. It's never too early and it's never too late. For more information, call 1-800-S-T-A-Y-F-I-T (in New Jersey, call 201-540-2458) weekdays between 9 AM and 5 PM EST.




© 1986 Warner-Lambert Co.

**Soft calcium for strong bones.™**

# KATHARINE HEPBURN

# No excuses, no remorse

*At seventy-six, Kate reflects on her life and loves with vigor and honesty. By Jeff Rovin*



John Bryson/Sygma

**Once stubbornly guarded about her private life, Katharine has suddenly opened up in recent months, offering revealing glimpses of her relationship with Spencer Tracy.**

"Who was he?" Katharine Hepburn muses about her longtime lover, Spencer Tracy. With remarkable candor, she readily admits, "I never really knew. He locked the door to the inside room. I have no idea whether even he himself had the key." She pauses briefly, then adds, "I only *suspected* that inside that room was a powerful engine that ran twenty-four hours a day at full speed."

It was an engine whose complexity captivated her. Now, at the age of seventy-six, Katharine Hepburn is doing some startling, very public soul-searching about Tracy. Last March, she narrated the PBS special *The Spencer Tracy Legacy: A Tribute by Katharine Hepburn* and that same month appeared at a fund-raiser for the American Academy of Dramatic Arts honoring him. This from a woman who so zealously guarded her privacy that when lifelong friend Garson Kanin wrote *Tracy and Hepburn,* a book about the couple, she stopped speaking to him. Recently, though, Katharine has begun talking to Kanin again and has taken on more projects than she has in years—some of them quite controversial, all of them revealing. She's made a film about euthanasia and a TV

*(continued on page 32)*

# HALSTON III™

A total look. Because there's nothing more beautiful than a confident woman. Blouse $38. Skirt $40. Hosiery $3.50.



You're looking smarter than ever. JCPenney

Available at most large stores. Prices higher in Alaska, Hawaii and Puerto Rico. © 1986, JCPenney Co, Inc.

# THINK OF IT AS A TOOTHBRUSH WITHOUT THE HANDLE.




It looks like gum. It tastes like gum. But it works like a toothbrush.
New Check•Up® plaque fighting gum.
Its unique patented formula is clinically proven to help remove plaque every time you chew. Try all three delicious flavors.

**WHEN YOU CAN'T BRUSH, CHEW.**

oty, N.Y. 1986

I love only one man.
I wear only one fragrance.



Emeraude Pure Fragrance Mist by Coty
Rich, elegant, it creates a lasting intensity.




## KATHARINE HEPBURN

continued from page 28

movie with similarities to her relationship with Tracy, she's accepted an award from the Council of Fashion Designers of America, and she has even written an autobiographical screenplay, *Me and Phyllis*, based on her friendship with Phyllis Wilbourn, her soft-spoken companion and secretary of thirty years. *Me and Phyllis* may be filmed later this year by veteran filmmaker Joseph E. Levine. In addition to playing herself in the movie, Katharine is considering turning her screenplay into a book as a tribute to her devoted friend.

When asked why she's suddenly become a whirlwind of activity, opening herself up to public scrutiny in a way she never has before, the actress says simply, "I don't like to do what I'm supposed to do." Such orneriness isn't new for Katharine—she's always been spirited and rebellious. Anthony Harvey, who directed her in *The Lion in Winter*, in 1968, and then again in *The Ultimate Solution of Grace Quigley*, in 1983, says that as long as he's known her, she's had an inner fire that derives from a "passion for life. She adores every moment."

For Katharine, adoring life means living in a way that would exhaust people half her age. Fred MacMurray, who has known her since they co-starred in *Alice Adams*, in 1935, comments, "She has always been a very driven woman," but now she is even more so because "none of us has as much time ahead of us as we did then."

### Work and play

Whether she's acting, spending weekdays at the New York townhouse where she's lived for fifty- five years, or enjoying weekends at her estate in Fenwick Point, Connecticut, Katharine insists on always keeping busy. Rising at dawn ("I find it devastatingly exhilarating"), she promptly immerses herself in a cold bath. Fully awake after that, she cooks her breakfast and, if she's working, heads for the set. If not, she swims or pulls on her Nike running shoes and goes for a long walk or bicycle ride; she believes that exercise strengthens her "hold on life, the ability to continue vital functions." Even fitness guru Jane Fonda is astonished by "the pleasure Katharine has in expending herself physically."

After she returns home, Katharine cleans. "I crawl along the floor, do all the 'under things' work." By that time, what with the shifting of furniture and the jostling of blinds and cupboard doors, the rest of the Hepburn household is usually up and about—Phyllis, housekeeper Norah, and chauffeur Hilly, whom Katharine hired after she wa injured in a debilitating car acciden nearly four years ago, in Decembe 1982. When the others have eaten she'll corral them or a neighbor or tw for a game of Parcheesi, golf or tennis (Her tennis rules are a bit lopsided though. Katharine is allowed to retur balls even if she doesn't reach them un til the second bounce, while her oppo nents get only one bounce. Agreein that her rules aren't exactly fair, sh says, "Better than nothing.")

If Katharine is winning, she'll kee everyone playing for hours; if not, she' go shopping, looking for bargains ("I'm tight," she admits). Come late morning it's time to sit with Phyllis and tak care of correspondence, read script make calls or conduct other business Then she'll eat lunch and relax in th afternoon by sculpting, painting o working in the garden. She bemoan the accident; it left her with an ankl so "messed up" that she can't use he foot to push a pitchfork into soil. Bu she insists, "My hands are strong. I ca sift and get out the old crabgras roots." In winter, she'll shovel snow o collect firewood—anything but s around and do nothing. "I don't believ I can even *think* about that," she says

Katharine rarely deviates from he routine, retiring promptly at eigh

irty every night so that she can wake
early again the next day. Why does
e continue to push herself? "Vitality!
iat's the pursuit of life itself, isn't it?"
e answers, but then she admits she
n no longer dash up the staircase in
r four-story townhouse as quickly as
e used to. "I *am* slow going up those
airs," she says. "But you keep going
ıtil you drop dead."

### A turning point

aying active has become increasingly
ıportant to Katharine ever since the
r accident. On that cold winter day
atharine let her mind wander while
iving from Fenwick Point to New
rk—and ran her car into a telephone
le. She had to be hospitalized for
ree weeks and spent two months
ore recuperating at the Connecticut
me of her sister Marion.

While she lay in bed, she received a
ter from Lary Bloom, editor of *The*
*ırtford Courant*'s Sunday magazine,
king if she'd write a piece about what
was like growing up in Hartford. She
fused at first, pointing out, "I'm in a
st up to my middle. I'm not in the
ood to look back."

But Marion's husband, Ellsworth,
ought the article would be good ther-
y and encouraged Bloom to write
atharine again . . . and again. Finally, she accepted, having discovered something surprising about herself while she was laid up. "I'd always led a life that might be considered totally emancipated," she says, "but when you run into a telephone pole and can't move, you learn that it's nice to have a place to come back to—your real home, and your own dear ones." Despite her reputation for being independent, Katharine realized she wasn't truly a loner—and that made her change the way she looked at life . . . and at other people. As she summed up in the article she wrote, "Wasn't I lucky to run into that telephone pole. Hitting it may have smashed my ankle, but it has opened my eyes."

Bloom says, "I think the accident was a catalyst for her in many ways. I guess the big thing was that it made her want to do for others what had been done for her. She received a lot of mail from well-wishers and admirers, so opening up to the public—whether it was to talk about Spencer Tracy or to write this very personal screenplay—is her way of giving back. Also, writing the article helped change her a bit. It was something she had never done before, and it was a real challenge. Challenge has always been a key motivating factor with her.

"I also think," he continues, "that a lot of what we're seeing now—Katharine suddenly doing public appearances and such—is a result of something else the accident underscored: her own mortality. I think she started to wonder if she may have been missing something."

### Speaking out

As Katharine's recuperation progressed, she began lending her name to more causes. It all began with a film she made in 1983, *The Ultimate Solution of Grace Quigley,* about a woman who hires a hit man to kill her sick and despairing elderly friends. While making the film, Katharine gave many more interviews than usual, coming out strongly in favor of euthanasia. However, it wasn't until the following year that she made her first truly dramatic public statement, speaking out on behalf of Planned Parenthood.

The organization approached Katharine in September 1984 to ask if she'd write a pro-choice letter to be sent to roughly a half million supporters. A spokesperson remembers: "We knew about her background, how she was raised by forward-looking parents and carried around Vote for Women signs as a child, so we took a shot that she'd be interested. She was."

In the letter, which she composed herself, *(continued on page 165)*





# Why don't we talk anymore?

**Maybe there's not enough time. Or maybe you're just bored with one another. Whatever the reason for the sounds of silence in your family, take heart. It is possible to relearn the fine art of communication**

**By Katherine Barrett and Richard Greene**

"What happened at the office today?" Allison asked casually as she watched her husband, Bill, butter his bread deliberately and with great care. His chore complete, Bill dropped his knife on the butter dish.

"Nothing much," Bill said with a shrug, his voice flat as he stared through her. The laughter of other diners in the restaurant underscored the silence at their table. More anxious now, Allison groped for a subject that might spark conversation—Jan and Peter's trip to Florida (no, she had already tried that), their son's troubles at school (not now—this was supposed to be a *pleasant* evening), the ideas meeting at work (no, Bill thought job stories were boring).

Why, she asked herself, did it seem as if there just wasn't anything to talk about anymore? For a long time, Allison had assumed their lack of communication was due to the fact that they had so little time to spend alone. With two school-age children and two demanding jobs, it wasn't easy to find five quiet minutes, let alone time for a leisurely chat.

But then there'd be nights like this—special evenings set aside just for the two of them; nights with no interruptions—and instead of intimate tête-à-têtes, there was, well, nothing to interrupt. Allison and Bill had gotten out of the habit of talking. It was as if, after fifteen years of marriage, they had somehow forgotten how.

The lament, "We don't talk anymore," is a common one—a 1983 *Ladies' Home Journal* survey revealed that women ranked it as the second-biggest complaint they had about their marriages, after money fights. Other studies underscore the seriousness of the problem: One researcher tracked one hundred couples who had been married for five years and found that husbands and wives spent only about thirty minutes a week conversing with each other. And that, say marriage counselors and family therapists, is probably the number-one reason that supposedly solid marriages erode. In fact, a recent report on extramarital affairs conducted by Lynn Atwater, Ph.D., an associate professor of sociology at Seton Hall University, in New Jersey, revealed that the desire for communication—not sex, as most believe—is what causes women to cheat on their husbands.

"Failure of spouses to communicate is the primary cause of both marital and individual psychological problems," notes George F. Nixon, Jr., Ph.D., founding president of the division of family psychology of the American Psychological Association. "When people cannot communicate, it's almost a given that their marriage and children will suffer." Experts say lack of communication is the root of a host of problems in childhood and adolescence, ranging from poor academic performance to drug abuse.

But these experts don't just mean communication with a capital C, either. Small talk—chatting about the garden, gossiping about the neighbors or comparing notes on *(continued on page 148)*

# *Relive the Carefree Joy of a Country Summer*



- *24K gold rim*
- *9″ fine china*
- *Available exclusively through The Hamilton Collection*
- *Strictly limited-edition*

## Butterfly Beauty

For a child, summer in the country means freedom to play and explore. But after a long morning of adventures, there's nothing like a peaceful afternoon in a flowering meadow, getting acquainted with nature's boundless beauty.

Gifted artist Nancy A. Noël captures just such a peaceful moment in "Butterfly Beauty." Only a talented painter could capture this wondrous moment when a vibrant butterfly gently rests on the outstretched hand of this pretty little girl.

For Ms. Noël, an award-winning artist of national renown, "Butterfly Beauty" represents a premiere offering in limited-edition collector plates. And as experienced plate collectors are aware, many first issue plates with child-subject themes have been superb secondary market appreciation—especially those by established artists like Ms. Noël.

"Butterfly Beauty" is the first issue in a very special series of eight plates entitled "A Country Summer" from The Hamilton Collection. As an original issue owner, you will have the right to acquire all the plates in the series as they are issued—*without committing to any further plates now.*

Furthermore, you are guaranteed the right to return any plate within 30 days of receipt for a full refund, thereby releasing your series rights to another collector.

Each issue in this charming collection will capture a cherished moment inspired by a child's summer in the country. Each will be priced at $29.50 and will be strictly limited to just 10 firing days. To preserve the integrity of the edition, each plate will be numbered by hand and accompanied by a Certificate of Authenticity, numbered to match the plate.

This first plate by gifted American artist Nancy A. Noël is expected to attract immediate demand. Therefore, you are urged to return your application by the date shown to assure yourself a priority reservation for "Butterfly Beauty." Better yet, order today!

RESPOND BY: **September 30, 1986**

*Limit: Two plates per collector*

*Please accept my application for "Butterfly Beauty" by Nancy A. Noël, first issue in A Country Summer* Plate Collection, inspired by a child's memories of the carefree days of summer. 9″ diameter, 24K gold rim, hand-numbered. I understand that I am under no obligation to buy any other plate. Yes, I wish to purchase _____ (1 or 2) "Butterfly Beauty" plate(s) at $29.50 each (plus $2.14 postage and handling) for a total of $_____ ($31.64* or $63.28*).

Please check one: 86165

☐ I enclose full payment by check or money order.
☐ Charge my credit card: ☐ Visa
☐ MasterCard ☐ American Express
☐ Diners Club Exp. Date _____

003164/006328

Acct. No. _____

Signature _____

Name _____

Address _____

City _____

State _____ Zip _____

*Florida residents please add $1.59 per plate, sales tax. Illinois residents add $2.22 per plate, state and local tax.

*Please allow six to eight weeks for delivery. All applications must be signed and are subject to acceptance. Deliveries made only to U.S. and its territories.*

**The Hamilton Collection**
9550 Regency Square Blvd., P.O. Box 44051,
Jacksonville, FL 32231

# BEAUTY JOURNAL

*All about weighty workouts, how to keep good looks glowing into fall. Next page: fringe benefits for hair, and more*

## Exercising with weights

For building body contours and firming flabby muscles fast, there's nothing like working out with light wrist and ankle weights, says Bruce Baltz, a personal fitness trainer at Lifetime Fitness, New York City. Adding weights will get you better results from most exercises, including those meant to be done in a pool. The exception: Jogging with ankle weights can place excessive strain on joints and increase chances of injury. (Note: If you've had back or joint problems in the past, check with your doctor before using weights.) Prices for good-quality weights begin at about ten dollars a pair. Some wrap around and fasten with strips of Velcro; others are constructed with Velcro straps and a buckle. The latter seem to hold more securely during vigorous movement. If you've never worked with weights before, start with one- or two-pounders for your wrists and two-pounders for ankles. Tip: Until you get your first pair of wrist weights, you can reap the benefits of weighted exercise by holding an ordinary unopened food can in each hand. For proper balance, be sure cans are of equal weight.

Bruce Baltz's toning, strengthening exercises—for upper arms, below, and for buttocks, top right—can be done without weights at first. Start each with fifteen repetitions and work up to twenty-five; when that seems easy, add two-pound weights, reduce reps to twenty and work back up to twenty-five. Then add more weight if you like. Keep in mind that heavier weights *build* muscle, while lighter weights and more repetitions increase muscle *tone*.

**Arm firmer** Stand straight with arms at your sides, elbows slightly flexed, palms facing forward. Swing your arms out sideways until they are shoulder height and parallel to floor. Lower arms back to sides. Repeat fifteen times. Work up to twenty-five repetitions; then add two-pound wrist weights.

### BUTTOCKS AND LEG TONE-UP

Lie on your left side with your weight resting on your left hip. Cross right leg over left, and with right foot flat on floor, grasp right ankle. Raise left leg as high as possible, then lower. Repeat fifteen times; switch position and do fifteen times on right side. Work up to twenty-five, then add two-pound ankle weights.



Diane Teske Harris

## TRANSITIONAL BEAUTY AND FASHION TIPS

**How to ease from the casual, lighthearted look of summer to a more polished image appropriate for fall . . . that's the question this time of year. Here, the 1986 answers:**

- Sleek up sun- and wind-dulled skin, warm a washed-out tan, with a gentle abrasive scrub or exfoliating masque that will slough away dry, dead surface cells, expose the rosiness underneath. Follow up with one of the new super moisturizers that speed cell renewal.
- Exchange summer's blue, green and violet eye colors and pale, shimmery lip and nail shades for an autumn palette of neutral eyeshadows in slate or camel tones and cream-formula lipstick and nail polish in true red, coral or rose. Keep skin matte with translucent powder.
- Have dry, split hair ends trimmed away, and for a new look, try bangs. Now that you're spending less time in the sun at pool or beach, switch from moisturizing hair products to protein-enriched shampoos and conditioners that lock in body and shine.
- Layer or reaccessorize summer's lightweight fabrics—especially black, neutrals and brights. Great transitional team-ups: The oversize shirts and pullovers you wore with easy cottons all summer will look great newly paired with stirrups or a slim skirt. Longer separates and dresses in cotton jersey span the season matched with a lean, dark cardigan. Add metallic cuffs, status scarves, mock croc pumps or loafers, and that indispensable trench coat.

### NEW BEAUTYMAKERS

**Shape it up . . .** your hair, that is, with Revlon's The Shapings Brilliante. Adds gloss and lift anytime. Available only in beauty salons.

**Compact makeup** Just in from Maybelline, Moisture Whip is a nourishing, easy-to-apply makeup in six natural complexion shades.

**Pure pow** Stay sun-kissed year-round with Natural Wonder Sun Dust All-Over Face Powder.

**More beauty news on page 38**



# ..ATELY, THERE'S A LOT LESS TO PINCH IN ITALY.

Mamma mia! An Italian national pastime may well ecome a lost art.

Thanks to Fibre Trim,® Italy has fewer inches to inch. Scores of women have slimmed with help from ibre Trim. That's quite an accomplishment in a pasta nd pizza paradise.

The Italians, and countless others, have helped ıake Fibre Trim Europe's number one slimming aid.

## A SLIMMING RENAISSANCE BEGINS

Natural Fibre Trim repre- ents the birth of a new way of ieting. A natural way.

Fibre Trim is quite simply a pecial blend of natural food ber that's made from grain and itrus. A blend you can use pecifically for weight loss.

Taken before meals, Fibre Trim works with your body to help you feel full.

It's no panacea—just natural help that makes eating less a little more bearable.

## THE ITALIAN WAY, THE FIBRE TRIM WAY

The Italians, and the wise, attempt nothing in a hurry.

Especially weight loss.

The Fibre Trim plan means eating less, eating right, moving around more, and gradually losing that extra weight.

Fibre Trim can become a sensible way of life—even after you have slimmed. It's a healthy way to say "arrivederci" to excess pounds and inches, for good.




## THE EUROPEAN WAY TO SLIM. FOR GOOD.

:-033/13704406-8/86
1986 Schering Corporation

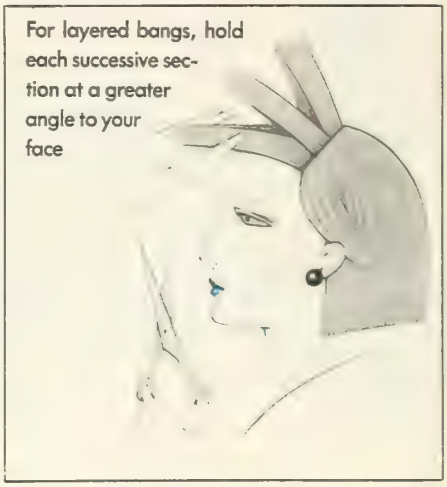
# BEAUTY LAB

## HERE'S HOW TO KEEP FACE-FLATTERING BANGS IN PERFECT TRIM


Triangular parting makes trimming bangs a cinch

Diane Teske Harris

Bangs are hot, and whether you like yours blunt cut, softly layered or in jazzy spikes, you can trim them yourself with these simple how-tos from hairstylist Cris Galjour of the Pipino Buccheri Salon, in New York City. All three looks begin with triangular parting. To make the triangle, use an imaginary line connecting the outer end of each eyebrow as a baseline, and a point three inches back from the center of your hairline as apex. Draw comb from apex toward baseline along each arm of triangle, then use clips to keep rest of hair separate from triangle. To cut blunt bangs, make three horizontal partings. The idea: to divide hair into equal sections. Starting with the bottom layer, and holding hair between index and second fingers as close to skin as possible, snip straight across. (For long bangs, cut the hair eyebrow length—but keep in mind that shorter bangs are newer-looking now.) Using the bottom layer as a guide, and following the same procedure, cut hair in second and third layers to match length of first. Use the same method for layered bangs, but cut each successive layer slightly shorter than the one before. For spiky bangs, start with the triangle, then part hair into one-eighth-inch *vertical* rows. Twist each vertical section and, with scissors parallel to face, points down, snip each twist.

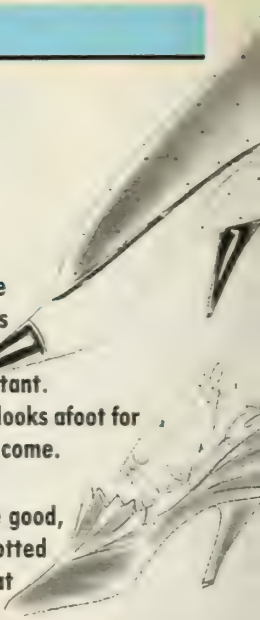

For layered bangs, hold each successive section at a greater angle to your face

# READER TESTED

## TWO WHO LOVED WHAT THEY LEARNED

Our reader-testers, Joyce, thirty-four, and Sandy, twenty-eight, loved cutting their own bangs. Says Joyce, who wears her hair long with blunt-cut bangs, "I hate to spend time and money at a salon just to have my bangs trimmed, but I could never make them even when I tried it myself. With triangle parting and horizontal sectioning, I can do bangs like a pro!" Sandy, who never wore bangs before, adored her new spikes. "They were so *easy*! Best of all, I can give myself a trim anytime."

# TRENDS

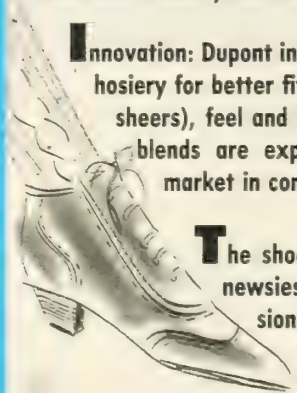


When fashions are simple and classic, as they are this year, hosiery and shoes tend to become more important. Here's a preview of the big looks afoot for your legs in the months to come.

**Pattern:** If your legs are good, show them off in lacy or dotted panty hose, or stockings that feature knitted side or back motifs, geometrics, florals, complex vine and leaf designs, herringbones, houndstooths, chevrons, and stripes, stripes, stripes—horizontal, vertical, even diagonal!

**Color:** very big. Jewel tones, to match or harmonize with clothing, a gamut of grays, the creamy sheers we used to see in spring only, and a range of neutrals, with sheer black leading the way. New and hot: multicolor prints and, for evening, glamour-girl pearlized and metallic panty hose, as well as styles with rhinestone or pearl accents. Look for Hanes's new computerized color analysis system to help you coordinate hosiery and fashion colors.

**Innovation:** Dupont introduces spandex into hosiery for better fit (especially for ultra-sheers), feel and luster. Spandex-nylon blends are expected to sweep the market in coming seasons.



**The shoe scene:** Some of the newsiest styles are '86 versions of looks we loved in the past: Chanel-inspired sling-backs and refined spectators in soft leather, shiny patent, or both; high heels that combine deco touches with 1940s styling, many with draped or pleated vamps; Victorian walking shoes and lace-ups. Fabulous and fun are the multicolor designs, crafted with strong textural interest or decorative stitching, in suede, snake, lizard, embossed leather. Be a team player: Coordinated hosiery and footwear *always* score fashion points.

David Croland

# In just 6 weeks, your wrinkles won't show like they do now.



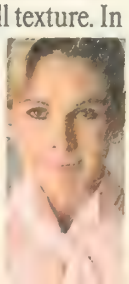



**Remarkable BioAdvance Beauty Recovery System* actually helps reverse many signs of facial aging.**

In tests conducted at a major skin research center, 86% of women who used BioAdvance said after just 2 weeks that their skin felt smoother, healthier and had a better overall texture. In 6 weeks, those same women saw at least a 59% average reduction in crowsfeet, fine lines and wrinkles.

See the difference in your skin. Give it 6 weeks and BioAdvance—it'll look gorgeous, glowing—and younger. Contact your Avon Representative, or if you don't yet have one, call 1-800-858-8000.

*Patent pending.



LOOK HOW GOOD YOU LOOK NOW.

AVON

©1986 Avon Products, Inc., N.Y., N.Y.



*Virginia Slims recalls the finishing school of 1901.*

*After the young women finished the windows, they got to finish the floors.*

# VIRGINIA SLIMS

## You've come a long way, baby.

© Philip Morris Inc. 1986

SURGEON GENERAL'S WARNING: Smoking Causes Lung Cancer, Heart Disease, Emphysema, And May Complicate Pregnancy.

Lights: 8 mg "tar," 0.6 mg nicotine—100's: 14 mg "tar," 0.9 mg nicotine av. per cigarette, FTC Report Feb.'85. 120's: 14 mg "tar," 1.0 mg nicotine av. per cigarette by FTC method.

# The AMERICAN WOMAN

## Her private lives, private dreams

What are your innermost thoughts and dreams? What is your life like behind closed doors? What are your most private personal opinions and habits? By answering the questions in this fifth annual *Ladies' Home Journal* survey, you'll be taking an honest look at yourself and gaining the chance to find out how you're like other women and how you're different. Check only one response to each question. The information you provide will be analyzed at the New York Institute of Technology, and we'll also read any extra comments. Then, in a future issue of *LHJ*, we'll publish a report based on the findings.

BY CLIVE ENOS, PH.D., AND SONDRA FORSYTH ENOS

*Take part in another landmark LHJ survey*

### Private lives

**1. Are you a good cook?**
- Yes, gourmet ☐ 1-1
- Yes, good and basic ☐ 2
- Only when I'm in the mood ☐ 3
- Not really ☐ 4

**2. Are you a good housekeeper?**
- Yes, excellent ☐ 2-1
- Yes, usually ☐ 2
- Only when I have to be ☐ 3
- I admit it: I'm a slob ☐ 4

**3. Does your husband help around the house?**
- Often ☐ 3-1
- Sometimes ☐ 2
- Only when I really nag ☐ 3
- Never ☐ 4

**4. Do your children help around the house?**
- Often ☐ 4-1
- Sometimes ☐ 2
- Only when I really nag ☐ 3
- Never ☐ 4

**5. What's your favorite entertainment activity?**
- Watching TV ☐ 5-1
- Reading ☐ 2
- Going to the movies ☐ 3
- Going out to dinner ☐ 4
- Going to a cultural event ☐ 5

**6. Do you like to go shopping?**
- I hate to shop ☐ 6-1
- Only when I need something ☐ 2
- Once in a while ☐ 3
- Whenever I'm blue ☐ 4
- I'm a shopaholic ☐ 5

**7. How much time do you spend watching TV?**
- Less than an hour a day ☐ 7-1
- Two or three hours a day ☐ 2
- Four or five hours a day ☐ 3
- Six or more hours a day ☐ 4

**8. What's your favorite kind of TV program?**
- News ☐ 8-1
- Soap operas ☐ 2
- Sitcoms ☐ 3
- Game shows ☐ 4
- Dramas ☐ 5

**9. What high-tech invention do you like best?**
- VCR ☐ 9-1
- Microwave ☐ 2
- Computer ☐ 3
- Compact disc player ☐ 4

**10. How often do you go on a diet?**
- I'm always on a diet ☐ 10-1
- Once a season ☐ 2
- When I need to ☐ 3
- Never ☐ 4

**11. How many times a week do you exercise?**
- Six or more ☐ 11-1
- Three to five ☐ 2
- One to three ☐ 3
- I never exercise ☐ 4

**12. How would you describe your figure?**
- I'm too fat ☐ 12-1
- Too hippy ☐ 2
- Full-bodied but attractive ☐ 3
- I've got a good figure ☐ 4
- I'm too thin ☐ 5

**13. Do you ever lie about your weight?**
- Yes ☐ 13-1
- No ☐ 2

**14. What's the facial feature you like most?**
- Nose ☐ 14-1
- Eyes ☐ 2
- Mouth ☐ 3
- Chin ☐ 4
- Hair ☐ 5

**15. What's the feature you like least?**
- Nose ☐ 15-1
- Eyes ☐ 2
- Mouth ☐ 3
- Chin ☐ 4
- Hair ☐ 5

**16. What's your most indispensable cosmetic?**
- Mascara ☐ 16-1
- Lipstick ☐ 2
- Foundation ☐ 3
- Blusher ☐ 4
- Powder ☐ 5
- Eyeshadow ☐ 6

**17. How often do you wash your hair?**
- Every day ☐ 17-1
- Every other day ☐ 2
- Twice a week ☐ 3
- Once a week ☐ 4

**18. Whom do you socialize with mostly?**
- Family ☐ 18-1
- Friends ☐ 2
- Neighbors ☐ 3
- Co-workers ☐ 4
- All of the above ☐ 5

**19. How's your relationship with your mother-in-law?**
- Excellent ☐ 19-1
- Good ☐ 2
- Fair ☐ 3
- Poor ☐ 4

**20. How's your relationship with your boss?**
- Excellent ☐ 20-1
- Good ☐ 2
- Fair ☐ 3
- Poor ☐ 4

**21. How did you meet your husband?**
- In high school ☐ 21-1
- In college ☐ 2
- At work ☐ 3
- Through friends or family ☐ 4
- At a social gathering ☐ 5
- At church ☐ 6

**22. Was it love at first sight?**
- Yes ☐ 22-1
- No ☐ 2

**23. If you have a problem with your husband, what is it?**
- He doesn't earn enough money ☐ 23-1
- He's a slob ☐ 2
- He drinks too much ☐ 3
- He doesn't share his feelings ☐ 4
- He is not a good lover ☐ 5
- He is brutal ☐ 6
- Other_____

**24. If you have a problem with your kids, what is it?**
- They are lazy ☐ 24-1
- They are disrespectful ☐ 2
- They are too wild ☐ 3
- They are unappreciative ☐ 4
- Other_____

**25. Is there anything about your past you've never told your husband?**
- Yes ☐ 25-1
- No ☐ 2

**26. Is there anything about your past you wouldn't want your kids to know?**
- Yes ☐ 26-1
- No ☐ 2

**27. Has your husband ever hit you?**
- Yes ☐ 27-1
- No ☐ 2

**28. Have you ever hit your husband?**
- Yes ☐ 28-1
- No ☐ 2

**29. What's the worst thing you've ever done?**
- Lied about something important ☐ 29-1
- Committed a crime ☐ 2
- Been unfaithful ☐ 3
- Abused drugs or drink ☐ 4
- Been a bad mother ☐ 5
- Other_____

**30. What's the best thing you've ever done?**
- Helped someone in need ☐ 30-1
- Cared more about my children than myself ☐ 2
- Cared more about my husband than myself ☐ 3
- Made a contribution to society ☐ 4
- Other_____

**31. Do you ever drink and drive?**
- Yes ☐ 31-1
- No ☐ 2

**32. Does your husband ever drink and drive?**
- Yes ☐ 32-1
- No ☐ 2

**33. Do you ever cheat a little on your taxes?**
- Yes ☐ 33-1
- No ☐ 2

**34. Do you ever take things from the office—pencils, paper—for your personal use?**
- Yes ☐ 34-1
- No ☐ 2

**35. Do you have a gun in your home?**
- Yes ☐ 35-1
- No ☐ 2

**36. What's it used for?**
- Hunting ☐ 36-1
- Protection ☐ 2
- Part of a collection ☐ 3

**37. Have you ever been the victim of a crime?**
- Yes ☐ 37-1
- No ☐ 2

**38. How would you characterize your life?**
- Dull and depressing ☐ 38-1
- Average ☐ 2
- Exciting ☐ 3
- Up and down ☐ 4
- Highly stressful ☐ 5

## Private dreams

**39. What kind of life would you like to have?**
- More exciting ☐ 39-1
- Calmer ☐ 2
- Entirely different ☐ 3
- I'm content the way I am ☐ 4

**40. Do you wish your husband were more successful in his career?**
- Yes ☐ 40-1
- No ☐ 2

**41. Do you wish you were more successful in your career?**
- Yes ☐ 41-1
- No ☐ 2

**42. How do you define success?**
- Fame ☐ 42-1
- Great wealth ☐ 2
- Fame and fortune ☐ 3
- Doing what I want ☐ 4
- A happy family life ☐ 5

**43. If you could be anything, what would you like to be?**
- Rich, no need to work ☐ 43-1
- Owner of a business ☐ 2
- A writer, journalist or performer ☐ 3
- A doctor or lawyer ☐ 4
- An executive in a big company ☐ 5
- Someone with an easy job and enough money ☐ 6
- Other_____

**44. If your husband could be anything, what would you like him to be?**
- Rich, no need to work ☐ 44-1
- Owner of a business ☐ 2
- A writer, journalist or performer ☐ 3
- A doctor or lawyer ☐ 4
- An executive in a big company ☐ 5
- Someone with an easy job and enough money ☐ 6
- Other_____

**45. Do you wish you were a better lover?**
- Yes ☐ 45-1
- No ☐ 2

**46. Do you wish your husband were a better lover?**
- Yes ☐ 46-1
- No ☐ 2

**47. If you knew a friend's husband was having an affair, would you tell her?**
- Yes ☐ 47-1
- No ☐ 2

**48. If your husband was having an affair, would you really want to know?**
- Yes ☐ 48-1
- No ☐ 2

**49. Have you ever had a religious experience?**
- Yes ☐ 49-1
- No ☐ 2

**50. Have you ever had a psychic experience?**
- Yes ☐ 50-1
- No ☐ 2

**51. Do you believe in astrology?**
- Yes ☐ 51-1
- No ☐ 2
- Not really, but I always read my horoscope ☐ 3

**52. What becomes more important as you grow older?**
Health ☐ 52-1
Money ☐ 2
Relationships with friends ☐ 3
Relationships with family ☐ 4
Doing what I want ☐ 5

**53. How do you define contentment?**
Being left alone ☐ 53-1
Doing what I love ☐ 2
A happy family life ☐ 3
Self-satisfaction ☐ 4

**54. If you had a teenage daughter who got pregnant, what would you advise her to do?**
Marry the baby's father ☐ 54-1
Have an abortion ☐ 2
Have the baby and live with me ☐ 3
Give the baby up for adoption ☐ 4

**55. If you had a teenage son who got a girl pregnant, what would you advise him to do?**
Get married ☐ 55-1
Opt for abortion ☐ 2
Encourage her to have the baby and live with her parents ☐ 3
Encourage her to give the baby up for adoption ☐ 4

**56. How would you feel about your son's joining the armed forces?**
For it ☐ 56-1
Against it ☐ 2

**57. How would you feel about your daughter's joining the armed forces?**
For it ☐ 57-1
Against it ☐ 2

**58. Are our schools doing a good job?**
Yes ☐ 58-1
No ☐ 2

**59. Is America still the land of opportunity?**
Yes ☐ 59-1
No ☐ 2

**60. Do you believe criminals have too many rights?**
Yes ☐ 60-1
No ☐ 2

**61. Do you think there will be a nuclear war?**
Yes ☐ 61-1
No ☐ 2

**62. Should the government help poor people?**
Yes ☐ 62-1
No ☐ 2

**63. In terms of your children, what makes you feel guilty?**
I don't give enough time ☐ 63-1
I get too angry with them ☐ 2
I can't give them material things ☐ 3
I work and don't stay home with them ☐ 4
I don't feel guilty ☐ 5

**64. In terms of your husband, what makes you feel guilty?**
I don't give enough time ☐ 64-1
I don't look as good as I should ☐ 2
I'm not as interested in sex ☐ 3
I spend too much money ☐ 4
I complain or nag ☐ 5
I don't feel guilty ☐ 6

Our surveys always make big news. Share your innermost feelings and help us make a difference.

**65. Do you think you were born with a special gift?**
Yes ☐ 65-1
No ☐ 2

**66. Do you think you have one or more gifted children?**
Yes ☐ 66-1
No ☐ 2

**67. Do you think you have one or more problem children?**
Yes ☐ 67-1
No ☐ 2

**68. Do you think your husband is difficult to live with?**
Yes ☐ 68-1
No ☐ 2

**69. Do you ever feel lonely?**
Often ☐ 69-1
Sometimes ☐ 2
Never ☐ 3

**70. Do you feel misunderstood?**
Often ☐ 70-1
Sometimes ☐ 2
Never ☐ 3

**71. Do you ever feel jealous of others?**
Often ☐ 71-1
Sometimes ☐ 2
Never ☐ 3

**72. Do you often feel tired?**
Yes ☐ 72-1
No ☐ 2

**73. Do you think life is fair?**
Yes ☐ 73-1
No ☐ 2
Only sometimes ☐ 3

**74. By and large, do you think you can trust people?**
Yes ☐ 74-1
No ☐ 2

**75. What makes you most anxious?**
Giving a speech ☐ 75-1
Going for a job interview ☐ 2
Being criticized at work ☐ 3
Being criticized by my family ☐ 4
Breaking bad news ☐ 5
Taking a test ☐ 6

**76. What makes you most frightened?**
Flying in a plane ☐ 76-1
A barking dog ☐ 2
Being the victim of a crime ☐ 3
Driving on a busy expressway ☐ 4
Being alone in the house ☐ 5
Becoming ill ☐ 6

**77. If you had a terminal illness, would you want to know?**
Yes ☐ 77-1
No ☐ 2

**78. If you had a terminal illness, would you tell your family and friends?**
Yes ☐ 78-1
No ☐ 2

**79. Do you believe terminally ill people have the right to die?**
Yes ☐ 79-1
No ☐ 2

**80. How often do you daydream?**
Several times a day ☐ 80-1
Once a day ☐ 2
Now and then ☐ 3
Virtually never ☐ 4

**81. What's your dream vacation?**
Camping trip ☐ 1-1
An adventure like white-water rafting ☐ 2
Travel in Europe ☐ 3
Disney World ☐ 4
Health and beauty spa ☐ 5
Fancy resort ☐ 6

**82. What's your dream car?**
A Cadillac ☐ 2-1
A Mercedes-Benz ☐ 2
A Jeep Cherokee ☐ 3
Other_____

**83. What's your dream home?**
Beverly Hills mansion ☐ 3-1
Beach house in Hawaii ☐ 2
Ranch in Texas ☐ 3
Villa in Italy ☐ 4
Penthouse in New York ☐ 5
Other_____

**84. Do you think you're sexier than your husband?**
Yes ☐ 4-1
No ☐ 2

**85. Do you think you're smarter than your husband?**
Yes ☐ 5-1
No ☐ 2

**86. Are you a feminist?**
Yes ☐ 6-1
No ☐ 2

**87. Do you think you're aging more attractively than your husband?**
Yes ☐ 7-1
No ☐ 2

**88. What do you consider your most attractive characteristic?**
Sense of humor ☐ 8-1
Generosity ☐ 2
Compassion ☐ 3
Patience ☐ 4
Intelligence ☐ 5

**89. What do you consider your least attractive characteristic?**
Anger ☐ 9-1
Envy ☐ 2
Impatience ☐ 3
Selfishness ☐ 4
Fearfulness ☐ 5

**90. Do you think a woman would make a good president?**
Yes ☐ 10-1
No ☐ 2
Depends on the woman ☐ 3

**91. Do you think that if women ran the world, it would be a better place?**
Yes ☐ 11-1
No, worse ☐ 2
Probably the same ☐ 3

# VITAL STATISTICS

**1. How old are you?**_____ 12:13

**2. What is your marital status?**
Never married ☐ 14-1
First marriage ☐ 2
Divorced ☐ 3
Second marriage ☐ 4
Third or fourth marriage ☐ 5
Widowed ☐ 6
Living with someone ☐ 7

**3. How long have you been married?**
_____ years 15:16

**4. How many children do you have?**

| Age | 17&18 | 20&21 | 23&24 | 26&27 | 29&30 | 32&33 |
|---|---|---|---|---|---|---|
| Sex | 19 | 22 | 25 | 28 | 31 | 34 |

**5. Is yours a blended family?**
Yes ☐ 35-1
No ☐ 2

**6. Are you employed?**
Self-employed ☐ 36-1
Employed part-time ☐ 2
Employed full-time ☐ 3
Unemployed ☐ 4

**7. What is your occupation?**
Homemaker ☐ 37-1
Secretary/clerk ☐ 2
Professional/technical ☐ 3
Management ☐ 4
Sales ☐ 5

**8. What is your husband's occupation?**
Househusband ☐ 38-1
Secretary/clerk ☐ 2
Professional/technical ☐ 3
Management ☐ 4
Sales ☐ 5

**9. What is your personal annual income?**
_____ 39:43

**10. What is your husband's annual income?**_____ 44:48

**11. Where do you live?**
City of over 1,000,000 ☐ 49-1
City of 500,000–1,000,000 ☐ 2
City of 50,000–500,000 ☐ 3
Suburbs ☐ 4
Town of 10,000–50,000 ☐ 5
Rural community ☐ 6

**12. In what region of the country do you live?**
Northeast ☐ 50-1
Southeast ☐ 2
Northwest ☐ 3
Southwest ☐ 4
Midwest ☐ 5

**13. What is your race?**
White ☐ 51-1
Black ☐ 2
Oriental ☐ 3
Other_____

**14. Do you have a religious affiliation?**
No ☐ 52-1
Protestant_____ ☐ 2
Roman Catholic ☐ 3
Jewish ☐ 4
Other_____

**15. Are you registered with a political party?**
Democrat ☐ 53-1
Republican ☐ 2
No ☐ 3
Other_____

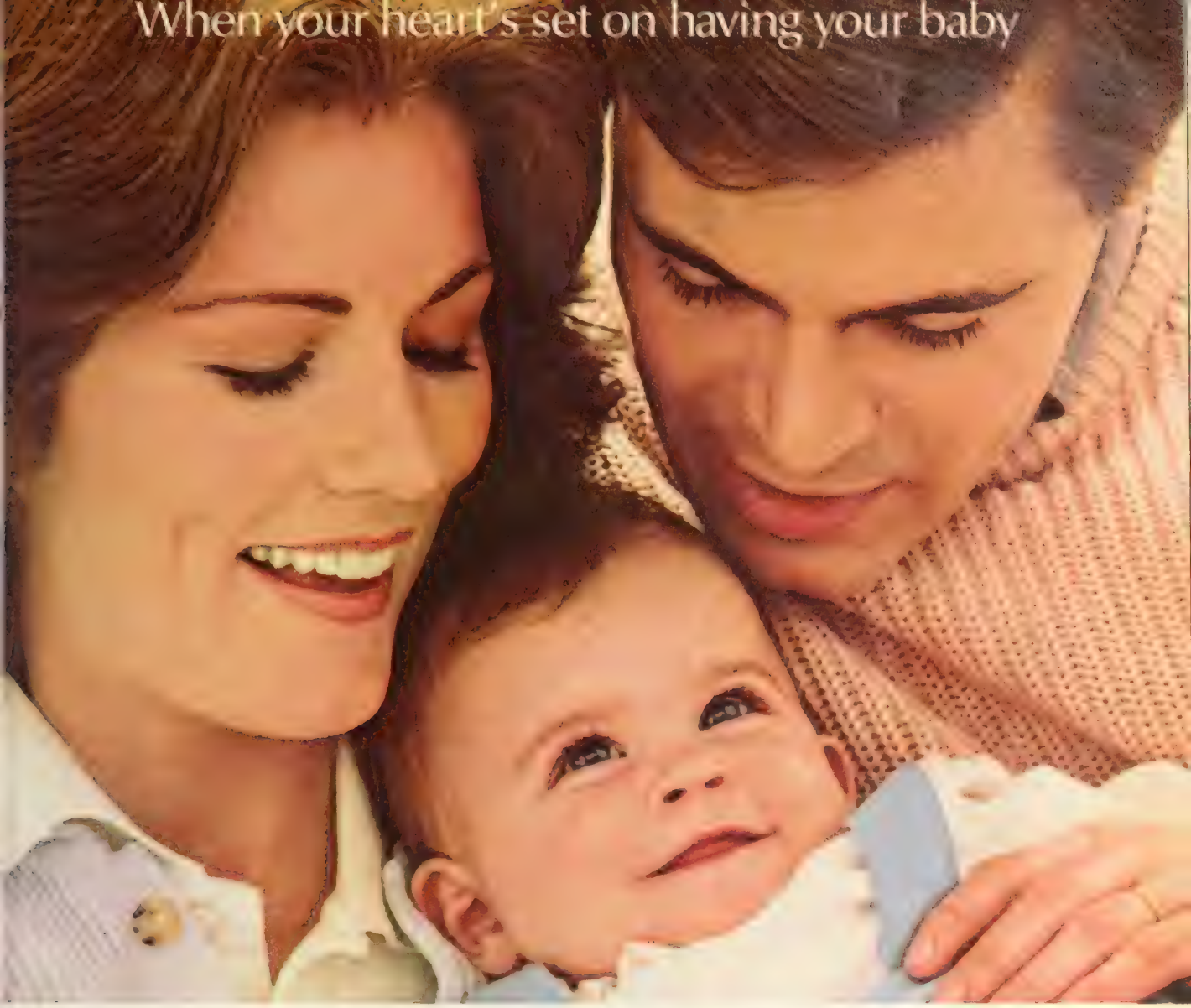
**16. How far do you live from your hometown?**
Under 50 miles ☐ 54-1
50–300 miles ☐ 2
Over 300 miles ☐ 3

**17. How much schooling have you completed?**
8th grade ☐ 55-1
12th grade ☐ 2
Some college ☐ 3
College degree ☐ 4
Postgraduate ☐ 5

**18. How much schooling has your husband completed?**
8th grade ☐ 56-1
12th grade ☐ 2
Some college ☐ 3
College degree ☐ 4
Postgraduate ☐ 5

**19. Did you respond to any of the previous LHJ surveys?**
(Check as many as apply)
Yes, 1982 ☐ 57-1
Yes, 1983 ☐ 58-1
Yes, 1984 ☐ 59-1
Yes, 1985 ☐ 60-1
No ☐ 61-1

*Thank you for participating in this survey. Please mail your completed questionnaire by September 30, 1986, to:*
**Dr. Clive Enos**
**New York Institute of Technology**
**P.O. Box AM**
**Huntington, NY 11743**




# FIRST RESPONSE® Ovulation Predictor Test lets you know in advance the day you're most able to become pregnant.

FIRST RESPONSE® can be a big help when you want to have your baby.

That's because there is only one day in the month a woman can become pregnant—the day she ovulates. FIRST RESPONSE predicts that day in advance, so you and your husband will know when to try. This is very important if you're having difficulty conceiving a baby, or don't want to spend months trying.

FIRST RESPONSE® Ovulation Predictor Test is a simple, 20-minute urine test that accurately measures the hormone that triggers ovulation. An obvious color change tells you ovulation will occur in 12 to 24 hours.

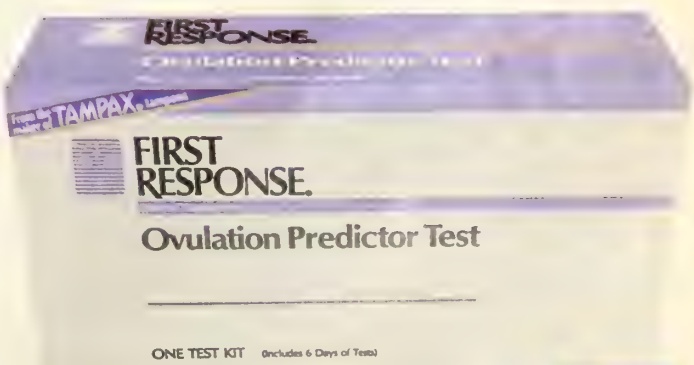
FIRST RESPONSE is far superior to the basal thermometer method that can only indicate ovulation has already occurred, which may be too late.

Each kit covers six consecutive days of testing for the month. If your cycle is irregular and you must test longer, a 3-Test Refill is available.

You can also depend on our medical information staff for answers to any questions you may have about the test. Our toll-free number is listed in every FIRST RESPONSE test kit.

FIRST RESPONSE Ovulation Predictor Test, from the maker of Tampax® tampons. It can make the difference between "hoping for" and "expecting" a baby.

**You can always trust your FIRST RESPONSE.**




From the maker of TAMPAX® tampons

FIRST RESPONSE, a line of professional quality home diagnostic tests, and TAMPAX are registered trademarks of Tambrands Inc. © Tambrands Inc., 1986

# WHAT MARRIED MEN WANT FROM SEX

*LHJ's resident psychologist tells you what your husband never would about his deepest desires*

*By Sonya Friedman, Ph.D.*

A lot is going on in your husband's mind when it comes to your lovelife, and the chances are, you don't even know about it. The way men see sex can be vastly different from the way women see it. Men come to marriage with surprising expectations, some of which can be downright wrong. Also it's possible that your husband may simply be expressing his love for you in ways you don't fully understand. Ideas about sex develop during childhood, beginning with the way parents teach their children to give love and accept love. So each man has a history that affects his feelings, attitudes and beliefs concerning sex. These "crumbs," or mistaken ideas from the past, can hurt a marriage. Make sure you know what signals your husband is sending and what he's bringing to your marriage.

Basically, men think in terms of potency, pursuit and conquest when they define sexuality. But they also need tenderness and a safe place where they can be vulnerable, protected and cherished—qualities they connect with love as opposed to sex. This set of contrasting feelings explains why many men tend to separate sex from love. The way men think about sex stems from their basic biology and the instinct to procreate. It allows them to distance themselves emotionally during sex, and it explains why it's easier for them to be unfaithful. Yet they still want and need affection, tenderness and caring.

The way men deal with this conflict has a lot to do with their mothers, who profoundly affect the way they relate to women. There's no simple rule that dictates how a man will interact with you. Many men have no problem at all, but if you're having difficulties, it might be because your husband exhibits one of the following behavior patterns.

## THE GOOD/BAD SYNDROME

Psychologists and psychiatrists know that the man who perceives his mother as saintly—virtuous, self-sacrificing and devoted to her children—may see all women in a very rigid way. For such a man, the world of women is divided into good women, like his mother, who are above sex, and bad women, who are only for sex. The good woman is seen as the repository of all spiritual and moral values, incapable of feeling animal desire. The bad woman is capable of enjoying only the physical side of life, and because of that she has no higher value—she's not worthy of the love of a man. In the eyes of the man with this view, women are either madonnas or prostitutes. Sexual desire and love are completely separate for him, and he can't feel both for the same woman. He may initiate premarital sex, but his wife can expect his ardor to diminish once they're married. After the children are born, sexual contact dwindles to almost nothing, for his wife's motherliness can remind him too strongly of his own mother, triggering anxiety about incest. He may even satisfy his sexual needs elsewhere, with someone he considers a bad girl. At home, he expects the wife-mother to supervise his life, raise model children and run the household.

This good girl/bad girl division poses a serious dilemma for the wife who has a strong sexuality, since that sexuality makes her seem bad in her husband's eyes. A man with a madonna-prostitute complex feels on a deep emotional level that sensual enjoyment is exclusively his and forbidden for his wife. This husband believes, on principle, that his wife should feel only spiritual satisfaction. Sex for her should be for the purpose of procreation. The only real pleasure she should *(continued)*

Adapted from the forthcoming book A HERO IS MORE THAN JUST A SANDWICH. Copyright © 1986 by Sonya Friedman. To be published by G. P. Putnam's Sons.




E "GAYLE" SHOE WITH MATCHING HANDBAG. BOTH AVAILABLE IN GREY, BLACK, BROWN, NAVY, WINTER WHITE AND TAUPE. "GAYLE" ABOUT $57. HANDBAG
OUT $32. PRICE SHOWN IS MANUFACTURER'S SUGGESTED RETAIL PRICE. ACTUAL PRICE MAY VARY. FOR MORE INFORMATION ABOUT WHERE TO FIND SELBY
OES, CALL 1-800-821-7700, EXT. 338.
86 U S SHOE



# Why more people shop at Kmart than any other store in America.

This month, like every month, almost half of America will com to K mart. Which proves, among other things, what we've believed from the very beginning. Namely, if you care about your customers and give them good things at good prices, you make a lot of friends.

Take brand names, for instance. You won't find just a few of them. But all your favorites. In every department. And, of course, as with everything w carry, you get the low K mart price. Plus our promi of satisfaction always.

The choice. The prices. The policies. The value. They're the things that have made u America's Favorite Store.

They, and we, will always be here when yo need us. In every one of our over 2100 stores. After all, we'd like to see even more of you.

## America's Favorite Store.

Kmart
the Saving Place

Hunter's Glen Apparel

RCA Video Cassette Recorder. Sunbeam Oskar Food Processor. Lady Pepperell Towels. Kodak VR 35 Camera. Corning Cookware

et from sex is the end result—a baby. A woman with a husband like this ıay eventually learn to see herself as e does and repress her feelings of de- ıre. When she ponders sexuality she ill feel guilty and try to block her wn impulses, flipping a switch into ern self-denial. She will take on the ole of mother wholeheartedly and for- et about being sensual. This pure nother" status frees her from an obli- ation to marital sex, and the husband ho wants a saintly wife is re- eved by this turn of events. Accepting ıese neurotic attitudes does not make ır a good sex life, but it is the way ıany couples cope with their complex nd conflicting feelings.

### Full of hostility

nother type who sees women and sex ı a distorted manner is the man with critical mother. When he was little he as always trying to gain his mother's pproval, but she never gave it to him. urt and rejected as a child by the ıost important woman in his life, he asically sees all women as hostile. In taliation, he is hostile and censorious ith his wife. And even if his wife loves im, she'll never love him enough to ssuage his enormous insecurity. Of his ıany fears (and he is a man filled with ars), this one stands out: He is afraid e'll never be able to satisfy a woman ı any way—whatever money he makes ill not be enough; whatever position e attains professionally will be inade- uate; however much he desires her, ıe'll laugh at him. Since his mother as disappointed in him, every other oman will be dissatisfied as well. His ife's slightest criticism cuts very deep.

This man always feels he has to prove imself, so he's likely to seek a woman ho accepts him unconditionally. Yet ven with a complacent, accepting wife ıis man can have problems. No one ın be complacent enough, since he is ı tortured by his own insecurities. The ay he releases his hostility toward omen is through emotional and even hysical brutality. He's a man likely to ave a taste for sexual selfishness and ın, on occasion, even be guilty of mar- al rape. He punishes his wife in place f the mother who once made him un- appy. Sex is power to such a man. He ill have sex to procreate, but the sex ct is primarily an expression of anger, ven hate, not love. Women, he thinks, re bad to begin with, like his mother, nd very bad if they arouse him.

Marriage can sometimes release the orst in a man like this. If he feels he's ot fulfilling his wife in some way, he ıay set up an *(continued on page 168)*


# CHOW DOWN ON CAULIFLOWER FOR BETA CAROTENE.

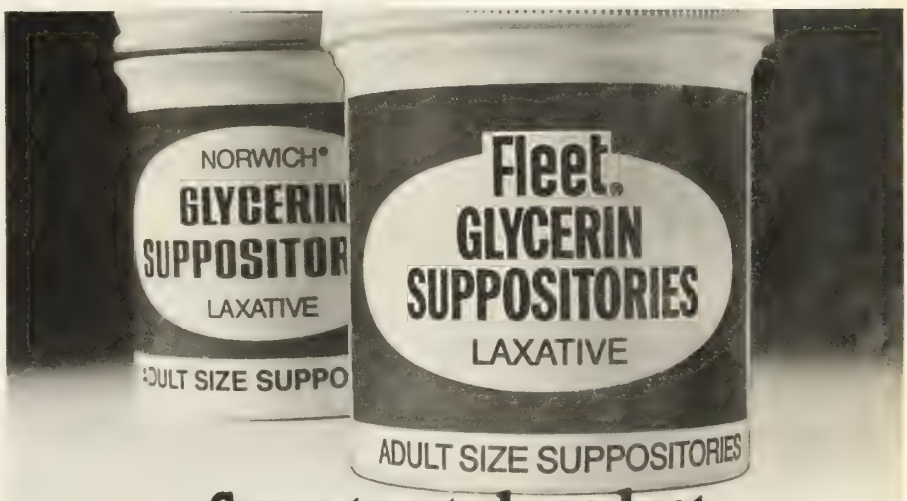
Many foods contain beta carotene. Cauliflower contains a little. Broccoli has a lot. The main thing is to get enough beta carotene. It helps protect you from cell damage caused by harmful free radicals, chemicals that may come from the environment or are produced in your body. Plus, beta carotene is converted to Vitamin A in a regulated way. That's why beta carotene is nature's safest source of Vitamin A. So eat foods containing beta carotene and, just to be sure, look for it in your multivitamins.

ROCHE®

**Beta carotene: one of nature's ways to vitamin A.**

RCD 4784






## Same trusted product, new trusted name.

Norwich Glycerin Suppositories, a product you've trusted for years, has changed its name. Now it's Fleet Glycerin Suppositories, from C.B. Fleet, the name Americans have trusted for constipation relief for over 100 years. **We changed the name—but that's all.**

Same fast-acting formula, works in as little as 15 minutes. Same gentleness, too; since they work just where the problem is, they won't upset your stomach. Even the same colorful green and white package.

For fast, safe relief of constipation, get the name Americans trust for constipation relief: Fleet Glycerin Suppositories.

LIMITED WARRANTY TO CONSUMER ★ Good Housekeeping PROMISES REPLACEMENT OR REFUND IF DEFECTIVE

**The 15 minute laxative you can trust.**

Available in adult and children's sizes. Use as directed.

# MEDINEWS

*The latest scientific research and medical findings to keep your family its healthiest. By Beth Weinhouse*

## EXERCISE ADVICE



### COOL DOWN BEFORE A HOT SHOWER

After a workout—whether jogging, aerobics, tennis, etc.—make sure you cool down thoroughly (bring temperature and heart rate back to normal) before you shower, and keep the shower cool or lukewarm rather than hot.

That's the advice from Allan Levy, M.D., physician for the Giants football team, who warns that strenuous exercise followed immediately by a hot shower can be dangerous. He explains: "When you exercise fairly vigorously, you increase the blood flow to the muscles in use. If you don't 'warm down' (I prefer this phrase to 'cool down' ), the increased heart rate and blood flow continue for a period of time afterward.

"When you get into a hot shower, you increase the blood flow to the skin. If you haven't warmed down, you now have extra blood going to the muscles *and* extra blood going to the skin. There may not be enough left to supply the vital organs, such as the heart and brain, and the result can be a heart attack."

According to Levy, a healthy young person who runs into a hot shower after a jog may just feel light-headed, but the danger is much greater for older people or those at risk for heart disease, such as overweight people, smokers, or people with high blood pressure or cholesterol levels.

### NEW DRUG FOR TENDER BREASTS

Many women suffer from sore breasts, especially before their menstrual periods. For some women, the discomfort is so great that even wearing a bra becomes painful. Doctors believe this pain is a result of the breasts' sensitivity to certain hormones, including estrogen, that are secreted at higher levels premenstrually.

According to a British study reported in a recent issue of the *Harvard Medical School Health Letter*, there is now a promising new treatment for this common problem. A drug called tamoxifen has been found effective against this condition, which doctors call mastalgia. The drug, which has been used to treat breast cancer, seems to stop breast tissue from reacting to estrogen.

The side effects of other drugs used to treat sore breasts included masculinization (facial hair, deepening voice, etc.). The side effects of tamoxifen, which occur in about one fourth of patients, are less severe and less disturbing. These effects include hot flashes, nausea and an increase in vaginal discharge.

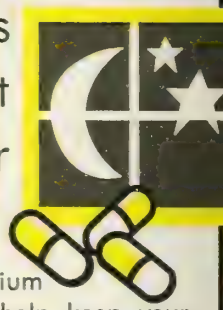
More research is needed to determine the long-term safety of tamoxifen and its proper dosage for pain relief.

### PLAYING ON THE JOB

A research project at the Hebrew University, in Jerusalem, has shown that fifteen minutes of properly planned physical exercise every day during working hours benefits both employer and employee.

Workers from Teva Pharmaceuticals, a large drug-manufacturing corporation, spent fifteen minutes a day for eight months doing exercise and light sports. The results: Participants reported greater job satisfaction, alertness and feelings of good health. The workers loved the program so much that they asked to continue it after the experiment ended. Their employers were happy, too, because even though the exercising was done on company time, there was no drop in productivity.

### Nighttime's the right time for calcium



If you take calcium supplements to help keep your bones strong and prevent osteoporosis, you should divide your dose in two and take at least half in the evening, about an hour after dinner.

Taking calcium at night is the most efficient way to use these supplements, according to Carl Shellenberger, M.D., director of clinical affairs for Warner-Lambert, makers of Suplical calcium supplements. Your body has plenty of time to digest the mineral before you fall asleep, and taking the supplement helps replenish the stores of calcium your body uses overnight.

For best results, take the remainder of your daily requirement of the mineral about an hour after breakfast or lunch.




# THESE BODYGUARDS HELP ARREST HARMFUL FREE RADICALS.

Your body's cells may come under attack from harmful chemical substances called free radicals. They may be taken in as part of polluted air or cigarette smoke. They may be generated from alcohol and medications, or they may come from the body's own natural processes.

Excessive free radicals can attack vital cell structures and cause damage. Scientists theorize that constant cell damage from free radicals may contribute to the development of certain chronic disease conditions.

Vitamins E, C and beta carotene work along with nature's other protectors to help protect cells and tissues from free-radical damage. That's why it's important to get adequate amounts of these Protector Vitamins. This can be done by eating a variety of foods such as oranges, carrots, dark-green vegetables, nuts, seeds and vegetable oils.

But, if your diet, like that of so many people, is coming up short, consider taking Protector Vitamins E, C and beta carotene. They represent an easy, safe and inexpensive way to ensure added protection.

PROTECTOR VITAMINS
VITAMIN E
VITAMIN C
BETA CAROTENE

Hoffmann-La Roche Inc.

More than just nutrition.

RCD 4759

# THE BEST OF THE RICH & FAMOUS

**"LIFESTYLES" HOST ROBIN LEACH TAKES YOU ON A TOUR OF THE WORLD'S MOST IMPRESSIVE MANSIONS, BIGGEST CARS AND HIGHEST PRICED STORES**

**By Eric Sherman**

Robin Leach is the last man you'd expect to find peeking into the closets of the rich and famous. Rumpled and easygoing, the chatty Cockney looks as if he should be spinning yarns in an English pub instead of sipping champagne in some of the grandest mansions of the world. But when it comes to documenting how the other half lives, no other journalist can match Robin's nouveau reach. As the producer and host of *Lifestyles of the Rich and Famous* and *Fame, Fortune and Romance*, he has clearly emerged as *the* interviewer of the silk-pajama set.

"We take you where no other show does—into the stars' living rooms and bedrooms," he boasts, "and that's why I think the shows are so popular. They fill a need we all have. We are all voyeurs in a sense. Everyone loves peeking through the keyhole and sneaking a look behind the curtain, seeing the dirt that's been swept under the carpet. We've always had fantasies about larger-than-life heroes, and today's heroes are the hunks of Hollywood and the big shots of the boardrooms. We have an absolutely insatiable appetite to know everything about them."

In fact, Robin chirps, even the rich and famous themselves enjoy watching the show so they, too, can see just who owns what. "On Saturday evenings in Southern California, people invite their friends over to watch *Lifestyles*, and they all sit in hot tubs while butlers and waitresses bring them champagne and canapés."

So send your own chauffeur out for some caviar, and uncork the Dom Perignon. Here are Robin's choices for the best from the world of glitz and glamour.

**All that glitters** The most expensive home in the world is a $65 million gem in Hong Kong called Villa D'Oro—House of Gold. True to its name, nearly everything is eighteen-karat, from a stunning gold fence around the outside to much of the furnishings inside.

"The dining-room table is gold, the crockery is gold, the floor is *(continued)*



Mark Sennett/Shooting Star

Cher's Egyptian-style mansion in California is fit for a queen—Cleopatra, perhaps



Laurent Sola/Gamma-Liaison

The world's biggest yacht—a 370-footer—contains a movie theater and bowling alley



Tired of the rat race? You can have Necker Island for under $40,000 . . . a week



Peter Kredenser/Shooting Star

Jane Seymour's home sweet home includes a church, a barn and plenty of grazing space

# GAIN CONTROL




Dry Idea® Aerosol.
More wetness protection than the leading aerosol.
And it goes on drier, too.

# NEVER LET THEM SEE YOU SWEAT.

©1986 The Gillette Company




## RICH AND FAMOUS
continued

gold. Even the bathtub is gold," Robin says, chuckling. "Only the water in the toilet isn't gold—thank goodness for that."

The owners of this private Fort Knox are a Chinese couple who travel around Hong Kong in their two Rolls-Royces. Hers is all pink, and his is—you guessed it—gold. It's equipped with a searchlight so when the couple go to premieres or balls, the driver can switch on the light and the whole car glitters with gold dust.

**The world's most exotic house** How do you top a house of gold? Well, you could try putting a river in your living room. Better yet, put *three* rivers in your living room. That's what wealthy American businessman Robert Wooley did when he had a lavish home, valued at $30 million, built in Las Hadas, Mexico.

The sprawling house, open on one side, is built around three natural tributaries of a nearby river, which meet at a giant waterfall and go cascading down one hundred feet into a swimming pool built into the living room.

"It's the most amazing thing I've ever seen," Robin gushes. "The living room is huge, and the furniture is built into rocks along the side of the pool, and there's a bar built half in the water and half out so you can swim up, fix yourself a drink and sit on stools that are under the water. It's extraordinary!"

**Most striking celebrity homes** "Jane Seymour's house in England is breathtaking," Robin says. "It's a centuries-old manor house that includes a church, two cottages and a barn.

"But I think the most impressive is Cher's home in Beverly Hills. You feel like you've stepped into ancient Egypt." The thirteen-bedroom, six-bathroom mansion, priced at $6.4 million, contains expensive Egyptian art and furniture. There's even a small pyramid rising from the floor of her boudoir.

Sounds a bit gaudy. "Not in the least," Robin insists. "It's very nice, very tastefully done."

**Where the rich and famous shop** Whether they're interested in a $65 T-shirt or a $9,000 gown, when the wealthy want to do some serious spending, they head for the most expensive shopping strip in the world—Rodeo Drive, in Beverly Hills, where Gucci, Giorgio and Tiffany beckon those with designer bank accounts. "It's a billionaire's bazaar, where stars, moguls, movie producers and princes come to be seen and pay the premium prices," Robin says.

The Drive is also home to the world's most expensive store—Bijan—whic with its New York counterpart, bring in $30 million a year from a close guarded list of the world's wealthie customers. A sampling of the items yo can pick up for the man in your life: $1,500 bottle of men's perfume, pac aged in Baccarat crystal, and a bu letproof chinchilla jacket for $27,00 After those, a suit with twenty-fou karat-gold pinstripes for only $11,5 seems a positive steal.

**Most expensive jewelry** Prince Gloria von Thurn und Taxis of Bavar must be the only woman in the wor who owns a gold-and-diamond-encrus ed Mickey Mouse watch. But her pri possession is a solid-gold choker nec lace, about four inches wide, studde with diamonds and emeralds. "Th general gossip in the world of the ric and famous is that it's worth in exce of five million," Robin says.

The princess and her husban Prince Johannes, also have the distin tion of being the largest landholders i all of Europe. They own ten castl on 80,000 acres; the largest cast contains more than 500 rooms an requires a serving staff of 146. "The have so many antique clocks in diffe ent places throughout the palace Robin says, "they have to employ on man full-time just to wind them."





by drop...

by drop...

NEW DRAMATIC RESULTS RENEWS YOUR SKIN CELLS AND POSTPONES VISIBLE SIGNS OF AGING.

Now, Dramatic Results' unique formula will:

- *Promote cell renewal; encourages fresh cells to the surface of your skin.*
- *Protect your skin by holding moisture; keeps it soft, supple, glowing.*
- *Postpone those visible signs of aging.*

DRAMATIC RESULTS. IT WORKS. IT'S GUARANTEED.*

*TRY NEW DRAMATIC RESULTS SKIN RENEWAL FLUID. IF YOU'RE NOT SATISFIED WITH THE RESULTS, SEND PRODUCT BACK WITH PROOF OF PURCHASE WITHIN 90 DAYS AND WE GUARANTEE A FULL REFUND.

**he world's most expensive restaurant** Tucked away in a little town alled Menton, near Monaco, is an unuual restaurant called Le Pirate, where inner costs about $2,500 per person. Why so expensive? "Because after you've aten, you break everything," Robin ays. "You throw the tables and chairs nd the plates and glasses against the all and burn what remains of the hairs in a huge fireplace. Then they eplace everything the next morning. 's New Year's Eve every night for the ich and famous!"

For those who prefer their meals nd not their chairs cooked, two spots loser to home share the honors as the ltimate restaurants for the movers nd shakers of the business world. More deals have been made at New ork's 21 Club and the Polo Lounge in he Beverly Hills Hotel than anywhere lse in the world," Robin says. "I've een people make deals on tablecloths nd then walk out of the restaurant ith them under their arms."

**on't leave home without it** Robn's eyes twinkle as he poses a chalenge. "Guess the amount of the largest ingle transaction ever placed on the merican Express card—it's absoutely astronomical," he says. "Would ou believe fifty-three million?

"It was made by a businessman in Switzerland who was in an aircraft showroom buying private planes," Robin relates. "He saw three he wanted and took out his credit card. They called American Express, and within thirty seconds the transaction was approved. Just like that."

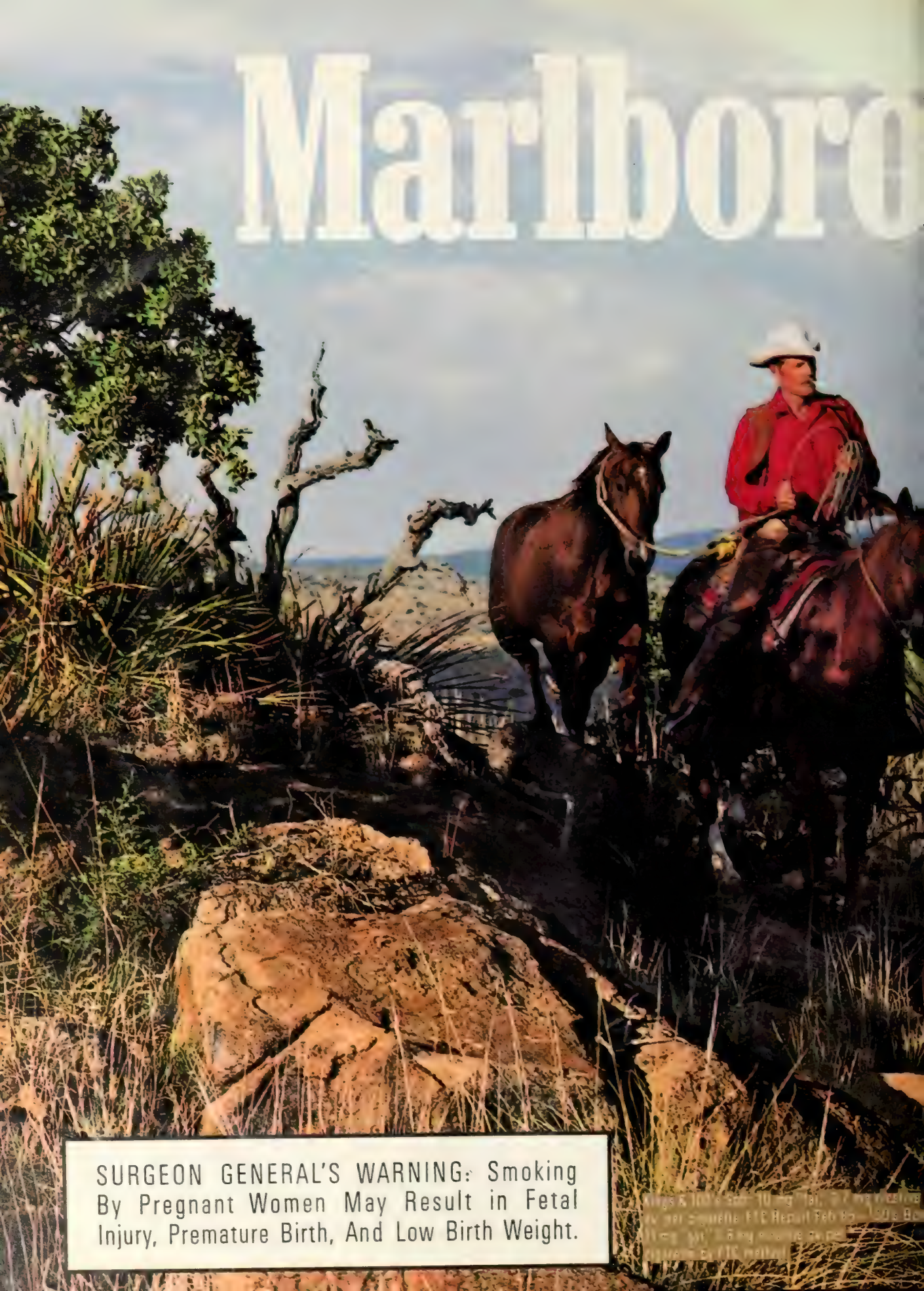
The largest transaction Robin himself ever witnessed was when he went shopping in Monte Carlo with Saudi businessman Adnan Khashoggi and his wife, Lamia. "They were walking by a jewelry store and saw a Lalique crystal globe of the world with all the major cities marked in emeralds, rubies, diamonds and amethysts and went in to inquire about it. It cost a million dollars, so Khashoggi had his aide pay for it on the spot! One million dollars in traveler's checks! I'd never seen that much in my life. And yet, while that may seem incredibly expensive to you and me, for some people it's just a drop in the bucket."

**The richest country in the world** Floating like a tiny emerald in the South China Sea is the oil-rich kingdom of Brunei. Its oil and gas revenues stand at a whopping $17 billion a year, and that means all its inhabitants are rich—very, *very* rich. The average annual income for all its citizens is about $1 million, making the two hundred thousand inhabitants of this tiny tropical paradise so wealthy that they don't know what to do with all their money.

"It's like a Peter Sellers movie where everyone goes around trying to outspend everyone else," Robin says. "There's only one road in the entire country, yet nearly everyone owns three cars, and Mercedes are in hot demand. But the dealer is on a strict allocation from the factory in Germany, and he can't get any more cars. He's the only unhappy man in Brunei."

**The richest man in the world** Of all the wealthy inhabitants of Brunei, the richest by far is the forty-year-old sultan, Sir Muda Hassanal Bolkiah. His *daily* income from Brunei's oil holdings and his other assets is estimated at $155 million, making him the richest man in the world. "He owns one hundred ten cars, two yachts and three hundred fifty polo ponies." Robin says. Since the sultan's the only one in the country who plays polo, he flies in visiting teams for an afternoon's fun. He's even ordered the seats stripped from the planes of Royal Brunei Air so the visitors can bring their own horses.

When Brunei became independent of Britain in 1984, the sultan decided to throw a party. "He invited four thousand people for a little sit-down dinner," Robin says. "To make sure there was *(continued on page 61)*


Marlboro
SURGEON GENERAL'S WARNING: Smoking By Pregnant Women May Result in Fetal Injury, Premature Birth, And Low Birth Weight.


Lights
The spirit of Marlboro
in a low tar cigarette.
Marlboro
LIGHTS
Marlboro
LIGHTS
100's
Also available in Flip-Top box.




*Shown smaller than actual size of 10" in height*

continued from page 55

nough room for everyone, he built a ew three-hundred-fifty-acre, eighteen-undred-room palace—or almost one oom for every ten citizens." The party asted ten days, with five nights of fire-orks that illuminated the palace's wenty-karat-gold dome.

**he world's most lavish yacht** Ad-an Khashoggi, the second-richest an in the world, with a fortune val-ed at more than $10 billion, hasn't one too badly for himself, either. In addition to owning three airplanes nd thirty-five homes throughout the orld," Robin says, "he also has the ost amazing yacht I've ever seen—a ree-hundred-seventy-footer worth as uch as one hundred million dollars."

The mammoth boat comes complete ith helicopter, hospital, movie thea-r, disco, bowling alley and forty state-oms. Khashoggi hopes to sell the acht for $100 million and build an ven bigger one, which will boast a even-passenger submarine, his-and-ers helicopter pads, room for four Rolls-oyces, and surface-to-air missiles.

**he world's largest car collection** ven the sultan of Brunei doesn't come ose to the 176-automobile fleet of the laharaja Pranlal Bhogilal of India. The maharaja owns so many cars, he as to divide them among his seven mily estates throughout the country," obin says.

The longest car in the world, how-er, is not in the maharaja's fleet but ght here in the United States. Manu-ctured by Ultra Limousine, of Cali-rnia, it's 92 feet long, a third the size a football field—though football ems to be the only diversion you *can't* ke up in this car. Instead, there's a 0-foot putting green, a Jacuzzi, a heli-pter landing pad, a fish tank, and ough room to seat thirty-four of your iends—all within easy shouting dis-nce. Ultra is looking for a buyer for is small municipality, and the car is riced to move at only $3 million. If at's too steep for you, the company ill rent it for just $10,000 a day. Or ou might prefer to wait for Ultra's ext freeway clogger, now in the plan-ing stages—a 275-foot car that may clude a bowling alley.

**he ultimate resort** For years, the acation spot for the jet set has been the rench Riviera. But who wants to sun-athe elbow to elbow with the rich and mous on the beach at St. Tropez when ou can have your own island?

For only $37,500 a week, you can nt all of Neckar, a 74-acre resort in ie British Virgin Islands. "You get the hole island—the works," Robin says, ncluding an absolutely beautiful sev-en-bedroom villa." Included in the price are four windsurfer yachts, four speedboats, two fishing boats, a 41-foot yacht, two chefs, three maids, two gardeners, one horticulturist and all the champagne you can drink.

**Coffins for the rich and famous?** "In Rio de Janeiro," Robin relates, "there's an undertaker who sells the world's most expensive coffins, some topping thirty-five thousand dollars. They're designed just in case there's been a mistake and you're not actually dead when you're buried. So inside the coffin, there's a two-year supply of oxygen and dehydrated food, a Sony Walkman, a short-wave radio, and devices to bang your way out. And believe it or not, they're quite popular with rich South Americans. The dealer is backordered for months. But as far as I know, no one has ever actually had to use the supplies."

**Other eccentricities of the rich and famous** Ex-Beatle George Harrison has an oak toilet that plays "Lucy in the Sky with Diamonds" when the seat is lifted. Barbra Streisand prefers an art deco design for her commode.

Game-show producer Mark Goodson airmails all his dirty clothes from his Beverly Hills apartment to a favorite laundry in New York.

A woman in Florida left her $12 million fortune to her dog when she died. "The pooch now has lawyers and accountants to manage its money," Robin says, "and it eats out of a gold bowl."

### Celebrity tidbits

**Paul Newman** Robin caught up with Newman at Sun Valley, Idaho, the lavish ski resort where the rich and famous fall more abundantly than the snowflakes. The blue-eyed actor wasn't in Sun Valley to ski, however; he was there to host a fund-raiser for the Scott Newman Foundation, which he started after his son died of a Valium and alcohol overdose in 1978. In fact, Paul, a noted race-car driver and daredevil, skipped the slopes altogether.

"He told me that ten years ago he had had a terrible scare while skiing and had vowed never to do it again," Robin says with a laugh. "He said he found auto racing much safer."

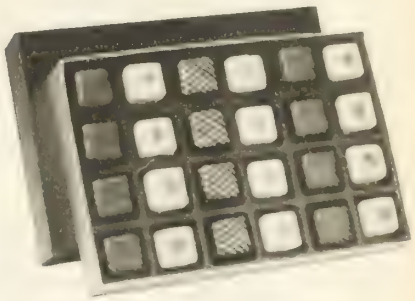
**Sophia Loren** When Robin interviewed Sophia in her secluded villa in Geneva, Switzerland, his worst journalistic fears were realized. Midway through the interview, one of the recording tapes jammed and couldn't be fixed for forty minutes.

"The longer we had to wait, the more I began to anguish," he remembers. "When you're working with a movie star on a tight schedule, you have just so much time to shoot, and after that, you're out of luck. So we're waiting and waiting, and I'm absolutely ready to die. To fill the time, I asked Sophia how she could be a fellow pasta addict and still keep her beautiful figure. So what does she do while my crew is trying to fix the equipment? She invites me into her kitchen and starts cooking, showing me how to make delicious pasta dishes that aren't fattening. Then she got down on the floor and showed me some exercises. When we finally fixed the tape, she even insisted on doing an impersonation of me that was the strangest mix of English and Italian accents I've ever heard. Just awful."

**John Forsythe** "He is one of my favorite actors to interview," Robin says, "a true gentleman, very humorous, very down to earth, very gracious. He's hardly caught up in his superstar status, even though, at sixty-eight, he's one of America's great sex symbols."

Unlike Blake Carrington, his *Dynasty* character, Forsythe feels more comfortable in blue jeans than black tie. A sports enthusiast, he owns a 30-foot sailboat, and his home in Southern California comes complete with solar-heated swimming pool, sauna, gym and tennis court. His passion is breeding horses, and with one of his mares having retired after earning $250,000 racing, he's on his way to starting his very own equine dynasty. *(continued on page 166)*

FREE!
When you know our secret.



Tempt yourself 24 delicious ways...

Just circle the word "Swiss" on the reply card of the Swiss Colony ad in this issue, and you will receive these 24 dainty Petits Fours pastries FREE with your first order.

# Fisher-Price designed this mobile from a baby's point of view.

Some baby mobiles are a whole lot more adorable for grown-ups than they are for babies. That's because all of the little figures hang upright, so they face the big person looking into the crib, not the little person looking up.



At Fisher-Price, we spend some of our most productive time thinking like a baby.



And that's how we got the inspiration for our Dancing Animals Music Box Mobile.

On our mobile, each animal is poised at an angle. So when your baby looks up, the whole animal faces him.

Since babies react most to vivid colors, we made all the animals big and bright. And each can reverse to a solid color for a nice change of scenery.





To help moms and dads, we added an on-off switch to our 10-minute music box. And we designed a clamp that makes it easy to move the mobile from crib to playpen.



You already know that the world revolves around your baby. Now you can get a mobile that does, too.

**Crib & Playpen Toys by Fisher-Price.**

© 1986 Fisher-Price, East Aurora, New York 14052. Division of The Quaker Oats Compa

# The secret world of LATCHKEY KIDS

PHOTOGRAPHS BY REBECCA CHAO
TEXT BY SONDRA FORSYTH ENOS





It's four o'clock. Do you know where your children are? According to Lynette Long, Ph.D., and Thomas Long, Ed.D., co-authors of *The Handbook for Latchkey Children and Their Parents* (Arbor House, 1983), leaving children home alone after school is one of the most common solutions to the child-care problem in our country today. Exact statistics are impossible to come by—most people keep quiet about their arrangement out of fear of criticism and concern for the children's safety—but a conservative estimate holds that some seven million youngsters under thirteen are home alone after school; even more teenagers are. "This is not an ideal solution," says Long, "but millions of working parents do leave young children alone, so we have to focus on making the experience as positive as possible." The three families in our special photo essay seem to be doing just that. On this and the following pages, we offer a rare glimpse of what latchkey children really do after school when we're not home.



**Nine-year-old Alicia, cuddling her Cabbage Patch Kid, stays with her brother, Aaron, twelve. Jakima, eleven, enjoying an ice-cream cone, has two brothers, thirteen and nine. Jennifer, right, fifteen, is an only child.**

## TODAY AND TYPICAL






"Nobody exactly chooses the latchkey solution," says Lynette Long. "Parents tend to fall into it. They leave the kids alone for a few days when the sitter is sick, things go pretty well, and eventually they just don't have a sitter anymore, even though they still have their doubts and concerns." The families we talked to agreed. "I don't feel a hundred percent good about this," confessed one mother. "I wish I could be in two places at once—at the office, and at home with the milk and cookies. On the other hand, I have to say that my kids are doing great." Of course, the fact that most experts are so solidly against leaving kids alone undermines parents' confidence that they're doing the right thing. Yet even as groups throughout the country work to create affordable after-school programs, many parents secretly admit they'd really rather not have their kids in a structured setting after a full day in the classroom. They *want* them to have time to play, to relax . . . to be just kids. However, since women continue to enter the work force in record numbers, and since competent at-home child care is often far too costly for most families (if it's available at all), more of our youngest Americans than ever before must learn how to fend for themselves in the afternoon.







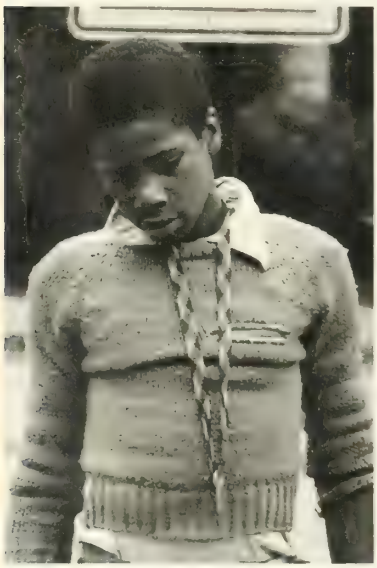
How do kids feel about being home alone? Aaron and Alicia have been on their own since he was ten and she was eight. Their mom is a teacher, their dad, a construction foreman. "I was really scared at first," admits Alicia, a well-spoken fourth grader. "I still am sometimes. But the front door has glass so you can see who's there." Aaron says he's never been afraid. "It's peaceful. I watch TV and practice the piano and play outside with my friends," he says. "Sometimes we get into fights," Alicia interjects, "but I never call Mom about it." Does she like the arrangement? "This is just the way it is."






## PARENTS' PROBLEMS

What do the parents of latchkey kids worry about? Safety is the number-one concern. Almost all families establish rules about never opening the door for strangers or revealing to phone callers that the adults are not home, and never using the stove or allowing friends in to play. There are, in fact, several safety manuals available that include forms for emergency phone numbers and other checklists to teach children how to manage on their own. One of the best: *Safe at Home, Safe Alone*, by Thomas Long, Ed.D., (Miles River Press, 1985).





**"We're just fine," says Shariff, thirteen. "No problems." Jakima agrees. "We do our chores, we study, and we know the number where our mother works. Jamarray [who's nine] plays wild sometimes, but I just tell him to stop." Their mother, who is divorced and works as a motel chambermaid, was a latchkey child herself. "I don't think it hurt us," she says, "and we were in the city, too. I'm glad, though, that my children live in this nice town."**






# "Why I like new Fruit Wrinkles."

## According to Kids:

**"They're neat to eat 'cause they're fun and taste great!"**

## According to Moms:

**"I knew my kids would like these Fruit Wrinkles because they're made with real fruit. And my kids love fruit."**

"Gimme this. Gimme that. I'm glad my kids are asking for something that's good for them."

**"Orange, lemon, cherry, strawberry... my kids like them all. I like them because they've got Vitamin C."**

"They're so easy to pack...in a pocket or a lunchbox."

**"My son thinks they're neat to eat 'cause they're fun and taste great!"**

"I knew Fruit Wrinkles would be good. They come from the makers of Fruit Bars and Fruit Roll-Ups®."

FRUIT CORNERS®

**If it comes from Fruit Corners®, it's made with real fruit.**




eneral Mills, Inc. 1986

# TEEN SCENE

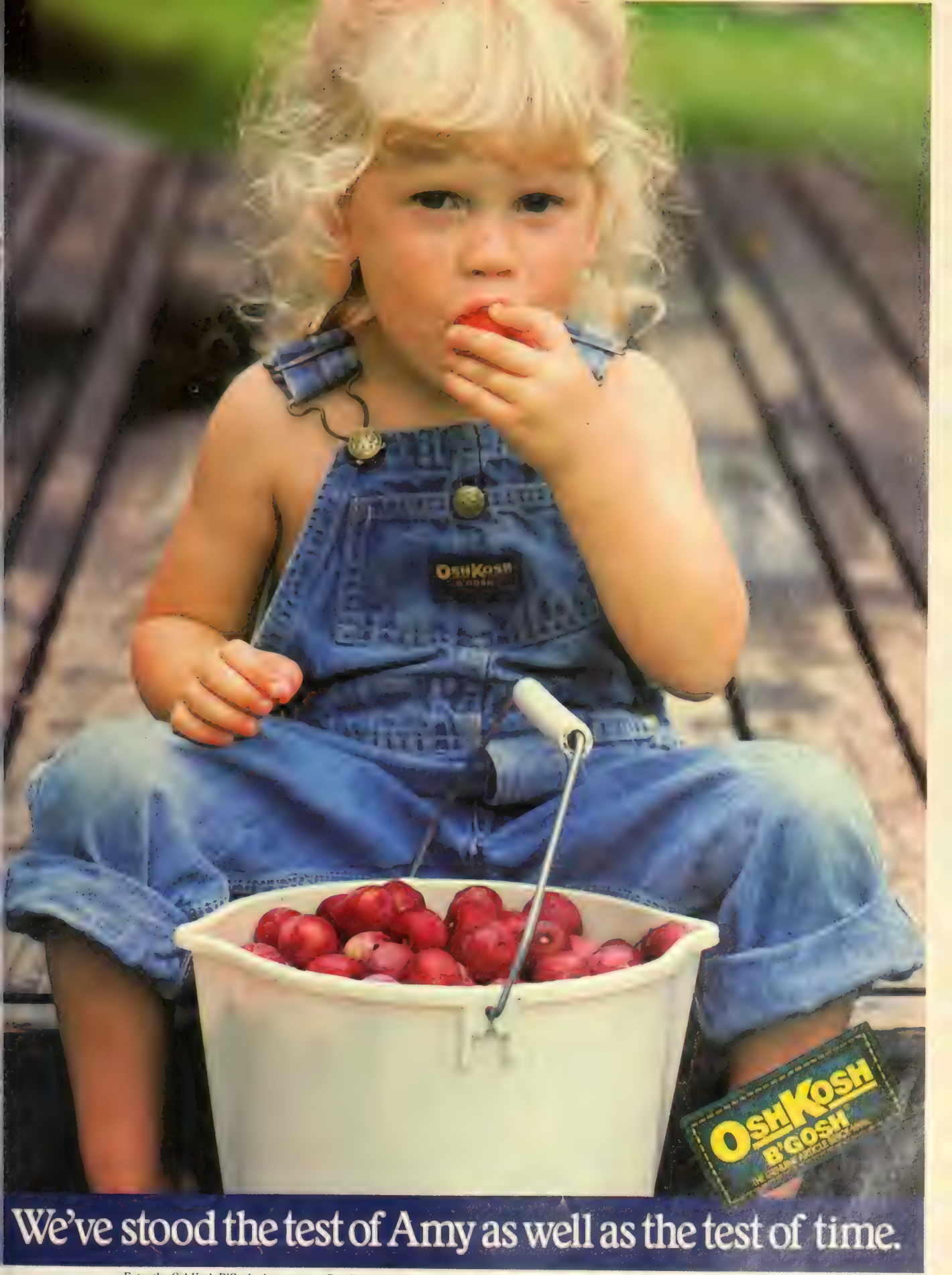
Leaving young children home alone is always difficult, but parents of teenagers are faced with a whole new set of concerns. Will a girl and her boyfriend be alone together too often in the house? Will they help themselves to the contents of the liquor cabinet? Will any studying get done at all? And though at times it feels wonderfully grown-up to be on their own, the young people often express a poignant wish that they had more parental guidance. On the plus side: Many of these families tend to be very close, in spite of the limited amount of time they spend together. And teens on their own can be surprisingly mature and responsible.







**Fifteen-year-old Jennifer, a latchkey kid since she was six, says her biggest problem is loneliness. "When I was little, I'd go over to friends' houses, and the mother was in the kitchen. I was jealous," she recalls. Her thirty-six-year-old mother, a market researcher, is divorced and admits, "It's not easy, but Jennifer's a terrific girl."**




We've stood the test of Amy as well as the test of time.

Enter the OshKosh B'Gosh photo contest. Details available at your OshKosh B'Gosh retailer, or send a self-addressed stamped envelope to: Picture Perfect Contest, P.O. Box 548E, Ridgely, MD 21660. Deadline for entries is September 30, 1986. (State of Washington residents need only send self-addressed envelope.)

# PET NEWS

*Fat-cat diet tips, allergy alert, teaching an old dog a new trick, and more. By Nina Keilin*



### PERFORMING POOCHES

**See Spot run. See Spot jump. See Spot catch the Frisbee! If your dog has any talent for retrieving, with a little practice you can teach him to do this trick. It may not land you an appearance on David Letterman, but it will impress your friends. For free instructions, send a stamped, self-addressed envelope to Gaines Flying Disc Booklet-LHJ, P.O. Box 8177, Kankakee, IL 60902. To see some real pros, tune in to the Redskins game on September 14 for the finals of the Gaines tournament.**

## ANIMAL ALLERGIES NOT JUST SKIN-DEEP

If your dog or cat has red, itchy skin and is scratching intensely, he might have an allergy. Though your pet could be reacting to an external irritant, such as a fleabite, don't assume the allergen is something the animal has touched, cautions Ernest K. Smith, past president of the Academy of Veterinary Allergy. "Dog and cat allergies target the skin," says Smith, "even if the allergen is an inhaled substance—dust, pollen, feathers, and so on—or a food." Treatment consists of a permanent diet change or administering desensitizing injections of inhaled allergens. Antibiotics are given to clear up infected skin.

Note to dog owners: Of all breeds, terriers are most prone to allergies, especially Cairn terriers West Highland terriers and wirehaired fox terriers.

## RABIES WARNING

Attacks by rabid animals are on the rise in many areas of the country, particularly in the Southwest and the Middle Atlantic states. Health officials don't want to cause a panic but would like to jolt the public into taking precautions. First, you must vaccinate your dogs and cats. Since you cannot vaccinate the wild animals that transmit rabies—most commonly bats, skunks and raccoons—immunization of pets and livestock is the best line of defense. "It's a cheap insurance policy for your family and your pets," says Alice Martel, D.V.M., coordinator of a rabies awareness campaign in the state of Michigan. Authorities are becoming especially concerned about cats' transmitting rabies, Martel adds. Rabies cases in cats now outnumber those in dogs, because immunization for cats has been a low priority. What's more, many people keep their dogs in at night but let their cats out—and the wild carriers of rabies are nocturnal. Equally important is avoiding wild animals. Don't rescue injured strays. That adorable baby raccoon could be carrying deadly rabies. "In fact," says Martel, "if a wild animal seems tame or friendly, it is a danger sign."



**Q** I have a two-year-old Siamese cat and a three-year-old mixed breed. They eat the same amount of food (some canned and some dry), but the Siamese stays slim while the mixed breed is getting quite heavy. Why is this happening?

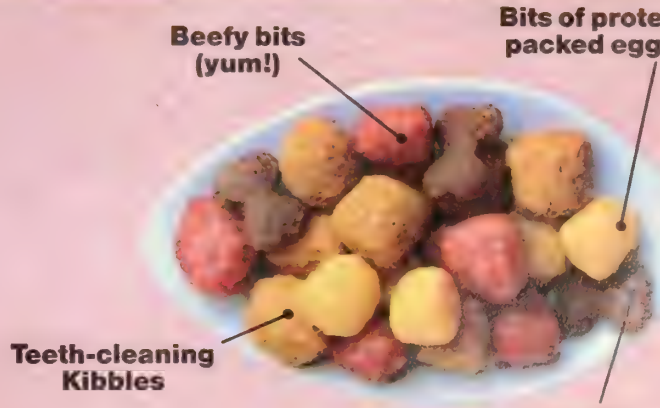
**A** Every cat has a different metabolic rate, says Carole Wilbourn, cat therapist and columnist for *Cat Fancy* magazine. There's variation among breeds, too, she says. A Siamese cat can get fat, but in general, members of that breed are likelier to stay thin. Thus, your heavier cat probably needs less food than the other one. "You must start supervising your cats' meals," says Wilbourn, "to make sure the fat cat isn't eating out of the other cat's bowl. Also, feed more canned food—it's less fattening than dried."

**Send your questions to Pet News, LHJ, 3 Park Avenue, New York, NY 10016**

# Proven easier to digest ...and baby likes it better.




ause that yummy formula of crunchy Kibbles
d chewy Bits in Puppy Kibbles 'n Bits™ is
ore digestible for puppy. More than the
ding brand. So puppy's body uses more
the nutrition it needs to grow strong and
althy. Plus they prefer the special variety
d unbeatable taste! Ken-L Ration Puppy
bles 'n Bits. Taste preferred and easier
digest. It's the 100% Nutritionally
mplete Formula that's every bit
tter for baby.




986 The Quaker Oats Company

# Goldie Hawn's new life

*Why she and live-in lover Kurt Russell have given up the bright lights of Hollywood for a life of milking cows, chasing pigs, and branding cattle down on the farm. By Jeff Rovin*



Herb Ritts/Visages



Vinnie Zuffante/Star File

At first glance, Goldie Hawn's new life seems like the plot from one of her movies. Tired of the Hollywood rat race, an endearing divorcée uproots herself and her two children from California and moves to a farm. There, with her cowboy lover, she learns to raise cattle and survive without many of the creature comforts to which she's grown accustomed.

But this is no movie. In February, the forty-year-old actress really did move from her California home in Pacific Palisades to seventy acres of farmland in Old Snowmass, Colorado. There, in the shadow of the snow-capped Colorado Rockies and surrounded by flocks of magpies, Goldie lives with her nine-year-old son, Oliver, her seven-year-old daughter, Katie, her mother, Laura, nanny Rosalva, and rugged thirty-four-year-old actor Kurt Russell. (And as the *Journal* went to press, Goldie had just given birth to her third child, Wyatt, her first with Kurt.)

Today, the family is crowded into the newly completed guest house perched on a tiny private lake while work progresses on a sprawling home, a barn, a caretaker's unit for the hired hands, and a small house *(continued)*


IN THE HEAT OF THE NIGHT
THE LADY KEEPS COOL AND DRY
Lady's Choice
Solid Anti-perspirant Deodorant
Lady's Choice®
© 1986 Shulton, Inc.

*Important New Vitamin Facts from an Independent Hospital Survey:*

# OF 105 MULTIVITAMIN/MINERAL SUPPLEMENTS STUDIED, ONLY ONE TYPE WAS FOUND "APPROPRIATE."

***Better-balanced, advanced formula Unicap M.®***
***More "appropriate" to help rebalance unbalanced meals the way nutritionists recommend.***

*Are all vitamin/mineral supplements the same? Not so, say nutritionists who conducted an independent survey within the Department of Food and Nutritional Services at a leading hospital.*

*According to them, among the 105 multivitamin/mineral supplements studied, only 16 were judged "appropriate" for most vitamin users. And that's the kind whose formulation provides neither too much (above 200%), nor too little (below 50%) of the U.S. RDA of its essential vitamins and certain minerals. Such as advanced formula Unicap M.*

*It's why the hospital's nutritionists consider Unicap M a better-balanced vitamin, better to help you rebalance unbalanced meals. Unicap M, for most vitamin users, the "appropriate" choice.*




*Potency guaranteed.*
*Sugar free. Sodium free.*

***The Better-Balanced Vitamin from*** **Upjohn**




*Unicap. The official vitamin of the National Hockey League.*

**Nutrition Insurance Update — No. 3:**

# TEEN-AGE EATING HABITS ARE PUTTING MILLIONS OF TEEN-AGE GIRLS AT "NUTRITIONAL RISK."

## YOUR DAUGHTER MAY BE AMONG THEM.

Today the lifestyles and eating patterns of the "typical" American family have changed. Meal skipping, snacking and away from home meals are common phenomena. Add to this the habitual dieting for weight control among female teenagers, and it's no wonder that government and independent surveys show:

- 50% of all teenagers report they are not concerned about nutrition, and only 33% say they try to eat right.
- Among the one third of teen-age girls who are on reducing diets, many are on so-called fad diets. These can pose real health problems.
- The diets of adolescent girls who consumed less than 70% of their energy requirements met the RDA (Recommended Dietary Allowance) for only one of the 12 nutrients studied.

The mother of a teenager whose daughter fits into the profile above should become aware that her youngster may be facing the risk of vitamin and mineral insufficiency and should be encouraged to take certain steps to help her daughter maintain good health. For instance:

- Urge your teenager to eat balanced meals; including foods from each of the "basic four" food groups — dairy products, fruits/vegetables, cereals/grains and protein rich foods (meat, poultry, fish).
- When eating at home, take more time to plan meals. Plus, pay more attention to choosing foods for their nutritional contribution to the diet rather than for convenience.
- Make sure your youngster avoids food faddism and "crash" diets, especially those followed for more than a few weeks.

The wisdom of maintaining the best nutritional health possible for your teen-age daughter should be self-evident. Yet, for many adolescents a balanced diet is difficult or even impossible to achieve. Under these circumstances, helping rebalance unbalanced meals with a vitamin/mineral supplement becomes a valuable adjunct to the diet. One such supplement you might want to consider is Unicap M.

**Better-Balanced Nutritional Supplements from Upjohn.**
Designed for Health. Produced with Care.

or the kids to play in. They hope to be ble to move into the larger quarters efore the end of next June. By then, he ranch will have been stocked with even or eight horses, at least forty ead of cattle, and as many sheep, pigs nd chickens as they can handle.

Twenty miles from the ski resort of Aspen, the property is accessible only y a long and winding dirt road. The earest restaurant, a far cry from L.A.'s ricey Spago, is a ten-stool diner, Char-oal Burger, in Basalt.

"This place is a bit different from Los ngeles," Goldie says, smiling at he understatement, "but moving here as been good for all of us, especially ne children. My growing-up years in akoma Park, Maryland, were so won-erful. I have so many great memories, nd a lot of it had to do with nature—icking flowers by the creek, finding ttle hideouts, just lying back and ooking at the clouds. You can do all nat here; you can fish or take long orseback rides in the mountains. hose are the kinds of memories that ou own in your heart forever. That's hat I want for my kids, and they just ve it here."

So does Goldie, who appreciates get-ng out of the grind of Hollywood, here she's been producing her own ovies since *Private Benjamin* in 1981. It's such a pleasure to be away from ne business," she confides. "I go crazy eing in the midst of everything, and m *so* tired of meetings. I love my ork, but if I do too much of it, it sud-enly isn't fun anymore. And I always ant to have a good time."

Wearing an oversize gray sweatshirt, lack tights, leg warmers and black igh-top sneakers, Goldie is the picture contentment as she lies on a chaise ngue in her living room, burning in-ense and knitting clothes for the new aby of her close friend Meryl Streep.

Putting down the knitting for a mo-ent, she stares out the picture win-ow at a towering, gnarled monolith ne calls Ugly Mountain. After a long lence, she says reflectively, "I guess ere are drawbacks to living here." hen in a voice reminiscent of the for-rn Private Judy Benjamin, she uickly adds, "You know what I really iss? I miss telephones. The one we ave doesn't work half the time." She so isn't crazy about having to drive a alf hour to pick up the mail, and she dmits she isn't quite ready to go out ehorning, branding and castrating ttle with her neighbors.

On the whole, though, Goldie is at ome in her new surroundings. "The ree years I've been coming here with Kurt have been the best times I've ever had," she says, "like being in a perpetual state of meditation. I don't think I could ever go back to living only in Pacific Palisades. If a movie doesn't turn out the way you expected, you can work out your disappointment faster here, if for no other reason than there aren't as many industry people around to remind you of movies."

Goldie plans to stay in Colorado for several more months before she considers any new film project. In the meantime, she's weighing a stack of requests from virtually every major publisher in response to her offer to write a book about what it was like to become pregnant at forty.

With deep black circles under her eyes and a powdering of dust still on her cheeks from an earlier ride on her All-Terrain Cycle at the foot of the mountains, Goldie doesn't look as fresh as she usually does in her films. But she insists that reports about her ill health due to the pregnancy are nonsense and scoffs when she glances at an article in a New York tabloid that reported she was in poor health.

As she finishes reading the article, Kurt, a strapping six-footer with a lantern jaw and a boisterous manner, returns from a long talk with the men working on the barn. Noticing the newspaper, he picks it up and gives a dramatic reading of the "juicy details" of his relationship with Goldie—details about the 4.5-carat ring it says he gave her ("Hey, that's great," he says, "it grew three carats since you got it"), about how she's going to marry him when the baby is born ("You will tell me first, won't you, hon?"), and about how marrying *(continued on page 154)*




# EASY AS 1-2-3

## SUPER QUICK MEALS

*Turkey-basil roll-ups, saucy eggplant linguine and cinnamon-spiked espresso ice. By Diane D. Holtaway*



Irvin Blitz

**MENU FOR FOUR**

***TURKEY ROLLATINE**
***LINGUINE WITH EGGPLANT SAUCE**
**TOSSED GREEN SALAD**
***ESPRESSO GRANITA**
***Recipe given**

### TURKEY ROLLATINE

**Serve these turkey rolls sliced, over Linguine with Eggplant Sauce.**

Preheat oven to 375°F. Season 8 pounded turkey cutlets (1¼ lbs.) with salt, pepper and a pinch of grated Parmesan cheese. Lay 2 large basil leaves and a 3x½-inch chunk (½ oz.) mozzarella cheese on each. Roll up and secure with toothpicks. Roll lightly in ½ cup flour. In large skillet heat 2 tablespoons olive oil and 1 tablespoon butter. Add turkey rolls and saute until browned on all sides, about 5 minutes.

Meanwhile, spoon ½ cup bottled marinara sauce (from a 32-ounce jar) into a shallow baking dish. Place turkey rolls in dish and spoon on ½ cup more sauce. Sprinkle with 2 tablespoons grated Parmesan cheese. Bake until bubbly, about 10 minutes.



### LINGUINE WITH EGGPLANT SAUCE

**Eggplant and garlic add zing to bottled marinara sauce.**

Cook 8 ounces linguine according to package directions. Meanwhile, peel and dice 1 medium eggplant. In large skillet heat ¼ cup olive oil and ½ teaspoon minced garlic. Season the eggplant with salt and pepper; add to skillet and saute until tender. Stir in 2 cups bottled marinara sauce and 2 basil leaves; simmer 1 minute. Toss with linguine. Sprinkle with chopped parsley and serve with grated Parmesan cheese.

### ESPRESSO GRANITA

**Garnish with lemon peel, or add a shot of anisette.**

In saucepan heat 6 tablespoons sugar, 2 tablespoons instant espresso coffee, ¼ cup milk and 1 cinnamon stick, broken. Stir until sugar is dissolved. Remove cinnamon. Pour coffee into blender; add 3 cups ice cubes, one cube at a time, blending until thickened. Store in freezer. Just before serving, blend again. Spoon into dishes.



"Chicken crisp as a country morning."

Loretta Lynn

## HERB BATTER FRIED CHICKEN

- 2½ to 3¼ pound broiler-fryer chicken, cut up (or use chicken parts)
- 1⅓ cups all-purpose flour, divided
- 1¼ teaspoons salt
- 1 teaspoon grated lemon peel
- 1 teaspoon marjoram
- 1 teaspoon sage
- 1 teaspoon thyme
- ¾ teaspoon paprika
- ¼ teaspoon pepper
- 1 egg
- 1 cup water
- Crisco shortening for frying

Rinse chicken pieces and pat dry. Place ⅓ cup flour in large plastic food storage bag. Place chicken pieces in bag a few at a time. Shake to coat. Combine remaining 1 cup flour with salt, lemon peel, marjoram, sage, thyme, paprika and pepper. Blend egg and water. Stir into dry ingredients. Dip chicken pieces in batter, letting excess drip back into bowl. (Dip large pieces first.)

To pan fry: melt Crisco in skillet to about ¼-inch in depth (about 1 cup in 12-inch skillet); heat to 365°F (about "high" heat on range). Brown chicken on all sides. Reduce heat to 275°F (about "moderate" heat on range). Continue cooking uncovered until chicken is done and tender, about 30 minutes, turning several times during cooking. Drain on paper towels.

To deep fry: heat Crisco in deep fryer to 365°F. Cook chicken pieces until done, about 10 to 15 minutes, depending upon the size piece. Drain on paper towels. 4 Servings

**Helpful Hints:** When pan-frying, browning chicken a few pieces at a time in uncrowded skillet helps batter to adhere better. When deep-frying, fry without basket for better results.




Crisco'll do you proud everytime

# You can tell high blood pressure by these symptoms:

_____

_____

_____

_____

_____

**(Very often, there are none!)**

It's hard to believe that over 35 million Americans have a dangerous disease...very often without a symptom. But that's what high blood pressure (hypertension) is like. A hidden illness, yet one of the easiest to detect—and to treat. Untreated, it can affect your brain (stroke), your vision, heart (infarction), blood vessels and kidneys. Anyone can be affected, although factors such as age, sex, race or family background play a role.

Fortunately, there's plenty that can be done to treat this condition. Only your doctor can diagnose hypertension, but you can help head it off through healthier living—reducing weight, cholesterol, salt intake, stress, anxiety and stopping smoking. An improved lifestyle, and blood pressure-controlling medicines can substantially lower your risk for heart attacks and stroke. But the first step is to see your doctor.

A message in the interest of better health from

Pfizer

PHARMACEUTICALS
A PARTNER IN HEALTHCARE

# 30 SYMPTOMS NOT TO IGNORE

By GENELL J. SUBAK-SHARPE

Most of us have no trouble recognizing a medical emergency—symptoms like severe chest pains or difficulty in breathing are impossible to ignore. And most women are aware that symptoms like unusual vaginal bleeding or a lump in the breast require an immediate visit to a gynecologist. But what about more subtle symptoms? None of us wants to make an unnecessary trip to the doctor for a problem time will heal. Nor do we want to ignore symptoms until they have developed into a serious illness. But how do you know when to see a doctor? Frequently, there are telltale signs or combinations of symptoms that clearly indicate it's time to see a physician. The following table lists some common medical symptoms that adults may experience, along with other signs to look for and what action to take. Remember that *any* symptom that persists or worsens should be checked by your doctor.

| MAIN SYMPTOM | ALONG WITH | QUESTIONS TO CONSIDER | POSSIBLE CAUSES AND WHAT YOU SHOULD DO |
|---|---|---|---|
| **GENERAL** | | | |
| **Dizziness, feeling faint, fainting** | No other symptoms | Are you taking medication for high blood pressure? | Ask your doctor about changing medication or drug dosage |
| **Dizziness, feeling faint, fainting** | Numbness or weakness in arms or legs, blurred vision, difficulty speaking | Did the symptoms come on suddenly and then disappear? | See a doctor immediately to rule out transient ischemic attack—a temporary lack of oxygen to the brain—which is usually a precursor to a stroke |
| **Palpitations** | Fatigue, shortness of breath | Have you had these attacks before? Have you lost consciousness? | Disturbance in heart rhythm; see your doctor as soon as possible |
| **Sudden weight loss** | Excessive sweating, muscle weakness, fatigue | Do you feel jumpy or nervous? Does your skin feel softer and moister than usual? Do your eyes seem more prominent? Are you eating as much as ever? | See your doctor to check for an overactive thyroid gland |
| **Sudden weight loss** | Recurrent bouts of diarrhea | Have you traveled to a foreign country in recent months? | See your doctor promptly to check for parasitic infection |
| **Sudden weight loss** | Recurrent bouts of diarrhea | Is the stool pale yellow, and does it float, making it hard to flush away? Does it have a foul odor? Do you have abdominal cramps or diarrhea after consuming milk products? | See your doctor to check for malabsorption syndrome, an inability to digest certain foods, especially milk or fats |
| **Sudden weight loss** | Diarrhea alternating with constipation; abdominal pain | Is there sometimes blood in your stool? Have you had such attacks in the past? Does stress provoke an attack? | See your doctor to rule out inflammatory bowel (Crohn's) disease, irritable bowel syndrome, intestinal cancer |
| **Sudden weight loss** | Night sweats, recurrent low-grade fever, fatigue | Do you have a persistent cough? Recurrent sore throat? | See your doctor to check for mononucleosis or other chronic infection |
| **Sudden weight gain** | Lethargy, dry skin, brittle hair, weakness, slowed pulse | Have your periods become heavier than normal? Do you feel cold, even in a warm room? Do your face and hands seem puffier than usual? | See your doctor to check for an underactive thyroid gland |

▶

# 30 SYMPTOMS NOT TO IGNORE

| MAIN SYMPTOM | ALONG WITH | QUESTIONS TO CONSIDER | POSSIBLE CAUSES AND WHAT YOU SHOULD DO |
|---|---|---|---|
| **Swelling of legs, feet, hands or abdomen** | Possible weight gain | Are you taking birth control pills or steroid drugs? | Ask your doctor if your medication is causing you to retain fluid |
| **Swelling of legs, feet, hands or abdomen** | Possible weight gain | Do you have a history of heart disease, kidney problems or high blood pressure? | See your doctor to rule out edema and congestive heart failure |
| **Excessive thirst** | Increased urination and hunger, loss of weight despite normal food intake | Is there diabetes in your family? Did you have a baby that weighed more than nine pounds? Do you suffer from mood swings? Have you noticed itchiness around the genitals or increased vaginal infections? | See your doctor to be tested for diabetes |
| **Excessive sweating** | Persistent cough, possible low-grade fever, swollen glands, especially in neck | Do you tire easily and feel generally unwell? | See your doctor promptly to rule out chronic infection, Hodgkin's disease or other serious disorder |
| **Recurrent fever** | General muscle and joint achiness, possible sore throat | Did the symptoms come on rapidly? Do you feel generally unwell? | May be influenza; see your doctor if you suffer from chronic bronchitis, diabetes or other diseases that increase risk of flu, or if symptoms persist |
| **Recurrent fever** | Inflamed, swollen joints | Are the symptoms worse in the morning? Do you have a history of arthritis? | See your doctor to rule out rheumatoid arthritis or other rheumatic disorder such as spondylitis |
| **Recurrent fever** | Shortness of breath | Do you cough up thick, yellowish phlegm? Does it hurt to take a deep breath? Does the difficulty in breathing persist, even when you are resting? | See your doctor promptly to check for pneumonia, bronchitis or other serious respiratory infection |
| **Headache** | No other symptoms | Is the pain particularly severe and unlike your usual headaches? Does it hurt to bend your head forward? Does light seem to hurt your eyes? | See your physician promptly to check for meningitis or frontal sinus infection |
| **Headache** | Nasal congestion | Do you have pain around your eyes or cheekbones? Is the headache worse when you move your head? | You may have an infected sinus. See your doctor if symptoms persist |
| **Headache** | Nausea and vomiting | Are the headaches preceded by distorted vision (e.g., seeing bright lights)? Are they sometimes relieved by vomiting? Is the pain confined to one side? | These are common symptoms of migraine. Ask your doctor about drugs that can prevent attacks |
| **Headache** | Nausea and vomiting | Are you taking any drugs? Do the headaches occur after you have had several alcoholic drinks? | Certain drugs or alcohol may produce headaches. Try curtailing your drinking or check with your physician about changing medication or dosage |
| **Headache** | Nausea and vomiting | Have you hit your head in the last few days? Do you feel unusually drowsy? | See your doctor immediately to check for concussion or brain hemorrhage |
| **Headache** | Nausea and vomiting | Do you usually wake up with a headache? Have you noticed changes in vision, speech or coordination? | See your doctor promptly to rule out brain tumor |
| **Numbness or tingling** | Dizziness, weakness, temporary difficulty in speaking, possible visual changes | Is the numbness or tingling felt on only one side of your body? | See a doctor immediately to rule out stroke or ministroke |

▶

# The gap.

ORDINARY
UNDERGARMENT

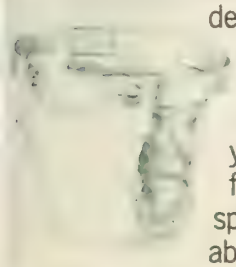
# The gather.

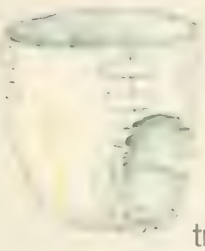
NEW ATTENDS
UNDERGARMENT

## Introducing Attends.® The best protecting undergarment for bladder control needs.

Introducing the Attends Trim-Fitting Undergarment, with the protection and security you've been waiting for. It's the undergarment that removes the gap in protection better than any other.

The new Attends Trim-Fitting Undergarment is designed for people with a moderate problem. It's the only undergarment with elastic leg gathers that hug and form to your leg for a snug, comfortable fit. And when you combine this special Attends fit with super-absorbent layering, you have the undergarment that protects the best against leakage.





If your problem is more serious, you need the Attends Wrap-Around Brief. It's made with all the protection of the Undergarment, but with additional absorbency and a patented inner lining that actually draws wetness inside and traps it there. And, if you have any questions, you can call us toll-free at 1-800-4-ATTENDS. **Now available in drug, food and Home Health Care stores.**



Attends. Bladder control products that can close the gap between need and protection.

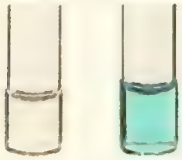
© P&G 1986

# "Darling, of course I'm sure. I just did my FIRST RESPONSE Pregnancy Test"



**"But how can you be so sure, so soon?"**

**"Darling, with FIRST RESPONSE® you don't have to wait days or weeks to find out the truth anymore. I just did the test and today's the day I'm due! It only took 20 minutes and it's as accurate as any lab.**



Not Pregnant. Pregnant.

**"And I know I can rely on my result. Because FIRST RESPONSE is simple to do, and so easy to read. I'm pregnant if the liquid turns blue; not pregnant if it stays clear. That's it. There's no second guessing.**

**"And that, Darling, is why I'm so sure, so soon."**




FIRST RESPONSE® Pregnancy Test, from the maker of Tampax® tampons, is the most sensitive home test ever. It's based on technology that made a major breakthrough in pregnancy testing. And is so sensitive it can reveal even slight traces of pregnancy hormone with 99.5% accuracy.

You can also depend on our medical information staff for answers to any questions you may have about the test. Our toll-free number is listed in every FIRST RESPONSE test kit.

Now there's a fast, accurate response to the question of pregnancy. FIRST RESPONSE Pregnancy Test, to be sure.

**You can always trust your FIRST RESPONSE.**

From the maker of TAMPAX® tampon

FIRST RESPONSE, a line of professional quality home diagnostic tests, and TAMPAX are registered trademarks of Tambrands Inc. © Tambrands Inc., 1986

# 30 SYMPTOMS NOT TO IGNORE

| MAIN SYMPTOM | ALONG WITH | QUESTIONS TO CONSIDER | POSSIBLE CAUSES AND WHAT YOU SHOULD DO |
|---|---|---|---|
| **Swollen lymph nodes** | No other symptoms | Have you had a recent infection or cat scratch? | If swelling increases or persists for more than two weeks, see your doctor to check for early Hodgkin's disease or lymphoma |
| **Swollen lymph nodes** | Recurrent low-grade fever, fatigue, excessive sweating, other symptoms | Depends upon nature of other symptoms | See your doctor promptly to rule out chronic infection, Hodgkin's disease, and other serious illness |
| **SKIN AND HAIR** | | | |
| **Yellowish tinge to skin** | Yellowish whites of eyes accompanied by weakness, recurrent fever, abdominal tenderness, nausea | Is your urine dark brown and your stool pale yellow? | See doctor promptly to check for hepatitis or other liver disorder, or gallbladder disease |
| **Yellowish tinge to skin** | Nausea, vomiting, attacks of severe abdominal pain, palpitations | Do the attacks follow a fatty meal? | See your doctor about diseased gallbladder or pancreas |
| **Moles** | Possible bleeding, thickening or spreading; itching | Has the mole appeared since puberty? Has it changed color, shape or size? | See your doctor promptly to check for malignant melanoma |
| **Tendency to bruise easily** | Weight gain; hairiness, especially on face and chest; thinning of skin; muscle weakness | Are you taking large doses of aspirin, cortisone or other steroid drugs? Have your periods stopped? | See your doctor to check for hormonal disorder of the adrenal glands (Cushing's disease) |
| **Tendency to bruise easily** | Fatigue, pallor, weight loss, bleeding gums, general malaise | Is the onset of bruising recent? | See your doctor to check for anemia, leukemia or other blood disorder |
| **Painful reddish rash with blisters** | Burning or pain before rash appeared; possible red or watery eye | Is the rash limited to one side of the body? | Probably shingles (herpes zoster). See your doctor if eye is involved or if you have more than one attack |
| **Yellowish patches under skin** | No other symptoms | Are the patches mostly around the eyes and near the nose? Do you have a family history of early heart attacks? | Patches are probably xanthelasma, or deposits of cholesterol. Have your doctor check your cholesterol and heart function |
| **Pallor** | Fatigue, weight loss, possible joint pain and other symptoms | Are you on a strict vegetarian diet? Are your stools black or streaked with blood? | See your doctor to check for anemia, bleeding disorder, chronic infection or other serious disease |
| **Persistent sore or lump that is growing** | Possible bleeding, itching | Is the sore or lump on the face or other area exposed to sun? | See your doctor promptly to check for skin cancer |
| **MOUTH AND THROAT** | | | |
| **Persistent sore or hard ulcer** | No other symptoms | Have you had this sore more than a week? Is it unlike a canker sore? Do you smoke? | See your doctor promptly to rule out oral cancer |
| **Persistent hoarseness or loss of voice** | No other symptoms | Has the hoarseness lasted more than five days? Have you had a cold or laryngitis? Have you been using your voice more than usual? | If the hoarseness is unexplained, see your doctor promptly to rule out cancer of the larynx, especially if you smoke |
| **Persistent cough** | No other symptoms | Have you recently had a cold or respiratory infection? Have you been exposed to irritating fumes from substances such as ammonia or cleaning fluid? | See a doctor to rule out emphysema, cancer or other lung disease if the coughing does not produce phlegm, worsens and persists for more than two weeks |
| **Persistent cough** | Fever, difficulty breathing, brownish phlegm | Is your temperature above 101°F.? | See a doctor to check for pneumonia |
| **Persistent cough** | Shortness of breath | Is there pink, frothy phlegm? | See a doctor immediately to check for fluid or blood clot in the lungs ▶ |

# 30 SYMPTOMS NOT TO IGNORE

| MAIN SYMPTOM | ALONG WITH | QUESTIONS TO CONSIDER | POSSIBLE CAUSES AND WHAT YOU SHOULD DO |
|---|---|---|---|
| **Difficulty swallowing** | No other symptoms | Does food seem to stick on its way down? Do you sometimes have a pain in your chest when you bend over or lie down, especially after eating? Do you suffer from frequent heartburn? | See your doctor to check for hiatus hernia. (If you answered "no" to these questions, see a physician to check for myasthenia gravis if problem persists) |
| **Difficulty swallowing** | Possible weight loss | Has the problem been getting worse? Do you smoke? | See your doctor promptly to rule out cancer of the esophagus |
| **EYES AND EARS** | | | |
| **Ringing in ears** | Dizziness, possible hearing loss | Are you taking a lot of aspirin or drugs for arthritis? | Ask your doctor about stopping aspirin or drugs; if symptoms persist, you could be suffering from Ménière's disease |
| **Blurred vision** | Possible pain | Did the problem come on rapidly? Is there a narrowing of field of vision? If there is pain, is it in one eye? | See your doctor promptly to check for acute glaucoma, detached retina, iritis or other serious eye disorder |
| **GASTROINTESTINAL** | | | |
| **Recurrent abdominal pain** | No other symptoms | Is the pain in the upper abdomen? Is it worse when you lie down or bend over? Is it relieved by antacids or eating? | See your doctor to check for hiatus hernia or ulcer |
| **Recurrent abdominal pain** | Diarrhea and constipation | Are you under a lot of stress? Do the attacks occur in the week before your period? Have you changed your diet? | May be irritable bowel syndrome or, for women, premenstrual syndrome. See your doctor if symptoms worsen |
| **Recurrent abdominal pain** | Blood in stool, possible fever and other symptoms | Have you had an unexplained loss of weight? Is the pain mainly on one side? | See your doctor promptly to check for diverticular disease, gallstones, colitis or other serious intestinal disorder |
| **MUSCULOSKELETAL** | | | |
| **Backache** | Pain radiating down a leg | Have you been lifting heavy objects or doing strenuous work? Are you under stress? Is the pain centered in the lower back? Has it lasted more than three days? | Probably caused by back strain or muscle spasm. See a doctor if pain persists more than three days or if you have difficulty lifting your leg |
| **Backache** | Numbness or tingling in a lower limb, possible loss of bladder or bowel control, difficulty moving a leg | Did the symptoms appear after a fall or injury? | See a doctor immediately to check for spinal-cord injury |
| **Sharp pain in spine** | No other symptoms | Do you have osteoporosis? Have you recently been confined to bed? | See a doctor promptly to check for broken vertebrae |
| **Stiff neck** | Tingling or numbness in arm | Has pain been getting worse for several weeks? Are you over fifty? | See a doctor to check for arthritis |
| **Stiff neck** | Tingling or numbness in arm | Have you recently been in a car accident or suffered a whiplash injury? | See a doctor immediately to check for spinal-cord injury |
| **Swollen, inflamed joint** | No other symptoms | Does pain increase during exercise? Have you recently taken up jogging, tennis or some other sport? | May be tendinitis or bursitis. See doctor if pain worsens or persists more than three or four days despite rest of affected joint |
| **Swollen, inflamed joint** | Low-grade fever, fatigue, unwell feeling | Is more than one joint affected? Have the swelling and pain appeared suddenly? | See your doctor promptly about rheumatoid arthritis or bone infection |
| **Painful swelling in leg** | Possible inflamed vein | Do you have varicose veins? Did the swelling come on suddenly? | See your doctor promptly to check for thrombophlebitis or blood clot in leg |




# 3 GREAT CATALOGS IN ONE

## Send for your FREE 184-PAGE CATALOG

### Plus a FREE 1¼ lb. Dobosh Torte with your first order.



**FREE DOBOSH TORTE**
**a $9.50 value**

We will include FREE a 1¼ lb. chocolate Dobosh Torte with your first order. For new customers in U.S. only.

Swiss Colony makes it easy to find just the right gift for everyone on your holiday shopping list. Choose from over 950 creative gift ideas. Cheeses and sausages. Nuts and fruits. And special gift assortments.

Inside you'll also find The Swiss Colony's "Chocolate Shop." With page after page of delectable confections created by our master chefs. Dobosh Tortes. Dainty Petits Fours. Hand-decorated chocolates. Fruit cakes and candies. Ideal holiday treats for family and friends.

Plus, in the new 20-page Seventh Avenue Gallery section of the catalog you can select from unique gifts for either yourself or for the special people on your list. Beautiful Christmas ornaments. Cherished collectibles. And more.

**ORDER NOW AND TAKE UP TO 10 MONTHS TO PAY.**

No down payment. No interest. Pay next February or, if you prefer, spread your payments up to 10 months. Either way—you save when you buy from The Swiss Colony.

Send for our FREE catalog package by returning the attached card. If card has already been taken, write the Swiss Colony, Dept. WHA, Madison, WI 53794-0003.

The Swiss Colony®
of Monroe, Wisconsin
Originators of fine food gifts by mail since 1926.

# PSYCHOLOGIST'S JOURNAL

*Why you feel the way you do, plus the newest psychological research. By Sonya Friedman, Ph.D.*

## HUSBAND VS. FRIENDS

**Q I'm very close to some old friends from college, and I often confide in them. However, this is causing problems with my husband, because he feels I'm being disloyal to him. How can I resolve the conflict?**

A First, decide whether you have the right to reveal to your friends anything intimate about your husband. For example, are the things you tell your friends confidential? Then decide how you would feel if your husband talked about these same issues with his friends. Looking at the situation from his point of view may help you to sympathize with your husband's feeling that your friends are learning things about him that he'd rather not have them know. Finally, you might ask your husband what he thinks should be privileged subjects between the two of you.

Of course, your husband may be hurt because he feels that you confide in your friends more often than in him. In this case, reassure him that you enjoy discussing things with him but explain that you sometimes like to get your friends' views as well. Don't neglect to tell him important news, but make sure he respects your need to have close friends outside your marriage.

## MESSY TEENAGER

**Q My seventeen-year-old daughter is a slob. Her room is always a mess, and she refuses to take care of anything. Is this just a phase she's going through?**

A Although there's no question that an untidy room can drive a parent crazy, the old advice about closing the door and ignoring the disaster is probably your best course. After all, it is your daughter's domain, and she's the one who has to live in it. Her messiness doesn't mean that she'll be sloppy or irresponsible for the rest of her life. In fact, it's very likely that she'll be respectful and organized when she has to be—when she has a job, for example. And she'll probably be a better housekeeper when she's paying off her own mortgage.

Of course, your daughter should clean her room occasionally, especially if she leaves food or empty soda bottles lying around. Establish certain times (perhaps once a month) when you expect her to clear her room of all trash and straighten it up. But resist the temptation to clean it yourself, because it allows her to think that someone will always be there to clean up after her.

## FEARFUL WIFE

**Q I'm obsessed with the fear of death. Whenever my husband and I are apart, I'm terrified that I'll never see him again. What can I do?**

A Death is something that we all afraid of. It combines a fea separation and of the unkno with the jealous recognition that world goes on even after we leave However, when we become obses with the thought of a loved one dyi it signifies not only the profound g we'd feel if that person passed away, also that we are afraid that we would be able to cope without him. Try imagine what life would be like wi out your husband. What things wo you have to take care of that you d have the skills to deal with now? there opportunities for growth t could come out of living on your ov Since every woman in America has face the fact that she will probably o live her husband, becoming more s sufficient can help to ease your fe about losing your loved one. Then will be able to appreciate more love you and your husband share concentrate on enjoying each other.

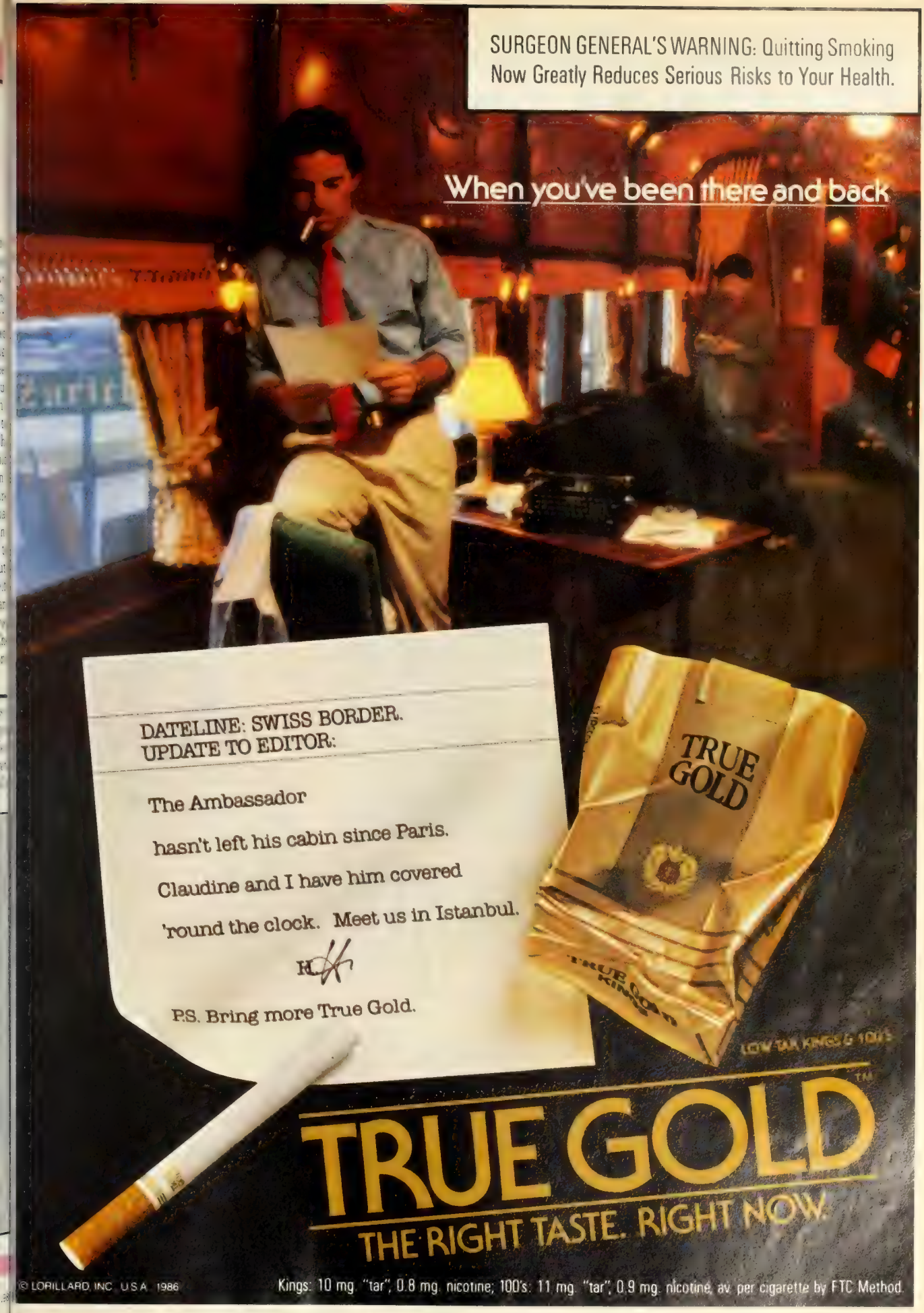
*LHJ welcomes your questions for P chologist's Journal. Send them to So Friedman, LHJ, 3 Park Ave., N York, NY 10016. Dr. Friedman reg that she cannot respond personal*

## COPING WITH REJECTION

**Whether we are jilted in a relationship or fired from a job, we all have to face rejection at some point. But why is it so hard to take?**

**"We don't usually take risks unless the outcome is valuable to us," explains Judith Clementson-Mohr, a psychologist and director of the Psychological Services Center, at Purdue University, in West Lafayette, Indiana. "That's why we're hit so hard by rejection." In fact, she says, many people are so intimidated by the thought of rejection that they simply refuse to go after the things or people they really desire.**

**Although it's impossible to avoid rejection completely, you can reduce the chances of its happening by becoming more assertive. According to Clementson-Mohr, assertive people tend to be rejected less, because they ask for information about themselves before it's too late. If you do get rejected, Clementson-Mohr suggests that you try to find out why you were turned down. Then, if you learn you have weaknesses you were unaware of, you can work at changing them.**


SURGEON GENERAL'S WARNING: Quitting Smoking Now Greatly Reduces Serious Risks to Your Health.
When you've been there and back
DATELINE: SWISS BORDER.
UPDATE TO EDITOR:
The Ambassador
hasn't left his cabin since Paris.
Claudine and I have him covered
'round the clock. Meet us in Istanbul.
H.
P.S. Bring more True Gold.
TRUE GOLD
LOW TAR KINGS & 100's
TRUE GOLD™
THE RIGHT TASTE. RIGHT NOW.
© LORILLARD INC. U.S.A. 1986
Kings: 10 mg. "tar", 0.8 mg. nicotine; 100's: 11 mg. "tar", 0.9 mg. nicotine, av. per cigarette by FTC Method.

# Products labeled with this symbol contain only 100% natural source Vitamin E




Until now, it has been difficult to determine from the label on a container of vitamin E whether the product was natural. In fact, some vitamin E products proclaimed "natural" were mostly synthetic.

Now there's a symbol for 100% natural source vitamin E that removes the guess work. Only those products containing 100% natural source vitamin E are granted permission by the Natural Source Vitamin E Association to use their certification mark.

TM—property of Natural Source Vitamin E Association.



Linda Crockett

# THE CREAM PUFF KID

**This is a young doctor's true story of his toughest case . . . and a young boy he will never forget**

**By Peter Rogers, M.D.**

I first met Tommy Stone early in my pediatric residency. He was fifteen years old and had been diagnosed as having aplastic anemia. For unknown reasons, his bone marrow had stopped producing white blood cells, which are necessary for fighting infection, and platelets, which are necessary for blood clotting.

During the next two and a half years, Tommy received every type of treatment known for his condition. He was given medication to stimulate his bone marrow; he received multiple blood cell and platelet transfusions, and a bone-marrow transplant. Tommy was hospitalized eleven times for the treatment of severe infections and for bleeding episodes that required transfusions.

Although my relationship with Tommy started out as a professional one, I couldn't help getting involved with him and his family. Tommy was under the primary care of Dr. Paul Crigler, our pediatric hematologist, but I was the one Tommy called his doctor. Whenever I was in his room and his high school friends were visiting, he'd say, "Hey, guys, this is my doctor." I got to know most of his friends by name.

Tommy had a sister named Pattie, who was a year younger than he. Like her brother, Pattie loved sports. She was a swimmer and played volleyball, basketball and softball. Baseball had been Tommy's favorite before he got sick. He and Pattie talked sports all the time. Before every swim meet or game, Tommy would tell his sister, "Be steady, Pattie, be steady."

One evening, about a year after Tommy had first become ill, he was in the hospital for treatment of an infection. He and I were talking about his release, which was scheduled for the following morning, when Pattie came rushing in wearing her basketball uniform, sweat running down her face.

"We won, T!" she screamed, using her nickname for her brother. "I got eighteen!"

Tommy sat up in bed and started yelling and applauding. Pattie ran to him, and they gave each other a high five and hugged.

A few minutes later, Tommy's mother, Nancy, came into the room. She smiled as she watched Pattie gesturing wildly while she told her brother about the game.

"She wouldn't even take the time to shower and change her clothes," Nancy said, shaking her head slowly. "She had to get right over here."

"Hi, Ma!" Tommy yelled. "Did you get 'em?"

"Yeah, babe," Nancy replied, holding up a large white bakery box, "I got them."

Tommy had a passion for chocolate cream puffs—large chocolate cream puffs. A bakery *(continued)*




INTRODUCING KINGSWOOD

# Teaspoon sample 50¢

Oneida Sample Center
P.O. Box 9777, New Brighton, MN 55197

Beautiful beginnings start with Oneida stainless. Please send me a sample stainless teaspoon in the pattern(s) I have checked. I am enclosing $.50 plus $.25 postage and handling for each spoon ordered. Offer is limited to a choice of up to three spoons, one spoon per pattern.

☐ Kingswood
☐ Frederick II
☐ Michelangelo
☐ Ridgecrest
☐ Juilliard
☐ Paul Revere
☐ Classic Shell
☐ Chateau
☐ Dover
☐ American Colonial

Name _____
(Please print)
Address _____
City _____
State _____ Zip _____

Add sales tax for N.Y. & Calif. Offer valid only in U.S.A. & P.R. Allow 4-6 weeks for shipment. Expires 6 30 87. LJ096

ONEIDA

## THE CREAM PUFF KID

continued

in the Stones' neighborhood made a cream puff for Tommy every day he was in the hospital. Each cream puff was the size of a loaf of bread. A conservative estimate would put one of them at five thousand calories. There was always a note scribbled on the bakery box: *For the Cream Puff Kid—Get well!*

"I'll see you folks soon," I said as I started out the door.

"Wait, Doc," Tommy yelled as he ripped open the box. "Come here."

I walked over to him and saw that there were two cream puffs in the box.

"Tommy, I can't let you eat both of those," I protested. "You'll get sick."

"One's for you," he said, a grin on his face. "I knew you'd be here tonight." He held out the box. "Grab one."

"Thanks, Tommy, but I can't eat one of those," I said. "I'll share a little piece with Pattie and your mother."

"We can't eat cream puffs," Pattie said, looking at her mother. "We're on diets."

"Hey, Doc, here's something for you." Tommy handed me an envelope that had been taped to the inside of the box. It had *Tommy's Doctor* written on it.

I pulled out the note and read:

*Dear Doctor Rogers:*

*We told Tommy that if he fed you one of these, you wouldn't stick any more needles in him. Enjoy. By the way, he really likes you. He says you are not only his doctor but his friend, too. He loves talking baseball with you. Take care of our boy. Please make him well.*

*The Gang at Sullivan's Bakery*

I took a deep breath, coughed and blinked several times. "Tommy, how do you eat one of those things?" I asked.

"I'll get you and T something to drink," Pattie squealed. She simulated a dunk shot into an imaginary basket on the way out the door.

Tommy sat me at the foot of his bed cross-legged, facing him. The cream puffs were between us. He handed me two plastic examining gloves from a box on his bedside table.

"I was wondering how you were going to get out of this," Nancy said as she looked from the cream puff to me. "Greater love hath no pediatrician . . ."

"I gotcha something to drink," Pattie yelled as she ran back into the room. "The nurses gave me these." She plunked four cans of Diet Coke on the bed.

Thirty minutes into our cream puffs and Diet Cokes, the phone rang. "I'm not here," Tommy announced, his mouth full of cream puff. "Take a message."

"Hi, Daddy," Pattie yelled into the phone. "Yeah, he's okay. Coming home tomorrow. When will you be back? Okay. Here, T." She held out the phone.

Tommy wiped his hands slowly and took the phone from his sister. "Hello Dad," he said, a sudden stiffness in hi inflection. Tommy was always forma when he spoke to his father.

Ben Stone was an executive for computer company, and he did a lot o traveling. But when he was home, Be would visit the hospital every da while his son was a patient. Tommy monthly appointments with me and D Crigler were always scheduled at time when Ben could accompany Tom my. He would listen intently to every thing that was said, ask questions, an before they left, he would say, "Tom, d you have any questions?"

I never saw Tommy and his fathe touch. They didn't joke with each othe and Tommy didn't smile much whe they were together. I never saw evi dence of disrespect or dislike betwee them, but they treated each other lik mere acquaintances.

It was unfortunate, I often though that this man who cared so much fo his son was incapable of being intimat with him and showing him affection.

A year and a half after Tommy pre sented me with my cream puff, he wa admitted to the hospital with a hig fever, abdominal swelling, and pai and swelling in both knees. In spite three days of antibiotics, narcotics, an white blood cell and platelet transfu sions, Tommy was slowly getting worse

The organism causing Tommy's infe tion was only partially sensitive to on antibiotic, and it would be only a ma ter of time before the infection ove whelmed him. His immune system ha developed antibodies to the platelet rendering them ineffective, and the was bleeding in his abdomen and bot knees. Dr. Crigler and I had consulte doctors in other pediatric and surgica fields about a treatment for Tommy worsening condition, but they were u able to give us any therapeutic advice

On Tuesday afternoon, four da after Tommy's admission to the hosp tal, Dr. Crigler and I met with Ben an Nancy Stone. Nancy's eyes were re and puffy. Ben's face was a mask of fea

"Ben, Nancy," Dr. Crigler bega "we've talked about the day when w couldn't help Tommy anymore." H looked at me, then at Ben, then Nanc "It's now. You'll lose him this week."

Nancy bent her head down an folded her arms around her waist. "O my God . . . oh my God . . . oh my God she cried softly.

Ben's lower lip quivered. He put h arm around his wife.

I had to blink back tears.

Early Friday morning I was page and notified that Dr. Crigler wanted see me in Tommy's room. I raced u several flights of stairs and dashed t ward his room. *(continued on page 17*



hâteau D'Artigny—former home of François Coty.

# NTRODUCING THE CHATEAU COLLECTION BY FRANCOIS COTY.

## Romantic fragrances that recapture the elegance of the past.

It was François Coty who, as founder of The House of Coty, created the stylish, feminine, luxurious world of fragrance as we know it today.

Now...you are invited to share in the renaissance with three individually magnificent perfumes created for today that recapture the romantic splendor of the past.

**Les Muses...reflect the many sides of you.**

**Chypre...evocative elegance for women of style.**

**La Rose [illegible] for the [illegible]**

© Coty, N.Y. 1986

# MONEY NEWS

*Up-to-the-minute advice to help you manage your money*
*By Katherine Barrett and Richard Greene*



## BEST CITIES

**When it comes to opportunities for women, all cities aren't created equal. "How far you can rise, what you can earn and how far you can stretch your money depend largely on where you live," says Jill Andresky Fraser, author of *The Best U.S. Cities for Working Women* (New American Library, 1986). Here are some of Fraser's findings.**

**CITIES WITH THE LOWEST COST OF LIVING** Tucson; Colorado Springs; Louisville, Kentucky; Syracuse, New York; Charlotte, North Carolina; Memphis; Salt Lake City; Richmond; St. Louis and San Antonio. Costs in these ten cities fall well below the national average of approximately $360 weekly for a typical household and are one third the cost of expensive cities like New York, San Francisco and Anchorage, Fraser says. "Other cities, such as Buffalo, Indianapolis and Omaha, may be cheap," she says, "but career options for women are far more limited."

**CITIES WITH THE BEST SALARY POTENTIAL FOR WOMEN** New York City, Chicago, Los Angeles, San Francisco, Atlanta, San Diego, Boston and Washington, D.C. Fraser offers a few examples: A mid-level bank manager in Boston earns around $40,000. A starting lawyer in New York may garner upward of $50,000, while an executive in Chicago could earn $75,000 or more. Says Fraser, "There are other cities where women have tremendous opportunities, but the salaries are not as high—such as Kansas City, Minneapolis and Phoenix."

**BEST CITIES FOR WORKING PARENTS** Kansas City, Missouri; Minneapolis–St. Paul; Philadelphia; White Plains, New York; Stamford–Greenwich, Connecticut; and San Diego. "These cities have exceptional child-care services, affordable housing, good school systems, and companies committed to family-oriented benefits," says Fraser. "They also have good enough job potential so that both spouses can pursue careers in different industries."

## HELPLINE!

**Q** **My dry cleaner destroyed a silk blouse worth $90, and now he tells me the most he'll pay is $25. Can he do this?**

**A** If you have a dry-cleaning problem, your recompense generally depends on three factors: the age of the garment, its original cost and who was negligent. The standard procedure in the industry, according to Norman Oehlke, director of consumer relations for the International Fabricare Institute (IFI), is to look at the life expectancy of the garment and how long it has been used. A silk blouse, for example, might have a life expectancy of three years. If you had worn it for two years when the dry cleaner damaged it, you'd be entitled to only one third of its original cost.

But you may have to fight even for this amount if a dry cleaner believes a garment was damaged due to someone else's negligence—either your own or the manufacturer's. Then you'll need to prove it was the dry cleaner's fault. If he belongs to IFI (as about half all cleaners do), you can have him send the garment to that organization and for $10 get its assessment of the cause of the problem. Another possibility is to contact your local Better Business Bureau.

## HOT AND COLD (WEATHER) STOCKS




**Want to make money in the stock market? Buy the *Farmer's Almanac*. Many firms' fortunes depend on a wet spring, a hot summer or a snowy winter. An accurate forecast can give you an investing edge.**

**Ben E. Laden, chief economist for the investment firm T. Rowe Price, says utilities are particularly good stocks to consider with the weather in mind. "Extremely hot summers and extremely cold winters help these companies," he says. Retailers thrive when seasons come early, persuading shoppers to buy swimsuits in May or winter coats in October. And hot summers mean success for soft-drink distributors, Laden adds. Lawn-mower companies do well when it rains, while firms that make snowblowers warm up in harsh winters.**

Richard Osaka

## HAIR YE! HAIR YE!

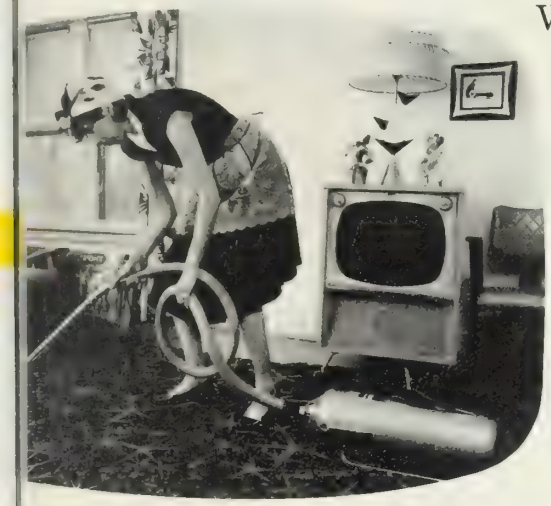
Nearly $20 billion will be spent by American consumers in beauty salons this year, from simple $5 haircuts in rural Louisiana to elaborate $200 colorings and permanents in Manhattan and Beverly Hills. The typical woman goes to her hairdresser about ten times a year—every five weeks—and spends about $19 each time. Of course, many women spend somewhat more than that—and many spend far less. Here, from Mary Atherton, editor of *Modern Salon* magazine, is the breakdown of hairdresser costs in America. See how you fit in. Out of 100 typical American women: ● 35 spend under $10 per visit ● 33 spend $11 to $20 ● 17 spend $21 to $30 ● 12 spend $31 to $50 ● 3 spend over $50.



# Take the Express to the future.

The days of struggle with old, clunky, underpowered vacuum ·aners are over. The new Eureka Express Power Team is here.

Packing a 4.3 peak horsepower motor, the Eureka Express will clean every surface of your home with the strength of industrial suction power. That's at least twice the power of many older cleaners. Yet the Eureka Express is light enough to carry in one hand.



A complete set of attachments for above the floor cleaning is contained within the cleaner.

For carpets, there's a ·ecial attachment with its own motor-driven beater/ ·ush, to beat carpet fibers like an upright. Press a button, the beater/brush stops turning, and you can use the same attachment to vacuum bare floors.





We know of no more powerful, versatile cleaner anywhere.

For a demonstration, see your Eureka dealer. He sells vacuum cleaners for today. Not yesterday. **EUREKA** EXPRESS

© 1986, The Eureka Company, Bloomington, IL 61701 In Canada – Eureka Division · Eureka Canada Inc. · Cambridge, Ontario

# REGRETS ONLY

***She was the vice-president's wife. How could she fall in love with another man? A sizzling read, from the most-talked-about novel of the year***

***By Sally Quinn***



Mr. Shaw, I want you to meet—"

"I know who you are," said Desmond Shaw, ignoring their hostess, Lorraine. "You're much more beautiful than your pictures."

Lorraine smiled contentedly and swept off, leaving Des Shaw with the wife of the new vice-president.

Sadie Grey focused on Desmond for the first time. She was captivated at once by the bureau chief of *The Weekly*. He was clutching a wine bottle, gazing directly at her.

"What do I have to do to get some service?" she challenged, holding out her glass.

"You've already done it," he said, pouring. "I thought you drank champagne."*(continued)*

Adapted from the forthcoming book REGRETS ONLY. Copyright © 1986 by Sally Quinn. To be published by Simon & Schuster. Reprinted by permission.

Announcing the first definitive and comprehensive collection of Norman Rockwell plates ever issued . . .

# THE NORMAN ROCKWELL FOUR SEASONS

## Miniature Plate Collection





*Shown actual size of 3¼ inches in diameter.*

**Limited Collectors Edition in fine porcelain and 24 karat gold.**
**Issue price, just $12.50 per plate.**
**Subscription deadline: December 31, 1986.**

JORMAN ROCKWELL is the best-loved of all Ameri- n artists. And the most widely llected. Yet never, till now, has ere been a complete and com- ehensive, *definitive* collection Norman Rockwell plates.

In the great legacy of art that orman Rockwell left as his gift the world, the "Four Seasons" intings which he created over a -year period are considered by iny to be his finest work. Each a masterpiece of gentle humor d loving insight, capturing the epest feelings of the human art in unforgettable images.

*Now, for the very first time, every e of these marvelous works is ailable to you in a single, superb ite collection.*

### historic, incomparable series

ch plate is of finest white por- ain, banded with pure 24 karat ld. The greatest care has been :en to ensure that Norman ckwell's original art is repro- ced with total fidelity. The celess originals were commis- ned directly from Norman ckwell by Brown & Bigelow, d this complete collection is issued with their full author- ization and approval.

The plates are produced by prestigious Fairmont China, win- ner of the "Plate of the Year" award in 1982 for a collector plate which increased in value by 234% in a single year. Yet the collection is most affordably priced, at just $12.50 per plate.





A handsome, custom-designed étagère of hand-finished hard- wood will accompany each com- plete collection at no extra charge. This étagère is especially crafted to hold all 68 plates in the collection in appropriate "seasons of the year" groupings. And each collection will be accompanied by a Certificate of Authenticity.

### A limited edition

The collection is available by sub- scription only. The plates are not sold separately. There is a limit of one collection per subscriber, and the subscription rolls will be per- manently closed at the end of this year, after which this edition will never be issued again.

As a subscriber, you will re- ceive your collection on a con- venient and systematic acquisi- tion plan, at the rate of one plate each month. And when your col- lection is complete, it will be a joyous treasure for you and your family . . . a magnificent addition to the decor of your home . . . a prized and cherished heirloom for future generations.

### Price guaranteed for complete collection

The $12.50 price per plate is guar- anteed for the duration of your subscription. Each plate is fully guaranteed and may be returned within 30 days. And you may cancel your subscription at any time, if you so desire, on 30 days written notice.

There is no need to send any money now. But your sub- scription application must be postmarked by December 31st.



### No-Risk, Five-Year Repurchase Guarantee

**We are so confident of the lasting value of this collection that we guarantee to repurchase the complete collection at its origi- nal issue price for five full years from completion, provided only that the plates are returned in their original condition.**

SUBSCRIPTION APPLICATION

THE NORMAN ROCKWELL "FOUR SEASONS" MINIATURE PLATE COLLECTION 403

Collectors Edition

Arlington Collectors Society
Newfane, Vermont 05345-0225

*Valid only if postmarked by December 31, 1986*
*Limit: one subscription per person*

Please accept my subscription to *The Norman Rockwell "Four Seasons" Miniature Plate Collection*, consisting of 68 plates in fine porcelain and pure 24 karat gold.

I need send no money now. I will receive my collection at the rate of one plate per month, at $12.50* per plate billed in advance of shipment. I will also receive a custom-designed étagère of hand-finished hardwood, at no additional charge.

*Plus $1.00 per plate shipping and handling. Vermont residents add 4% sales tax.

Name _____

Address _____

City _____ State _____ Zip _____

Signature _____

All subscriptions subject to acceptance

© 1986 Arlington Collectors Society

Rockwell art © B&B 1953, 1956 or 1961



Carry&Toss™ bags
More freedom from...New Freedom®

The terrific Funnel-Dot® protection of New Freedom is easier to carry, easier to toss. A whole supply of these moisture-proof bags comes inside boxes of New Freedom pads. They're portable, disposable, and subtle. Perfect for carrying...and tossing.




*Registered trademark of Kimberly-Clark Corp. ©1986 KCC

## REGRETS ONLY

continued

"How did you know?" Sadie seemed genuinely surprised.

"Oh, I read it somewhere. You love champagne, you prefer informal dinners to formal seated things, you have trouble making decisions, and," he paused for effect, "when the going gets rough, you can be refreshingly direct."

She just looked at him.

"I'm all for candor," he went on. "It's a sorely missed trait in this town."

"Not anymore," she said emphatically.

"That's the spirit. Now, may I escort the lady to dinner?"

When they were seated, Sadie said, "I feel sorry for the people who put in long hours at their jobs and then have to spend the evening working at these parties, too. It's hard. Everything you do and say is watched and recorded. My husband's always on guard, and he also has to keep an eye on me. It's that unfortunate trait of mine again."

"Don't change." He said it more seriously than he intended.

Sadie looked up. He was looking directly into her turquoise eyes. "Well, it's nice of you to say that. I mean I hope I won't disappoint you." She was flustered by his obvious sincerity. So was he.

To change the subject she said, "Now, Des, tell me all about yourself."

As Des spoke of his job as bureau chief of *The Weekly* and his childhood in Boston, she watched him.

There was something about Sadie that made men want to tell her things. She was fascinated with the way men's minds worked. She loved to listen when men talked about their feelings, because her husband, Rosey, never did. William Rosewell Grey III was very secure, in the way people are when they have been brought up to believe they are superior. Rosey never doubted himself. Sadie wanted just once to have him cry on her shoulder. In seventeen years of marriage, she had never see him falter. He had endless reserve. She couldn't crack it. Nobody else could either.

Desmond Shaw was so obviously different from Rosey that he intrigued her. There was something challenging about him. She had never thought she could interest or attract a man like Des; he would never be interested in anyone like her, a wife. Yet he obviously was, in some way. Maybe he was just playing up to her because of who she was, but she didn't think so.

"My God," Desmond said. "I've done nothing but talk about myself. I want to know about you. What are you doing for yourself? I can't believe your work on those historic preservation committees keeps you all that stimulated."

"I have a secret project."

"Aha. I knew I wasn't just guessing. Oh, you're blushing," he said. "I like that about you. It's an attractive characteristic. One of your many, I might add. . . . What's the project?"

"I can trust you not to tell?"

"You can."

"I write short stories. I've been doing it for years. I used to write at Smith and I wrote for *The Gotham* two years before I married and moved to Richmond. I didn't do much for a while, but ever since Rosey's been in politics I've been writing. I'm sure it sounds silly to you. My stories are probably hopeless. I've never shown them to anyone."

"Would you let me see one? I'm an editor. I could help you with it."

"I'm not sure . . . Let me look over a new one. I must admit I've been longing for someone to see what I'm doing. If it's awful, I'd like to know, and I can go on to something else."

"Do you have something else in mind?"

She blushed again.

"Forgive me," said the voice on Sadie's right. "Forgive me, my dear, but I'm afraid that the table is being turned by our hostess. I wouldn't want to miss having a chance to talk to you."

Howard Heinreich, an adviser to the President, was leaning over *(continued)*

AMAZING SEND NO MONEY OFFER!

# CARVE...SLICE...BONE...and CHOP FOR 30 DAYS FREE! (with credit approval)

# 20-Piece Chef's Collection™ Cutlery Set



YOU CAN carve a turkey like an expert!

**Then keep all 20 pieces for just $20.00 (plus shipping and handling) —That's just $1.00 a piece!**



YOU CAN slice roasts or ham paper thin!

YOU CAN bone and trim meat like a master butcher!



YOU CAN chop and mince vegetables!

YOU CAN peel apples and potatoes...AND MORE!




## SEND NO MONEY NOW! USE THE ENTIRE 20 PIECE CHEF'S COLLECTION™ CUTLERY SET AS YOUR OWN FOR 30 DAYS...FREE!

Why is Fingerhut making this incredible 30-day FREE offer? (with credit approval)

We want you as a customer! And we're doing everything we can to win you over! So go ahead...trim, slice and chop like a gourmet for the next 30 days. After all, it's FREE!

**There's a knife that's right for every cutting job!**

- Paring Knife
- Utility Knife
- 6" Cooking Knife
- Fillet Knife
- 8" Cooking Knife
- Boning Knife
- Ham Knife
- Carving Knife
- Serving Fork
- Butcher Knife
- Bread Knife
- Cleaver
- 8 Steak Knives

VALUES DIRECT TO YOU FROM fingerhut®

©Fingerhut 5-077451-000

Made in Japan or Taiwan.

## BUT THAT'S NOT ALL! You get these 2 FREE Gifts simply for trying the Cutlery Set.



**7-Piece Kitchen Utensil Set**

This walnut-finish hardwood hanging rack really shows off your utensils and keeps them ready for use. Easy assembly. (Utensils made in Taiwan, Philippines or the People's Republic of China.)



**A Surprise Gift**

We can't tell you what it is...that would spoil the surprise! But we will tell you it's something for you or your home!

We reserve the right to substitute similar merchandise of equal or better quality. If substituted merchandise is not acceptable, you can return it postpaid during your free trial period without further obligation.

SEND NO MONEY NOW!

## 30-DAY NO-RISK FREE TRIAL COUPON

(with credit approval)

Fingerhut Corporation, Box 2500, St. Cloud, MN 56395 402107

☐ **YES.** Please send me the 20-Pc. Chef's Collection™ Cutlery Set for my 30-day FREE TRIAL. Send my 2 FREE GIFTS, too. 272872

Print Name _____

Address _____

City _____ State _____ Zip _____

Area Code _____ Home Phone _____ Date _____

If I am delighted with my 20-Pc. Chef's Collection™ Cutlery Set at the end of my 30-Day Free Trial, I agree to pay the cash price of $20.00 plus shipping and handling (total cash price of $25.56) in 3 monthly installments of $8.56 each. Sales or use tax will be added where applicable. I understand that I may return the merchandise at my expense if I am not completely satisfied at the end of my 30-Day Free Trial. The Free Gifts are mine to keep. (This order is subject to approval of my credit by Fingerhut.)

Please Sign Your Name _____

**Order TODAY—Satisfaction Assured!**

Valid in Continental USA only

toward Sadie. Sadie turned away from Des and dutifully toward Heinrich with a smile.

Desmond called shortly after the party to see if she still wanted to show him her story. When she got on the phone, she said, "I was told reporters can't ever be trusted." She heard her Southern drawl get lower, huskier. She wanted him to tell her it wasn't true.

"It's true," he said. "In the end, I would betray you if I had to for a story. You should understand that."

"I guess I'll have to if you're going to read my work."

"Do you still want me to?"

"Yes, I think so."

"How can you be sure I won't write about it in *The Weekly*?"

"I'll just have to trust you, won't I?"

A few days later Des called, saying he wanted to see her. He had read her story, but he wouldn't discuss it over the phone. She hadn't thought it a good idea for him to come to the house. How could she explain to her husband if he found out? Rosey thought she'd stopped trying to write years ago.

Finally, she decided to have Des over to the vice-president's mansion. Rosey was out of town; only the household staff were around and the usual Secret Service men who watched her every move outside the house. The Victorian house was like a prison. Surrounded by a veranda, it was set on a hill overlooking Massachusetts Avenue.

Sadie's palms were sweating. She hadn't realized how much she cared about this story. If he didn't like it, it would crush a dream she had cherished for many years. Perhaps she was crazy to have invited him.

Sadie worried that she was showing too much of herself in the story. She, like her main character, was thirty-nine with two children and a tired sex life. Her story was about Fay, a middle-aged married woman, determined to break out of her rut, who has an affair with the tennis pro at the country club. The tennis pro, tall, handsome and muscular, asks her to leave her husband. But Sadie couldn't bring herself to have Fay take that step. Every time she sat down to write about Fay leaving her husband, she got cold feet.

The steward was buzzing. She'd decided to meet Des in the sitting room. She had asked the orderly to take all calls. She looked quickly in the full-length mirror and brushed back her thick auburn hair. She'd decided to dress in black. It seemed the right thing for a writer—serious and professional.

The minute Des entered the room she could feel his energy. He leaned down hesitantly to kiss her on the cheek. Neither of them was comfortable with that, yet it seemed too stilted to shake hands. They laughed and pulled away a little too quickly.

"Electricity," they said together and laughed again, even more self-consciously. They felt the giddiness that comes from being attracted to someone before the attraction is acknowledged.

"How about some coffee?" Sadie said.

She handed him a cup of coffee and saw that his hands were shaking. His wavy black hair was in need of a cut. He wore a rather shabby-looking tweed jacket and khaki trousers.

She was thinking how handsome he was, when he looked up and caught her eye. They both became serious.

"Let's get down to business," he said. "The good points of the story are these: The characters are clear, vivid; they are real people, and we have sympathy for them right away. The dialogue is very good. It moves along nicely. It's not prize-winning fiction, but it's a good read."

> ***"I was fantasizing about the idea of my leading a double life. Veep's wife by day, cat burglar by night."***

"Now for the bad news."

"The subject matter is trite; I've heard the tennis-pro story too many times. The writing is not brilliant. Good at its best. And there is no ending. You've got this woman who has just turned forty. She's bored in her marriage; the sex isn't great or isn't there anymore. The kids are away. She loves her husband, but she's not in love with him. He is a prominent doctor, and they have an important social position. She falls desperately in love with the tennis pro, the sex is fabulous, he loves her and he wants her to leave her husband for him, start a new life. You've built this great case for her to leave the husband. And then she doesn't leave."

"I know."

"Well, why?"

"Would you like some more coffee?"

"Why does she stay?"

"I could ring for—"

"Sadie?"

She looked at him. Neither one of them smiled. Des had a questioning look in his eyes. She was unable to break the gaze. Instead she heaved a sigh, then whispered, "I don't know."

"Well, you've got to think about it," he said finally, his own voice little more than a gruff whisper. "Otherwise the story doesn't work."

A few days later, Des called Sadie back after waiting to hear from her.

"So what do you want to do?" he said.

"I think I'd like to scrap that story for now and try something else."

"Any ideas?"

"I was kind of fantasizing about the idea of my leading a double life. Veep's wife by day, cat burglar by night. What do you think?"

"It's a great idea. Working out the logistics would be a challenge."

"I haven't worked it out. I was just thinking about it yesterday, what a prison on this is and how hard it would be to do anything without anyone knowing."

"I've got an idea."

"What?"

"Let's have lunch."

"What's that got to do with my idea?"

"Alone. No Secret Service, no stewards, no secretaries. Alone."

"It's not possible."

"So we can scrap your fantasy. No literary value there. Moving right along . . ."

He was daring her, and she didn't know whether she wanted to play or not. If she did, she wasn't ready to admit it.

"No, no. You're right, of course. It's just that I can't think now."

"Call me when you can."

It was Hugh, the gardener, who finally gave her the idea. She consulted with him constantly, and their talks were the highlight of her day. He was one of the few people she dealt with who seemed totally oblivious to her position. He was tall and carrot topped with an innocent, freckled face that made him look younger than his years. He was so friendly Sadie could hardly keep herself from patting his head. Some days she was so eager to talk with Hugh that she would meet him in his van as it pulled into the garage off the kitchen to unload whatever he had picked up that day at the nursery.

By the kitchen door to the garage was one of the many TV monitors that recorded the comings and goings of every member of the household. It was impossible for her to leave the house from any of the exits without being seen by the Secret Service.

"You're getting so good you really should think about going into gardening," Hugh said one *(continued)*

# It's a KAL KAN® kind of relationship.



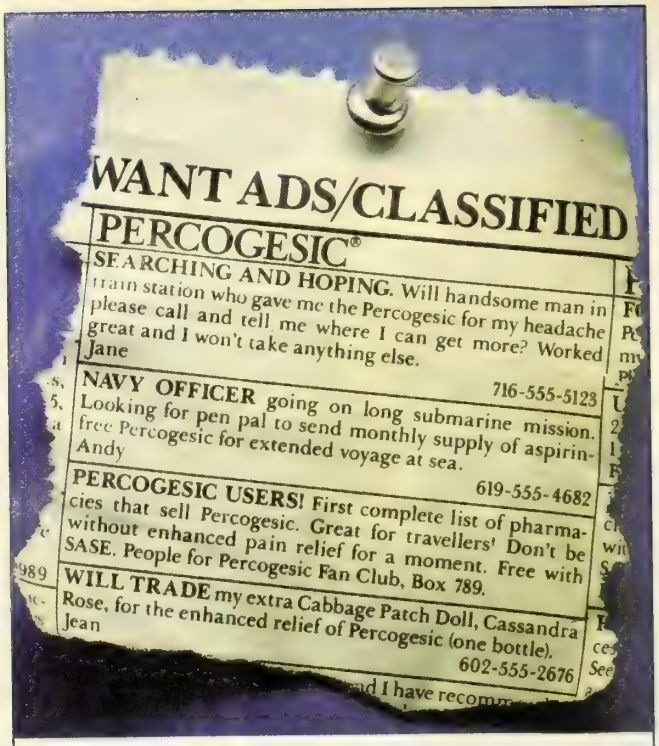
e kind that's warm and caring, the kind that's real. one where your cats understand your moods and u understand theirs. And because you care, you want em to be as happy and healthy as they can be. So, sides love, a big part of that equation is the food you d them. And for you, it's always been KAL KAN® cat food. Cats love meat, and you know KAL KAN® has high-quality meat plus every vitamin and mineral your cats need, to look their best and feel their best every day of their lives. And whether you have one cat or more, KAL KAN's large 13-oz. size has the variety and value you want.

KAL KAN




**KAL KAN® cat food. So rich in nutrition, it's like getting a multi-vitamin in every can.®**

l Kan
s, Inc. 1986




# AREN'T YOU CURIOUS ABOUT A LITTLE KNOWN PAIN RELIEVER THAT CAN INSPIRE THIS MUCH LOYALTY?

The fact is that a virtually undiscovered aspirin-free pain reliever actually inspires more loyalty than Tylenol.

So who wouldn't be curious?

The pain reliever is Percogesic.® And a recent research study found that people who use it are even more loyal, more likely to go out of their way to find it, than people who use Tylenol.

But even though Percogesic isn't well-known, the reason for its loyal followers is crystal clear.

You see, Percogesic begins with the same safe, aspirin-free ingredient as Tylenol.

But Percogesic then goes beyond—adding a second ingredient to enhance the overall relief. This gives Percogesic a unique formula, and a unique kind of relief found nowhere else. In fact, Percogesic has been proven effective in relieving pain swiftly and surely.

So exceptional is Percogesic that it is the pain reliever pharmacists have recommended most for headaches for 10 years. And it has been accepted by the American Dental Association for the relief of dental pain.

Isn't it time you stopped being curious, tried Percogesic, and started feeling better?




Use only as directed

Available from your pharmacist without a prescription.

© 1986 Richardson-Vicks Inc.




day shortly after her telephone conversation with Des.

"I would if I weren't planning to be a best-selling novelist," she said.

"You're writing a novel, are you?"

"I'm thinking about it."

"What's it about?"

"Well, I have this thought that it might be about a vice president's wife who leads a double life. A kind of spoof. But I've been trying to think how to get her out of here logistically, and I just can't figure out a way short of being smuggled in a trunk."

"How about a garbage can?" Hugh asked, grinning.

"You have something specific in mind, I presume?"

"Actually, madam, I do. Come with me."

They were enjoying their little joke as Sadie followed Hugh to the garage, where he kept his supplies. He opened the door to his van and pulled out two large new green plastic trash containers.

"I brought these along today to collect the fall leaves. May I?" He bowed.

Luckily she was wearing slacks, so she let him help her into the garbage pail and put the lid on. Then, with seemingly little effort, he lifted the pail up, slid it into the back of the van and closed the doors.

"Brilliant!" she said, laughing.

She would dismiss the stewards early, or give them the day off on a holiday, have Hugh bring a garbage pail inside the house, where she would climb inside in the pantry, then he'd carry it out to the van. The Secret Service wouldn't see her leave on the TV screen, and they would just assume she was in the house. Then Hugh would drive her off the grounds and to her destination.

"Do I dare?" she asked, extricating herself from the garbage can.

"Now that you know it's possible, how can you not?"

"Columbus Day. It's next Monday. I'll let the staff off. Oh, Hugh, could you possibly do it that day? I didn't even think that it might be your day off, too."

"Are you kidding? For this I'd come back from vacation."

"Okay, then, see you Monday."

She raced upstairs to the sitting room and, still out of breath, called Des at *The Weekly*.

"Let's have lunch," she said.

He was silent on the other end.

"Alone."

The restaurant, L'Auberge Chez François, was closed on Mondays. Des knew François from the old days when he had had a restaurant near his office. It had been his hangout when he was working for *The Boston Gazette*. Now François had moved out into the Virginia countryside.

François would open the restaurant for them Monday; he would cook the lunch personally, and his wife would serve. No staff. All very discreet. They agreed that Hugh would take her to an overlook on the parkway and she would get out and join Des in his car for the drive to the restaurant. Everything was set.

The night before, Sadie lay awake, her mind racing. She thought of every possible disaster. By morning she was exhausted and desperate to get out of the whole scheme. It was insane. She couldn't reach Des. She tried to call Hugh but got no answer; he had probably gone to the nursery to pick up some plants. She went down to the kitchen. The house was empty.

Sadie had a little talk with herself. What am I doing wrong? Nothing. I am just going to have lunch. Big deal. I am a person. I am not a slave to my country. *(continued on page 152)*

# YOU&KIRSCH



New Kirsch vertical blinds bring brilliance to your windows. Patterns like Spectra have a dual personality. Roomside you have gorgeous color, but they're lined with white streetside. And, these verticals are truly economical. Leave it to Kirsch to come up with such a brilliant idea — in 31 new colors. Find out more about Kirsch vertical blinds at your nearby dealer. For the name, call toll-free: 1-800-528-1407.

Kirsch®

COOPER INDUSTRIES

# BRILLIANT

# WOMEN GETTING AHEAD

*Advice on jobs, plus tips on starting your own business. By Shirley Sloan Fader*

### PAYING THE BABY-SITTER

**Q** Child-care costs take such a big bite out of my salary that I sometimes wonder whether it's worth working. But what's left does pay for family extras, and my husband wants me to keep my job. How do other people solve this?

**A** Many people make the mistake of subtracting child-care costs from the mother's salary only; that makes her take-home pay look negligible. Start seeing it as a shared *parents'* cost. Divide it between your incomes. Then your income will look stronger and more encouraging to you. Also, remember that as you keep working, your salary will probably increase as your child-care costs decrease. By working, you not only have money for extras but you are also making an investment in your future earnings.

### GIVING ORDERS

**Q** I'll be starting a new job soon as a supervisor. The office seems to need a thorough reorganization. I've thought of lots of good ideas, but I'm worried about my employees' reactions. How do I get my staffers to cooperate with my plans?

**A** You'll succeed best if you take your time. Industrial psychologists have discovered that new bosses who make rapid changes antagonize their subordinates. People begin worrying about losing their jobs, and cooperation becomes the last thing they're interested in. The psychologists suggest you get to know your people first. When you have a clear understanding of the old system and your staff and co-workers have established a relationship with you, they'll probably accept your new ideas.



Ed Leitau FPG International

### OPPORTUNITY OR TRAP?

**Q** I've been offered what my boss says is a great chance to transfer to a new division my company is setting up. But I feel there must be risks, too. What should I watch out for in a situation like this?

**A** Any transfer to a newly organized department offers you a chance to win big. If the enterprise succeeds, you usually have opportunities for rapid promotion and salary increases. However, in making your decision, realize that new enterprises are usually low on job security. If a young department has economic problems, it can be vulnerable and may be disbanded or suffer personnel cutbacks.

## RUNNING YOUR OWN BUSINESS

### A PROFITABLE FIELD

Women who excel at typing and factory assembly work will also be likely to do well in high-paying repair occupations, according to the Johnson O'Connor Research Foundation. Skills such as TV and radio service, appliance service and computer repair are in high demand and pay well. Once you have one of these skills you can open your own business out of your home. And because it's service, you'll have low start-up costs.

### ADVERTISING HELP

Businesses that are operated b women are increasing faster tha those operated by men, accordin to the U.S. Department of Labor. T help your business succeed, lear how to get the most from your lim ited advertising budget. *Step-by Step Advertising*, by Cynthia S Smith (Sterling, $7.95) covers every aspect, in cluding how to write an ad choosing where to run and how to conduct a di rect-mail campaign.

### SUPPORT SERVICES

Designed for new businesses, an "incubator" is an office or factory subdivided to provide low-cost facilities. Many incubators offer cooperative secretarial and clerical support, management-consulting services and links to professional advisers. They're split between privately sponsored programs begun with government money and privately financed programs. For information on incubators in your area, write to: Office of Private Sector Initiatives, Small Business Administration, 1441 L Street, NW, Suite 720A, Washington, DC 20416.

### LEARNING THE BASICS

Helpful one-day sessions, known as Home-based Business Conferences, are being scheduled for ten cities nationwide beginning in September. Organized by the U.S. Small Business Administration, the conferences will offer expert advice on such subjects as time management, insurance, how to use computers in a home business, tax records and marketing opportunities. The cost is $25 per person for the session. For information on the Home-based Business Conference nearest you, call 800-368-5855.

Shirley Sloan Fader is a careers expert and author of three career guides, including SUCCESSFULLY EVER AFTER, A YOUNG WOMAN'S GUIDE TO CAREER HAPPINESS (McGraw-Hill, $6.95).


PURE WOOL. PURE PENDLETON.
COUNTRY CLOTHES™
Distinguished merger: exclusive separates of pure virgin wool working together in inimitable Pendleton fashion. Beautifully priced, at approximately: jacket, 145.00; trouser, 90.00; crewneck vest, 38.00; Country Sophisticates® shirt, 34.00. At fine stores. Pendleton Woolen Mills, Portland, OR 97207.
Welcome to our world.
PURE VIRGIN WOOL

# COOKING FOR TODAY

*Elegant stuffed vegetables—flavorful side dishes that are easily prepared in a microwave. By Marcia Cone and Thelma Snyder*

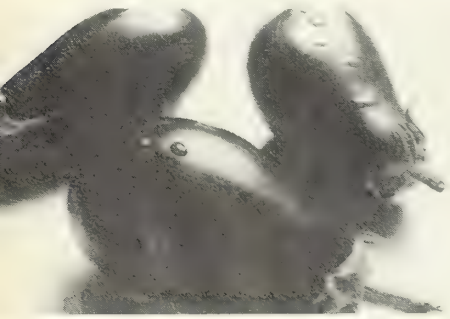
## MEXICAN-STYLE STUFFED ZUCCHINI

**Microwave time: 12 to 18 minutes.**

- 4 small zucchini (about ½ lb. each)
- 1 tablespoon butter or margarine
- ¼ cup chopped onion
- 1 teaspoon minced garlic
- ½ teaspoon Mexican oregano
- ½ pound ripe tomatoes, seeded and cut into ¼-inch cubes
- 1 cup fresh or frozen whole-kernel corn
- ½ teaspoon salt
- ¼ teaspoon freshly ground pepper
- 3 tablespoons prepared salsa
- 1 cup grated Monterey jack cheese, divided

Cut a ¼-inch slice lengthwise from each zucchini. With a knife cut out and discard pulp, leaving a ¼-inch shell.

Place zucchini shells around the outer edge of a 12-inch round microwaveproof dish. Microwave uncovered on High 2 to 3 minutes.



Colin Molyneux/The Image Bank

In 2-quart microwaveproof casserole combine butter, onion, garlic and oregano. Cover tightly. Microwave on High 2 to 3 minutes, until onion is tender. Stir in tomato, corn, salt and pepper; re-cover. Microwave on High 3 to 5 minutes, until heated through, stirring once. Stir in salsa and half the cheese.

Spoon mixture into zucchini shells. Sprinkle remaining cheese over top. Microwave uncovered on Medium 5 to 7 minutes, until cheese is melted and zucchini is tender-crisp, rotating one quarter turn halfway through cooking. Makes 4 servings, 225 calories each.

## RATATOUILLE IN EGGPLANT SHELLS

**Microwave time: 24 to 33 minutes.**

- 2 eggplants (about ¾ lb. each)
- Salt
- 2 tablespoons olive oil
- 3 shallots or 1 medium onion
- 1 teaspoon minced garlic
- 1 green pepper, cut into ½-inch chunks
- 1 small zucchini, cut into ½-inch cubes
- 2 tablespoons chopped fresh basil
- 1 pound ripe tomatoes, seeded and cut into ½-inch cubes
- ½ teaspoon salt
- ¼ teaspoon freshly ground pepper
- 2 tablespoons chopped parsley

Cut each eggplant in half lengthwise. With a knife cut out the pulp, leaving a ¼-inch shell. Sprinkle shells with salt. Chop the pulp into ½-inch cubes.

Place eggplant shells in a 12-inch round microwaveproof dish. Cover with wax paper. Microwave on High 4 to 5 minutes until tender; set aside.

In 2-quart microwaveproof casserole combine oil, shallots or onion, and garlic. Cover with wax paper. Microwave on High 3 to 5 minutes, until onion is tender. Stir in chopped eggplant and green pepper; re-cover. Microwave on High 5 to 7 minutes, until tender-crisp, stirring once halfway through cooking. Stir in zucchini, basil, tomatoes, salt and pepper; re-cover. Microwave on High 7 to 9 minutes, until tender-crisp, stirring once halfway through cooking. Let stand covered 5 minutes.

Spoon mixture into eggplant shells. Cover with wax paper. Microwave on High 5 to 7 minutes, until heated through. Sprinkle with parsley. Makes 4 servings, 150 calories each.

## STUFFED PATTY PAN SQUASH WITH FRESH TOMATO-BASIL SAUCE

**Microwave time: 17 to 27 minutes.**

- 4 medium patty pan squash (about 1¼ lbs. total)
- ¼ cup butter
- 1 teaspoon minced garlic
- 1 medium onion, coarsely chopped
- ¼ cup fresh whole wheat bread crumbs
- ¼ cup grated Parmesan cheese
- 2 tablespoons minced fresh parsley
- ¼ teaspoon salt
- Pinch freshly ground pepper

**Tomato-Basil Sauce**

- 1 tablespoon olive oil
- 1 teaspoon minced garlic
- 1 pound ripe tomatoes (preferably plum), peeled, seeded and chopped
- ½ cup fresh basil leaves, stems removed and chopped fine
- ⅛ teaspoon salt
- Pinch freshly ground pepper

Cut top from each squash. Scoop out center, leaving a ¼-inch shell. Discard stem and scoop out seeds; chop pulp coarsely.

In 2-quart microwaveproof casserole combine butter, garlic and onion. Microwave on High 2 to 4 minutes, until onion is tender. Stir in squash pulp. Microwave on High 3 to 5 minutes, until tender, stirring once. Stir in bread crumbs, cheese, parsley, salt and pepper. Spoon mixture into squash shells.



Arrange shells 1 inch apart in a 10- or 12-inch round or 2-quart rectangular microwaveproof dish. Cover tightly. Microwave on High 8 to 12 minutes, until cooked through, rotating dish once. Let stand covered 5 minutes. Serve with sauce. Makes 4 servings, 195 calories each without sauce.

*Tomato-Basil Sauce:* In 1-quart microwaveproof casserole combine oil and garlic. Microwave on High 30 seconds, until tender. Add remaining ingredients. Cover with wax paper. Microwave on High 3 to 5 minutes, stirring once. Makes 1 cup, 60 calories per ¼ cup. **End**



I still can't believe it.

Here's a man who's ver shown the slightest erest in cooking. And now, nce we got our Jenn-Air ill-Range, I can hardly t him out of the kitchen.

I mean if he isn't char-lling hamburgers or hot gs for the kids, he's grill-g Tandoori Chicken or arinated ank Steak our guests

# "For 19 years my husband never even set foot in the kitchen. Now he's Mr. Barbeque."

a dinner party.

He acts like he's some nd of super chef. But nat it really proves is how wnright easy it is to cook th a Jenn-Air.

You just toss some eat or poultry on the grill, d voilá. You've got a deli-ous char-grilled meal in time.

Smoke and cooking ors are vented right to the outside. You don't even need an overhead hood.

Of course the grill isn't the only thing that makes cooking easier with a Jenn-Air. It also has a "selective use" oven that lets you dial either radiant or convection cooking.

Convection is a real time saver. Cooks meats up to ⅓ faster.

Do you know what that means at Thanksgiving? You can cook a 15 lb. bird in under 3½ hours.

Just think, no more getting up at dawn to put it in the oven. And it comes out crispy brown on the outside, nice and juicy on the inside.

The oven is self-clean, too. And the grill drops in the dishwasher.

Maybe this sounds corny, but getting a Jenn-Air Grill-Range has actually changed my life

Not only has it made cooking simpler and clean-up easier, but it's turned my husband into a regular Mr. Barbeque.

Why, I may never have to cook again.



Jenn-Air.

These days, it's the only way to cook.

*To find out more about the Jenn-Air Grill-Range see your nearest Jenn-Air dealer (he's in the Yellow Pages). Or write for our free brochure at Jenn-Air Co., 3035 Shadeland Ave., Indianapolis, Indiana 46226.*

© 1986 Jenn-Air Company, A division of The Maytag Company

# THE FINANCIAL PAGE

*Investment pointers from an expert in the field*
*By Muriel Siebert*

## Q HOW ARE LOAD AND NO-LOAD MUTUAL FUNDS DIFFERENT?

A First, you need to understand that mutual funds—load and no-load—are investment companies that pool the money of many people to buy a diversified portfolio of securities. Investments may be in stocks, bonds, money market instruments, or some combination of these. The difference between load and no-load funds is that when you invest in a load fund, a "load"—a sales charge or commission—is added to the asset value of the shares, usually when you buy them, while a no-load fund doesn't levy such a charge.

With no-load funds, there are no brokers or salespeople. You do business directly with the fund. Therefore, there is no commission or sales charge deducted from your investment; 100 percent of it goes to buy fund shares. In the long term, this can add significantly to the value of your holdings. However, many investors use their stockbrokers or financial planners to buy load funds because they value their advice. Load funds generally carry commissions of up to 8.5 percent. So-called low-loads are those funds that charge a load of 1 percent to about 4 percent at the time of purchase of shares.

But whether the fund is load or no-load, *all* mutual funds charge a management fee—generally between one half of 1 percent and 1 percent annually of the monies invested. This is paid from the fund's assets to the management company.

A number of no-load funds charge redemption fees, and some no-load funds and load funds have adopted plans that permit payment from fund assets of some or all of the costs of distributing their shares. Each fund's prospectus includes a description of fees and expenses and should be read carefully before you invest.

## INVESTMENT TIP OF THE MONTH

**First Pennsylvania Corporation, listed on the New York Stock Exchange, is the parent of First Pennsylvania Bank, the fifth-largest bank in Pennsylvania and the oldest and sixty-third-largest bank in the U.S.**

**After several unprofitable years, First Penn has returned to profitability. First Penn convertible preferred stock provides shareholders with a yield of about 8 percent, plus the prospect that the convertible preferred shares will increase in value with a rise in the common stock, into which the shares are convertible.**

## Q WHY ALL THE EXCITE ZERO-COUPON BON

A A zero-coupo
the fastest
newer in
struments, is bought at a substa
from the face value and paid off a
at maturity. There are zero
for interest payments during the
Instead, the interest compounds a
of the best-known zeros is the I
ings
boug
discou
in eigh
But
more pe
zero-cou
ing 11
yield n
thirty
amoun
ket mu
earn at
suming
rates h
could, o
But the
down. W
carries a
know ex
you'll ge
till mat

The biggest drawback to zeros
you buy municipal zeros. You'
the interest earned, even though
that income until the bond matur
most zeros are bought for IRAs
custodian accounts, where taxes a
til final withdrawal.

As with all bonds, you may want
you'll need the money before they
have to sell, you may end up with fa
think the zeros are worth, since their
ate. So invest in zeros only to buy a

**Financial wizard Muriel (Mickie) Siebert never**
**but she bought a seat on the New York Stock Ex**
**and became the first woman member of the E**
**founded and operates her own discount brokera**
**Siebert & Co., and was the first woman to be s**
**of banks for the State of New York.**







# CRÈME DE LA CREAMY.




Good Seasons®

## THE FRESH START FOR CREAMY DRESSINGS.

Create these three delicious dressings and discover the difference our unique blend of herbs and spices makes!

**Creamy Italian Dressing.** Blend Good Seasons Salad Dressing Mix with 1 cup sour cream, ½ cup mayonnaise and ½ cup of milk.

**Creamy Dijon.** Add 2 to 4 tablespoons of Dijon style mustard to the above recipe.

**Creamy Bacon Dressing.** Prepare Creamy Italian recipe. Stir in ¼ cup crumbled bacon (about three slices).

*Just think what you can do with it.*




© 1986 GENERAL FOODS CORPORATION




YOU'LL FIND WEATHER TAMER® AT THESE FINE STORES AND THEIR BRANCHES (The White Jacket style is noted as A, and the Pink style as B following each store name to indicate st availability): **NEW YORK**, Macy's (A,B); **BROOKLYN**, Abraham & Straus (A,B); **CHICAGO**, Carson Pirie Scott & Co. (B); **PHILADELPHIA**, Strawbridge & Clothier (A,B), John Wanamal (A,B)· **DETROIT**, Crowley Milner (A); **HONOLULU**, Ritz (A); **BALTIMORE**, Hutzler's (B); **BOSTON**, Filene's (B); **CLEVELAND**, May Co. (A); **ST. LOUIS**, Famous Barr (B); **PITTSBURG** Kaufmann's (A,B); **SACRAMENTO**, Weinstock's (A,B); **BIRMINGHAM**, Parisian (B,); **ROCHESTER**, McCurdy's (A); **SALT LAKE CITY**, ZCMI (A,B); **HARTFORD**, G. Fox (B), D&L (B); **PARAMU** Stern's (A,B); **CANTON**, Stern & Mann, (B); **DAVENPORT**, Peterson Harned Von Maur (B); **CONNECTICUT**, Read's (B); **NO. & SO. CAROLINA**, Ivey's (A,B); **MICHIGAN**, Jacobson's (B); **NEW JERSEY**, Bamberger's (B); and fine stores everywhere or write to Weather Tamer, Inc., 821-C Merchandise Mart, Chicago, IL 60654.

# WISE WOMAN

## A proper interview with Miss Manners, who's teaching Americans how to behave themselves. By Jill MacNeice

*Miss Manners (Judith Martin) has been helping Americans mind their p's and q's through her syndicated column on etiquette since 1978. A graduate of Wellesley College and a former society reporter for* The Washington Post, *she has written several books, including three on etiquette:* Miss Manners' Guide to Excruciatingly Correct Behavior, Miss Manners' Guide to Rearing Perfect Children *and* Common Courtesy *(Atheneum). Martin is married to a physician and is the mother of two perfect and mannerly children.*

**LHJ:** The mid-1980s seems to be a time when people are returning to traditional values. Have manners also become fashionable again?

**MM:** When I started writing about manners in the seventies, everyone said, "We're all good, honest folk; we can do without them." People now realize that they don't want to be treated rudely—they want people to behave well toward them. Yet I see very little interest among people in behaving well themselves. I constantly get letters from people who have been treated rudely and then ask me to help them be even ruder in response. That kind of behavior only increases the amount of rudeness in the world.

The real lack of manners that is now common began with the idealism of the sixties, when people believed that everything natural was good and that civilization was corrupting and bad. Unfortunately, many of our natural impulses are just plain unacceptable. Bluntness, crudeness and literal honesty—things we admired during the sixties—can be extremely offensive. But good manners make the world livable and give us ways to avoid unnecessary confrontations.

**LHJ:** Do you find that people today are more confused about how to act than they were in earlier decades?

**MM:** Most of my mail, to my surprise, is from young people who were brought up under the no-manners system. Their parents, instead of teaching them the rules, told them that if they had good hearts, it was enough. When you teach a child a sport, do you tell him that it doesn't matter where you hit the ball, just go in there and play? Now these children, who were supposed to be so uninhibited, are adults who are paralyzed with fear. They have discovered that rules do exist, but they don't know what they are because nobody ever told them.

I'm constantly asked about the two areas in life where you care desperately about what other people think about you—love and work. There is a ridiculous confusion of personal and professional life. Your bank, instead of simply performing its function, wants to be your friend, but if you want to fall in love, you place a classified ad. In the professional world, you are always striving to get ahead; in the personal world, you are supposed to enjoy being where you are. If you go into something like romance or child rearing in a competitive, get-ahead way, you're going to make a mess of it, because you're supposed to enjoy those things for themselves. On the other hand, if you go to work and think that your boss can be a pal, you are also going to make a mess of things. People don't understand that you have business manners and social manners, and that neither one is phony.



Margaret Thomas

"Many of our natural impulses are just plain unacceptable."

**LHJ:** In your book *Miss Manners' Guide to Rearing Perfect Children*, you say children are innately rude, difficult and oafish. Are they really that bad? What can parents do?

**MM:** They're born that way. There has never been an infant in the history of the world who thought, I'm hungry, but I could wait until morning and let these poor people sleep. I don't mean that children are a lower class of human being than adults. I blame the parent who has not civilized the child, who has encouraged the child to follow his basic oafish instincts rather than learn to live in society.

The chief thing that one teaches children is that there are other people in the world. Parents should try to teach their children to put themselves in another person's place from a very early stage. Learning this skill is essential, not only for developing into a decent human being but also to get ahead in this society. If you are able to consider the other person's point of view during business negotiations, you can better anticipate his actions.

**LHJ:** What advice do you have for parents who have never cared about manners and then decide that it's important to teach their child about etiquette?

**MM:** Start immediately. Most manners are taught by rote, like a foreign language. With a younger child, you just keep saying "Say thank you, say thank you," and one day the words pop out of his mouth before he's had a chance to think about it. If you're starting with an older child, it's harder. You have to persuade the child to learn manners. You have to make him sit down and work at it.

A big problem is that most people don't have any respect for their child's intelligence. You can't teach a child to speak in a well-modulated voice by yelling at him to shut up. If you talk down to the child, telling him how ill-behaved he is and how little interest he has in society or people, you will get a child who is just that way. If you treat him as a scaled-down version of what you would expect to be yourself, you get an interesting, delightfully well behaved child who will grow into an impeccably well mannered adult.

# TRAVEL TALK

*Breathtaking autumn foliage, learning to ride on a dude ranch, and a tour of colonial America. By Ron Butler*

## VIRGINIA'S TIDEWATER COUNTRY

Williamsburg, Jamestown and Yorktown will give your family a taste of colonial America. Williamsburg features eighty-eight restored eighteenth- and nineteenth-century buildings, where craftsmen in period dress turn out shoes, boots, candles, saddles, fixtures and furnishings, all of which are for sale. Reproductions of colonial glassware, silver and pewter are also available.



Last year the village unveiled its $15 million DeWitt Wallace Decorative Arts Gallery, displaying more than eight thousand rare English and American antiques. A refurbished visitors' center was also opened.

General admission to the village is $13.50 for adults, $6.50 for children aged six to twelve.

Jamestown was established in 1607, the first permanent English settlement in the New World. Today's visitor can watch glassblowing demonstrations, view the tower of Jamestown Church, the Powhatan Indian village and full-scale reproductions of three ships—the *Godspeed*, the *Susan Constant* and the *Discovery*—that made the voyage from England to America.

Nearby is Yorktown, the site of the stunning victory in 1781 by French and American forces in the American Revolution. The Yorktown Victory Center highlights the period with films and multimedia exhibits. Yorktown Day, celebrated on October 19, commemorates the final battle of the American Revolution with a parade, crafts demonstrations and wreath-laying ceremonies. Combination tickets for Jamestown and Yorktown are $7.50 for adults, $3.75 for children six to twelve.


**Legendary Sleepy Hollow Country**

**Gateway to the Hudson River Valley**

- See Sunnyside, home of author Washington Irving
- Explore Philipsburg Manor, gristmill trading site
- Enjoy Van Cortlandt Manor, exquisite river estate

**The Sleepy Hollow Restorations**

For information: Write Sleepy Hollow Restorations, Dept. LHJ, 150 White Plains Rd., Tarrytown, New York 10591. Tel. (914) 631-8200.

Ask for free information kit and book catalogue.


## LEAFY NEW ENGLAND ABLAZE WITH COLOR



Fall turns the entire Northeast the color of candy-coated apples, but nowhere more brilliantly than in New England, where seasons change with astonishing clarity. Some of the best places to enjoy the fall scenery are along the Connecticut River. New England's largest waterway emerges just south of Canada's border. Then, nourished by wells and streams, it grows, forming the boundary between Vermont and New Hampshire and moving across Massachusetts and Connecticut, where it spills into the sea at Old Saybrook, midway between New York and Boston. Tauck Tours (475 Fifth Avenue, New York, NY 10017; 203-226-6911) offers several fall foliage tours, among them a deluxe seven-day motor-coach tour that follows the Connecticut River to its source. Departing from the Waldorf-Astoria Hotel in New York, the all-inclusive tour is priced at $825 and includes three meals per day and lodging at quaint inns. Eleven- and thirteen-day tours are also available. Information on self-guided fall foliage tours is available from the New England Vacation Center (630 Fifth Avenue, New York, NY 10020; 212-307-5780). Specify the state or states you wish to visit.

## POSH DIGS

The most expensive hotel suite in the United States? It's the penthouse suite of the Fairmont Hotel, in San Francisco, which just increased its nightly rate to a neat $4,000.

But the amenities are impressive—round-trip airport limousine, three bedrooms, round-the-clock maid and butler service, a spacious living room with a grand piano, a dining room seating fifty, library, terrace, and more.

Too extravagant? Consider the Weekender package—two days, one night in a deluxe double, including a show and cocktail or other entertainment options, for $85 per person, double occupancy.

The Fairmont also doubles as the St. Gregory in the hit TV series *Hotel*. For reservations, call 800-527-4727.

# My best vacation



oon-drenched trail rides, hot tub soaks under a blaze of stars, the ative call of a coyote in the distance. Jennifer Abbracciamento, of Brook- New York, nothing beats a dude- h vacation out where the cactus ms. "I recently spent seven days at Tanque Verde Ranch in Tucson, and s marvelous," she says.

he ranch has five tennis courts, an oor pool, an indoor pool and a hot large enough for a football team. e are lots of horses and friendly glers to teach you how to ride."

ne wranglers, most of whom have h and rodeo backgrounds, are as au- tic as Tanque Verde itself, an old- cattle ranch nestled twenty-eight dred feet high in the Rincon foothills ne outskirts of town. ("I was told to east on Speedway until the road s," says Jennifer, "and turn left.")

izona's oldest and largest dude h, Tanque Verde accommodates 125 sts and is open year-round. All-in- ve daily rates through September $99.50 to $129 for a single; $129 to for a double. Higher winter rates y after October 1. For a brochure, Tanque Verde Ranch, Route 8, Box Tucson, AZ 85748; 602-296-6275.

### THE SMART TRAVELER

ith the Civil Aeronautics Board no nger in business, travelers with con- mer problems—damaged or lost ggage, "bumping," smokers in no- noking sections—can contact the Of- e of Consumer Affairs at the U.S. epartment of Transportation if the air- e doesn't help. The office will tell the nsumer what his rights are—and ay take up the matter directly with the rline. Call 202-755-2220.




Picture yourself in the world of a Princess.

For reservations and information, see your travel agent or call 800-223-1818. in N.Y. State 800-442-8418. in N.Y. City 212-582-8100. in Canada 416-964-6641

The Princess Bermuda

ACAPULCO: Acapulco Princess. Pierre Marques. BAHAMAS: Bahamas Princess Resort and Casino. BERMUDA: Southampton Princess. The Princess. Represented by Princess Hotels International, Inc.*



## 7-Day Mark Twain Mississippi River Cruise

Spend 7 glorious days with American Cruise Lines on a spectacular Mark Twain Lower Mississippi River Cruise departing from vibrant New Orleans. Among the 5 exciting ports of call you'll visit is Natchez, a haven of antebellum homes.

As you discover the legend of the Mississippi you'll be pampered in luxury with impeccable service, spacious staterooms, superb cuisine, and live entertainment.

We're open 7 days a week including Sundays, so call now, **1-800-243-6755**, in CT collect, 345-8501. Or see your travel agent.

AMERICAN CRUISE LINES INC
HADDAM CONNECTICUT

Please send me your **free** deluxe brochure on Mississippi River & East Coast Cruises.

Name _____

Address _____

City _____ State _____ Zip _____

Phone _____ LH • 986

# LOOKING GOOD

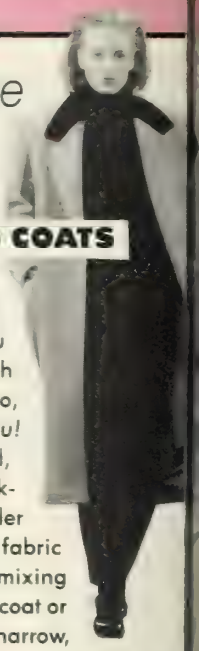
*Top designers and beauty consultants help create your best look this fall. By Constance Leisure*

THE LATEST TRENDS

Body-conscious, short, long, draped, padded, peplumed or straight—what's a woman to do when faced with the new looks this fall? Here's an overview of fall '86 fashion from the top American designers. These descriptions may help you to decide on your own special style before buying. **Calvin Klein** The fashions of this true American classicist have never looked more streamlined and confident. Klein showed body-skimming checked tweed jackets, straight trousers and wide-legged culotte pants. He created streamlined, strapless evening dresses, shown with no accessories—the perfect, self-assured line said it all. His colors were muted—gray, camel, navy—though there were flashes of soft green, paprika and pink. His overcoats were voluminous and beautifully cut. These ankle-length coats were shown by nearly every designer and seem to be one of the season's hottest fashion looks. **Donna Karan** Hailed as the brightest new star in American fashion, Karan showed her classic bodysuit with long, wrapped skirts (and wrapped pants!). These are worn with luxurious cashmere stoles or jackets. Karan's beautifully tailored jackets gently emphasize a woman's curves, have modulated shoulder pads and are often gathered at the waist and then molded over the hips. **Oscar de la Renta** He believes women still want to look feminine and romantic. He showed evening separates in muted colors, such as charcoal-gray jersey skirts, with silver-sequined tops. His black laces and velvet dresses for evening were beautifully cut, often with detailed beading. **Norma Kamali** This designer believes women want to make their own individual look so she goes all out with redingotes (fitted coats) that extend to the ankles, skinny cropped pants, trumpet skirts, peplums on dresses and jackets, and lots of black for evening. **Ralph Lauren** Like Calvin Klein, Lauren makes clothes that transcend fashion and are classic in cut and romantic in color, style and the use of luxurious fabrics. He showed a wood-violet tweed jacket over a lavender cashmere sweater that topped a deep purple paisley skirt. **Adrienne Vittadini** Famous for her knits, Vittadini now features a silhouette that is a little tighter and more sensual than in the past. She emphasizes solid colors and the luxury fabrics like cashmere and wool jersey.



Tomio Nakamura



## HOW TO WEAR THE NEW BIG COATS

The drape shape, with yards of gorgeous fabric that's supposed to make you look glamorous, can wind up making you look dowdy. "If you have a big ankle-length coat, give it some structure," says Emily Cho, an image consultant and author of *It's You! Looking Terrific Whatever Your Type* (Villard, $17.95). "Add a big belt with a dramatic buckle to hold the whole thing in place." Shoulder pads are still important to give all that fabric some shape and line. Emily also suggests mixing big with small. If you have a very large car coat or three-quarter-length coat, pair it with narrow, sleek trousers, a long, slim skirt or even a short skirt. Othe tips: Try on several sizes. Some of the coats are cut so larg that if you normally wear a size 10 you might look better in size 6. Be careful in your choice of fabric, emphasizes Emily "When buying a coat, find a fabric that suits you. The colo should be attractive, and it should look great on your body.

FASHION ACCESSORY OF THE YEAR

## THE WATCH

The watch is the new status accessory, but you don't have to spen a lot of money to get a beautiful timepiece. Between imports an low-cost designer imitations, prices range from $15.95 to hun dreds of thousands of dollars. According to Tourneau, which spe cializes in expensive imported watches, here's what to look fo when you want a watch that will make a fashion statement.

● There's a strong trend toward classic, clean-looking faces wit old-fashioned hands (instead of digits) and numerals. ● Many wome are now buying man-size watches. ● Copies of thirties- and forties style watches are very popular. Watches that show the phases o the moon are also in vogue. ● The luxury watch is often gold wit a gold or steel-and-gold band. Look for one that's waterproof.

continued




# Watercolors™

There's a splashy new rainbow of watches comin' down.
They're all quartz. All water resistant. And all $24.95.* TIMEX®

tore nearest you call **1-800-FOR-TIMEX.**

* Suggested retail price



# HAIR COLOR

## THE NEWEST COSMETIC

"Today anything goes in hair color," says Louis Licari, color director at New York's La Coupe. "Now we think of hair color as the newest cosmetic available." He favors the fun of try-on colors, like Clairol's Pazazz, that are not permanent. "Wear it for a day, and wash it out if you don't like it. If you do like it, then you can think about a more permanent change." Licari sees a new interest in reds this fall. But his favorite is still the classic of natural-looking, soft and pretty highlights that can make browns blonder, brunets and redheads lighter or redder. "Color can change a woman's whole appearance," Licari says. "If you're not coloring your hair, you're losing an option to look better."

At the John Sahag Salon, color is used to enhance a woman's haircut as well as her complexion. Sahag favors an asymmetrical, layered look that is made more dramatic by the subtle addition of color. Often he cuts hair first; then after it has been colored, he cuts again to get the right effect. For those who are hesitant to make a dramatic change, Sahag suggests weaving in *two* subtle tones to add interest—say, light brown and tawny blond for mousy brown hair. For the more adventurous, golds, reds and strands of black are added for dramatic contrast and an avant-garde look.

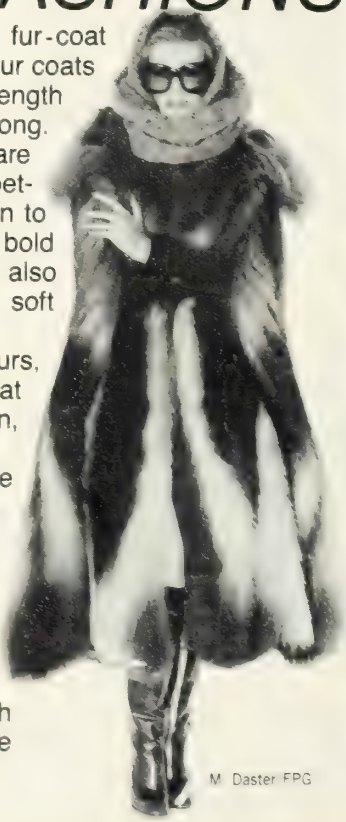
# FUROCIOUS FASHIONS

Though hemlines are plummeting, some fur-coat lengths are on the rise! The latest length for fur coats is seven eighths, and these not-quite-full-length coats can be worn over anything, short or long. The good news is that because fewer pelts are used, these coats are less expensive. Even better, they're highly styled, with lots of attention to cut and detail (like Donna Karan's short, bold hooded coats), so you look great! Color is also more adventurous. Fox is showing up in soft peach, baby blue and palest pink.

At Alixandre, a manufacturer of designer furs, there's Persian lamb by Perry Ellis in car-coat length and a short spencer jacket in brown, charcoal gray and black.

Yves St. Laurent (YSL) furs are going to the shorter lengths in sheared beaver, with shades from white to wild. Some of the most popular hues this year will be beige, blue, green and blood red. YSL also has a chinchilla bolero jacket and a black swakara—a light, luxurious lamb—in blazer and cardigan styles.

Don't forget fake furs—they're more high fashion every year. So flaunt that teal-blue leopard print!



M. Daster FPG

# JEWELS

## WHAT'S HOT, WHAT'S NOT



Hennessey/FPG

### OUT

- Overdone glitz, rhinestones and big, shiny stones
- Silver, black and white, cool colors
- Hoop earrings, conservative chains, anything tiny

### IN

- Old-fashioned Hollywood glamour—jewelry in sensual, bold shapes
- Stones and acrylics in tigereye, amber and coral
- Gold (everything from green gold to twenty-four-karat)
- Treated metals in brown, burgundy, tortoise, beige, gunmetal
- Drop earrings for daytime, cuffs, curvaceous shapes and feminine oval or egg forms that have volume and drama

# Deplomat



*The way you manage men is marvelous!*
*And, if you'd like to handle your hair styling just as easily...*
*To go from wide awake spikes to sleepy tousles... and still have lustrous body and control...*
*Congratulations!*
*With alcohol-free Dep, you can consider one choice...already made.*

*Get Deputized!*



# Now, a revolutionary new way to prepare turkey.

## Slice it.

Sharpen your knife. That's all the preparation you'll need to have turkey at its most tender and juicy.

You see, at Louis Rich,™ we roast the turkey for you. To perfection. But more important, we've taken the time to hand-carve that lean, white meat whole from the bird (each piece looks a little different but, then again, no two turkeys look alike). Our natural shape tells you we're always juicy and naturally delicious.

Now that we've made our Breast of Turkey so easy to prepare, you can't help but notice how easy it is to serve. Any day of the week. And for a savory change of pace, try the recipe we've included below. It's yet another great way to have turkey at its best.

It took Louis Rich to make turkey so luscious, so light. It took Louis Rich to make turkey so right.

### Turkey in Tarragon Cream

1 pound Louis Rich Oven Roasted Breast of Turkey
1 tablespoon butter  1 tablespoon flour  ¾ cup milk
2 tablespoons chopped fresh parsley  ½ teaspoon tarragon
½ cup sour cream  1 tablespoon Dijon mustard

Cut turkey into ¼-inch slices; set aside. Melt butter on medium in large skillet. Stir in flour, parsley and tarragon. Gradually add milk, stirring constantly until thickened. Add turkey. Bring to a boil; turn down heat. Cover. Simmer 10 minutes. Place turkey on platter. Stir sour cream and mustard into sauce. Do not boil. Serve with turkey. 4 servings.



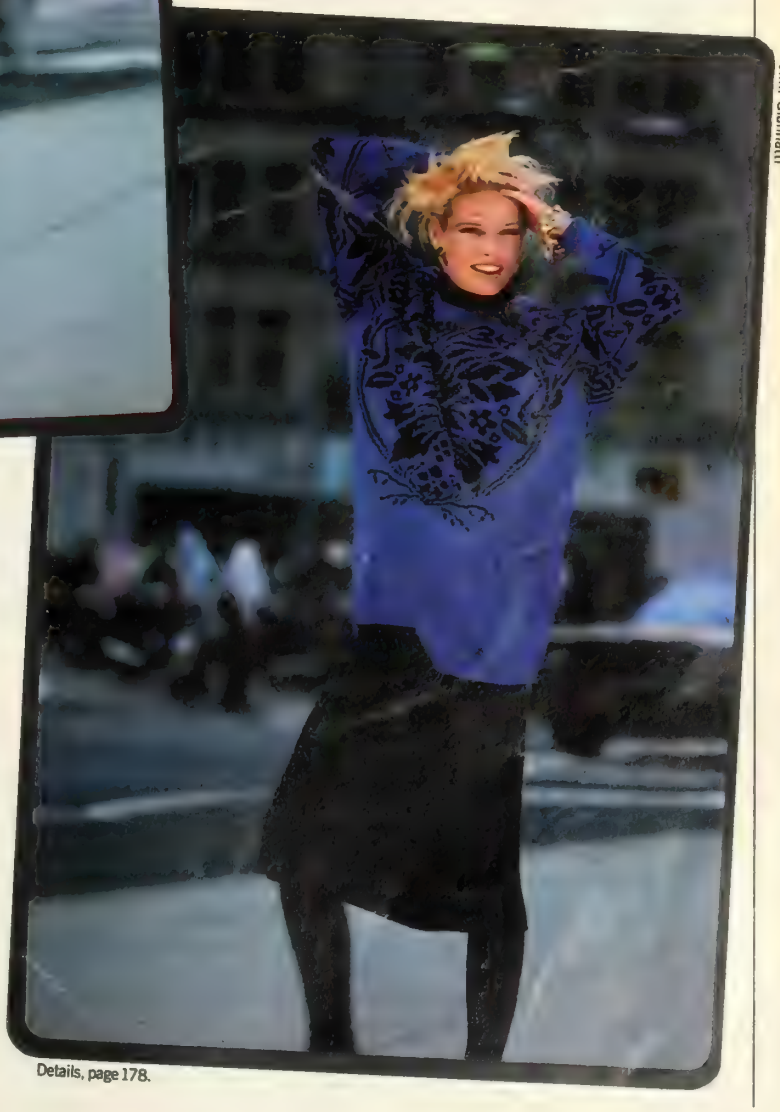

Louis Rich™

*Turkey so right.*



# SWEATER & SKIRT CHIC

*A bold-patterned sweater and skinny tube—the essential duo for fall*



Jimi Giannatti

Hot this season! Our exclusive super-stylish oversize sweaters (adapted from the trendiest sweaters on London's fashion scene) are comfortably boxy in shape and measure thirty inches in length. The sweaters look smashing with our soft ribbed tube skirts (available in black and fuchsia) or teamed with your favorite skinny leggings. Choose the diamond design (above) in fuchsia or the floral (right) in purple. The outfits can be dressed up for the office or down for leisurely weekends. And the price is right—just $29.95 for the sweater and $19.95 for the skirt. Buy the set for $49.90, and we pay the freight! To order, turn to page 178.

Details, page 178.

# Think they're the lowest?

# Think again.







## Now is lowest.

By U.S. Gov't. testing method.

SURGEON GENERAL'S WARNING: Smoking By Pregnant Women May Result in Fetal Injury, Premature Birth, And Low Birth Weight.

NOW. THE LOWEST OF ALL BRANDS.

Competitive tar levels reflect either the Jan. '85 FTC Report or FTC method.

SOFT PACK 100s FILTER, MENTHOL: 3 mg. "tar", 0.3 mg. nicotine av. per cigarette by FTC method.

©1986 R.J. REYNOLDS TOBACCO CO.

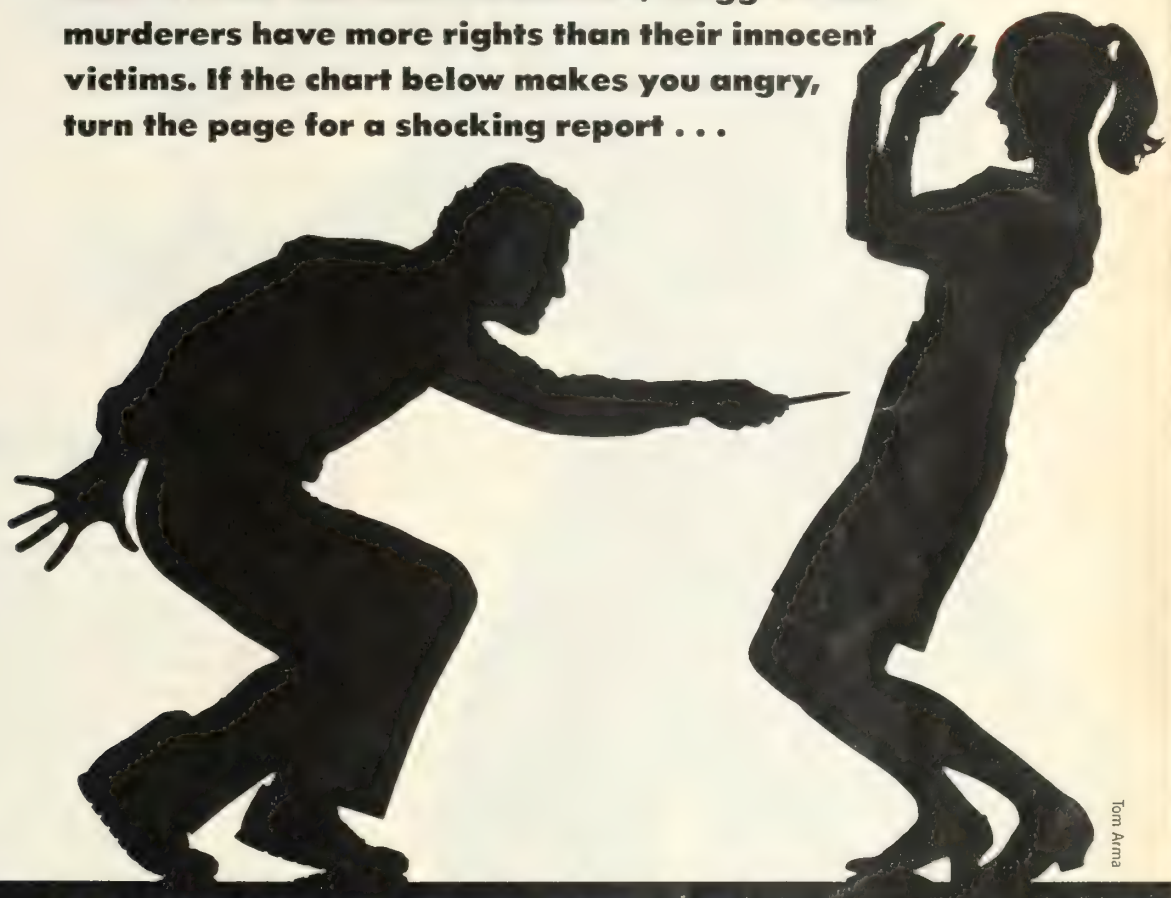
adies'
ome
ournal

eptember
986

# CRIMINALS

## HAVE ALL THE RIGHTS

**Once a crime has been committed, muggers and murderers have more rights than their innocent victims. If the chart below makes you angry, turn the page for a shocking report . . .**



Tom Arma

| CRIMINALS HAVE THE RIGHT TO . . . | BUT VICTIMS . . . |
|---|---|
| • Be informed of their rights when arrested | • Are given no warning before being selected as victims |
| • Be represented by counsel—free of charge if they can't afford to pay | • Are represented as "the people" in a case, not as individuals |
| • Free food, clothing and medical care while in custody | • May face financial ruin due to medical costs, time lost from work |
| • Psychological counseling | • Are counseled free only when limited state funds are available |
| • Plea-bargain to a lesser charge in exchange for a guilty plea | • Have no legal power to object to victimizers' plea bargains |
| • A speedy trial (though they can ask for postponements) | • Are subject to delays in court proceedings, sometimes as long as several years |
| • Be present at proceedings and confront their accusers in court | • May be excluded from trial; can confront their victimizers only if called as witnesses |
| • Appeal to a higher court to overturn a ruling or lighten a sentence | • Cannot appeal the acquittal of the victimizers |



## By Edmund Newton

Ben Davis, fifteen years old, was a good student and a sensible teenager. His home life in Whittier, California, was comfortable and stable. He got along with his older brother, his parents were happily married, for twenty-six years, and he didn't fight with his mom, Coleen, who was a high school home economics teacher and former Cub Scout den mother. Ben's life was pleasantly uneventful until one night in April 1979. On the way home from his first high school party, he was attacked by two teenage boys—seventeen and nineteen—their minds addled by beer, whiskey and speed. Their initial impulse was to rob him, but violence became an enthralling end in itself. The attackers clubbed the boy, stabbed him repeatedly, then flipped him, like an empty beer can, thirty feet down a canyon near the town.

Somehow, after spending two nights bleeding in the canyon, Ben hauled himself up the cliff to the road. He was spotted by two passing motorists, who rushed him to a nearby hospital. When Coleen finally saw her younger son that grim afternoon in the emergency room, his eyes were blackened, his body was punctured with stab wounds, and his hair was matted with blood.

The brain surgeons who tried to save Ben's life found irreparable damage, and he died a day and a half later. Coleen was tortured by the thought that

**All I ask is that I be treated with the same concern as a criminal," says a man whose son was brutally murdered two years ago.**



Tom Arma

d her son been found sooner, he might have lived. when she had called the police the morning Ben dn't returned home from the party, they asked her he boy had ever run away (he hadn't) and then d her they could do nothing about looking for him il he had been missing for twenty-four hours.

Three months later, the two killers were captured. court almost a year after their arrest, the older boy a-bargained to a lesser charge in return for testi- g against the other—despite Coleen's strenuous ections. He was sentenced to five years as an cessory to kidnapping, but like 84 percent of all soners today, he did not serve his full sentence. was paroled after spending only three years in a imum-security youth facility and is back out on street today, no longer subject even to periodic iews by the parole board. The other teenager, ntenced to fifteen years to life for second-degree rder, is eligible for parole in 1989.

For Ben, of course, there was no parole. And for leen and her family, the wounds will never heal. r husband, crumpling under the pressure, eventu- left her. Her friends, recoiling from the specter of lence that her presence evoked for them, avoided . Grief became a constant reality. "Hope for the ure was dead," Coleen says. "The best I could pect was to live through each day."

To Coleen, the killers' sentences seem like a very all price to pay for taking her son's innocent ung life. "They'll have the rest of their lives to live, h children, families, jobs," she says. "But my n's life is over, and our lives are changed forever."

When thirty-six-year-old *(continued on page 170)*



# BREAKFAST

Slice a bake-shop brioche, then tuck in our elegant sweet-tooth omelet. To make, add a touch of sugar to the eggs, then cook and fill with fresh strawberries and raspberry jelly. Definitely fancy enough for Sunday brunch.

# LUNCH

Here's an up-to-date variation on Waldorf salad: Apples, raisins and walnuts are bound with Brie, then piled on whole grain bread. Broil to blend the flavors, and garnish with a sprig or two of watercress. Divine!

**By Jan Turner Hazard**
**Food & Equipment Editor**

# SANDWICHES!

On-the-go Americans are eating more sandwiches than ever before. Feast your eyes on these three, then turn to page 130 for our delicious morning, noon and night sandwich ideas



*What a hero! Start with a crusty loaf of French bread, then stuff with plump fried oysters and shredded lettuce for a taste of New Orleans. Serve with tartar and spicy cocktail sauces. How's that for an out-of-the-ordinary fall supper?*

## DINNER

Irwin Horowitz

Utterly elegant. Supremely self-confident. **SEXY** with a swervy capital S. Suavely sophisticated. *Those* are the attitudes to pick up on right now . . . and the beauty and fashion looks to have: Real grown-up glamour, polished and luxe. The colors are rich neutrals, with the emphasis on the tawny brown-gold of camel, the sleek of **BLACK**, with an occasional peppering of bright red. Separates are newly arranged to reveal, not conceal. Dresses are the kind you've yearned for for *years*, with TINY WAISTS, skirts that flirt and flatter your curves. Trouser suits are softened, femininely tailored. **CLASSY CLASSIC** accessories . . . status scarves, the Kelly bag (*you* know, the boxy shape Grace always wore with her cashmeres), wide, shiny mock croc belts that belittle your middle, *stacks* of matching bracelets, **high heels!** Shorten your nails to elegant ovals. Paint your mouth rah-rah red, but go easy on the blush. Learn to do the new *ELONGATED EYE*, tip-tilted à la Sophia (Loren, of course). Snip off a thick fringe of **short bangs**. Now trade in your sneakers and sweats and get into the great new . . .

# Fall 1986 fashion & beauty ATTITUDES

By Lois Joy Johnson, Beauty and Fashion Editor

Tohru Nakamura

**Svelte** Body-conscious ayering in the new pro-ortions: hip-length cardi-an over mid-thigh pull-ver and lean leggings, all wool jersey, by Andre an Pier. We highlighted ur model's waist with a ack croc belt, wrapped a ool jersey scarf round er head, and double-rolled e cardigan and pull-ver sleeves. All makeup y Coty; details, page 178.

ir, Gerard Bollei at the Galleria. ils, Elisabeth Drabinski. Makeup, nda Mason. Details, page 178.

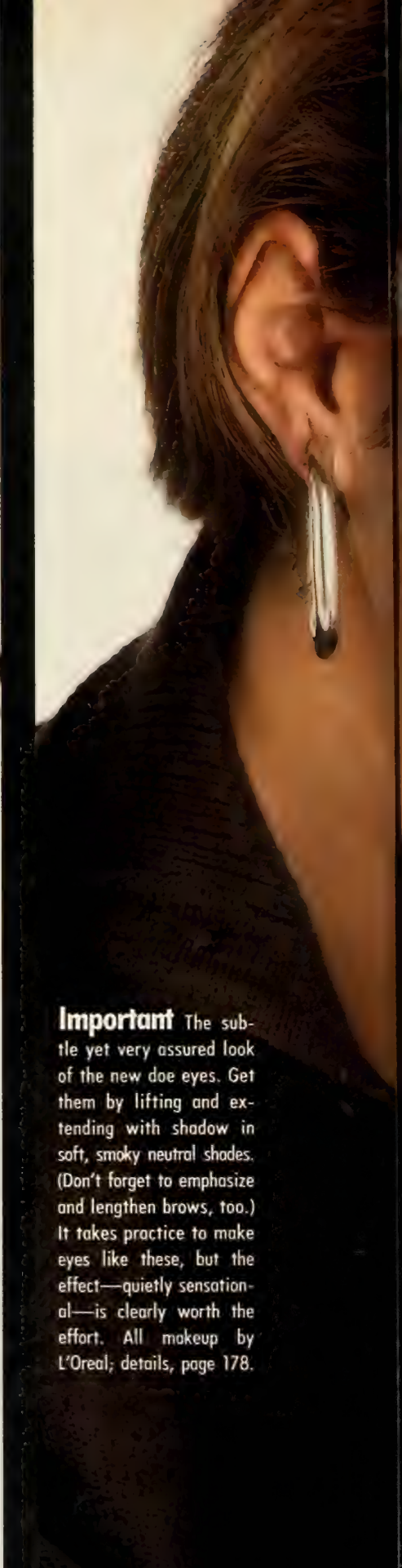


# SELF-CONFIDENT



**Spirited** A team of exquisitely tailored pieces in a mix of luxurious fabrics that say you mean to have it all: cashmere sweater, houndstooth jacket and pleated suede trousers, all by Calvin Klein.

Left: Makeup, Glenn Marziali for Trish McEvoy. Center: Makeup, Linda Mason. Right: Makeup, Linda Mason. Model, Caroline Ellen from Click.

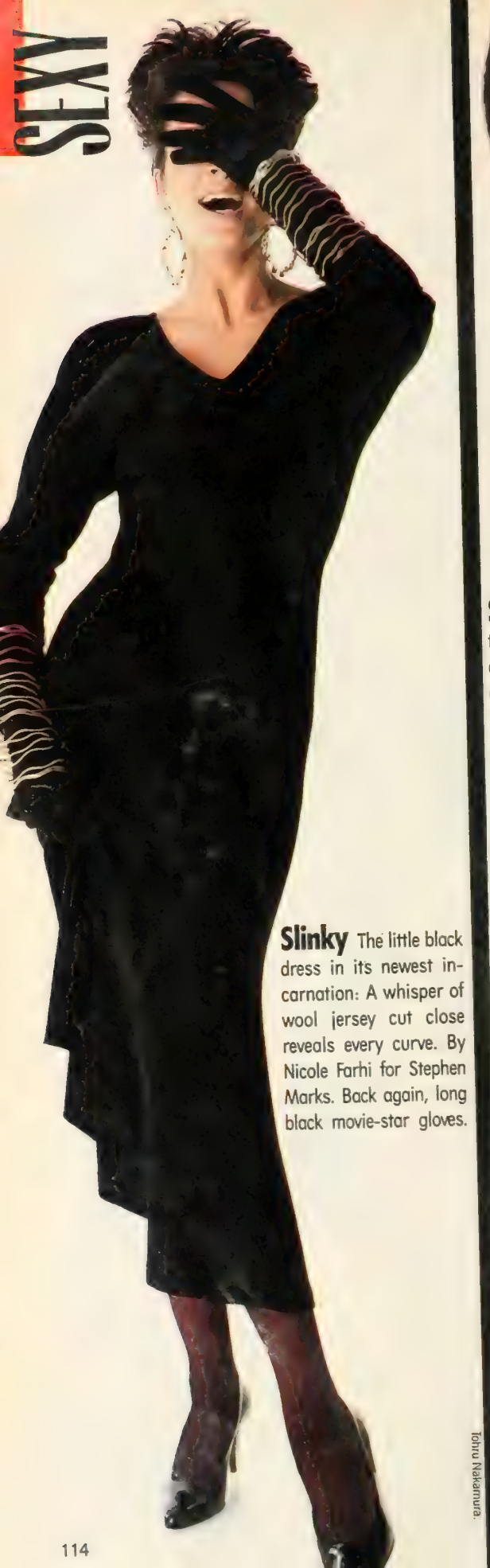


**Important** The subtle yet very assured look of the new doe eyes. Get them by lifting and extending with shadow in soft, smoky neutral shades. (Don't forget to emphasize and lengthen brows, too.) It takes practice to make eyes like these, but the effect—quietly sensational—is clearly worth the effort. All makeup by L'Oreal; details, page 178.

Tohru Nakamura



**Poised** The frankly female trouser suit in wool gabardine with shoulder emphasis and light shaping at the waist, by Zack Carr Collection. With it, the classic Kelly bag in black.



**Slinky** The little black dress in its newest incarnation: A whisper of wool jersey cut close reveals every curve. By Nicole Farhi for Stephen Marks. Back again, long black movie-star gloves.



**Seductive** The contrast of tuned-up mouth and eyes, toned-down cheeks. And since a finished, flawless, *matte* complexion is a must, powder compacts are the new beauty indispensables. All makeup by Revlon; details, page 178.

Left: Makeup, Glenn Marziali for Trish McEvoy. Center: Makeup, Linda Mason. Model, Caroline Ellen from Click. Right: Makeup, Linda Mason. Model, Caroline Ellen from Click.

Tohru Nakamura.



**Daring** The Emma Peel jumpsuit (remember her in *The Avengers*?) in sleek black stretch fabric that fits like a second skin, by Patricia Clyne. (We nipped it in at the waist with a sixties-style snap-on cinch belt.)

# SOPHISTICATED



**Chic** Gray flannel simplicity, collared and cuffed in black velvet, fitted, then flared into a circle skirt; by Michael Kors. A gargoyle brooch, sheer black hosiery and black high heels complete the look.

**Polished** Healthy hair that's *never* out of place. Hair do for bangs: Keep them above eyebrows if hair is long; if hair is short, wear bangs longer, the better to sleek them back as our model does, far right. All makeup by Maybelline; details, page 178.

Tohru Nakamura





**Savvy** Bracing shots of red-hot red in *big* doses, as in this standout three-piece suit by Rebecca Moses, of ribbed wool knit. What to wear with red? Black and more black, from jewels to belt (added by us) to classic pumps.

Left: Makeup, Linda Mason. Center: Model, Caroline Ellen from Click. Makeup, Linda Mason. Right: Makeup, Linda Mason.

# FAST FOOD, HOLD THE CALORIES

**What's cooking on busy weeknights? Quick-fix menus with the fun—not the fat—of America's favorite carryout meals**



## MONDAY

**Mu Shu Pork in Wonton Cup*
**Sesame Green Beans*
*Steamed Rice*
*Fortune Cookies*

**A Chinese classic Complement Mu Shu with a side dish of Oriental sesame beans. The best part? Our fortune cookie says this meal, like all the dinners we've shown here, takes less than thirty minutes to prepare.**



## TUESDAY

**Big Lite Burger*
**Oven Fries*
*Seedless Grapes*

**Our McDelicious burger is as tasty and fun to eat as you-know-who's, but we made it a lot lighter with low-fat cheese and diet dressing. Crispy fries are baked in a jiffy.**

**Recipe given*

J. Barry O'Rourke



## WEDNESDAY

*Low-Cal Fettuccine Alfredo
*Zesty Salad
Breadsticks
Fresh Pear

These days everyone loves pasta. Our version is every bit as luscious and creamy as the high-calorie original, but you can eat it guilt-free. Perfect accompaniment: a tangy veggie salad.



## THURSDAY

*Oven-Fried Chicken
*Creamy Coleslaw
*Caramel Baked Apple

Tell the Colonel it's much better than fried! Oregano, basil and cornflakes make a crunchy coating for cutlets. Team with yogurt-laced coleslaw. And for your sweet tooth, a yummy baked apple with a surprise caramel center.



## FRIDAY

*Mexicali Soup
Flour Tortilla
*Mocha Cream

A south-of-the-border soup that's truly a meal in itself. (Ground turkey is the secret ingredient!) Mocha Cream only looks sinful. Olé!

These recipes and more on page 134.

# KITCHENS
## WITH A SPECIAL STYLE



### CONTEMPORARY AND COLORFUL

These days the most successful kitchens prove that opposites definitely attract. Witness this state-of-the-c kitchen, as contemporary as can be but spiced with bright primary colors that add warmth and enliv the otherwise streamlined space. Walls are banked with sleek oak cabinets that reach to the ceiling f extra storage. Uncluttered by handles or knobs, they swing open at the slightest touch. Refrigerat and dishwasher are decoratively oak-paneled to match the cabinetry. A creative accent: the vibra red and yellow counter attached to a brilliant blue column. Now, that's our idea of a modern kitchen wi unique flair and savoir faire! BY MARILYN DIANE GLASS, DECORATING AND DESIGN EDITO

Kitchen designed by Charles Damga. Surfacing material, Formica brand Color Core. Juicer from Dean & Deluca. Plates and bread slicer from the Museum of Modern Art Museum Store. Napkins, dish to silverware and glass bowl from D.F. Sanders. Salt shaker vase from Think Big. Canisters and glasses from The Pottery Barn. Details, page 178.



# COUNTRY AND CRISP

Does a country kitchen have to mean dark wood floors, braided rugs and antique hutches overflowi with knickknacks? Not at all. Our version of country is light, bright and airy. The modern addition white tile is warmed by colorful wallpaper, pale wood, and an array of baskets and terra-cot planters. Sturdy slat-back chairs are cozily drawn up to the trestle table. Wide-open shelves displ everyday utensils, pots, pans and table linens. A handcrafted Scandinavian horse and a stripped-pi cupboard filled with chunky ironstone accent the room charmingly. For even more light, the kitch opens to an outdoor patio through French doors. Altogether, a look that's both crisp and counti

Kitchen designed by Kristiina Ratia for Motif Designs. Wallpaper, Marimekko, by Motif Designs. House on shelf from Sweet Nellie. Colored bowls from Hubert Des Forges. Blue and white c oil and vinegar jars, from the American Country Store. Napkins from Ad Hoc Softwares. Salad bowl, green pitcher, heart trivet and basket outside from Zona. Details, page



Susan Wood

# New recipes from BETTY CROCKER'S NEW COOKBOOK



Ground beef, rice and onions make a classic stuffing for colorful bell peppers.

Oriental stir-fried chicken with snow peas, mushrooms and the tang of fresh ginger

Here's an exclusive preview of the sixth edition of America's all-time cookbook classic. Since 1950, over 22 million copies of the various editions of Betty Crocker's cookbooks have been sold! The 1986 version has four hundred imaginative new recipes, like the ones you see here, plus calorie counts, nutrition information and microwave instructions. Turn the page for a trio of luscious desserts.



old poached
mon topped
h zingy
-cal green
ce made of
fage cheese





# BETTY CROCKER'S NEW COOKBOOK



Molded rice pudding with a hint of vanilla, drizzled with raspberry sauce

Graham cracker crumbs plus rum make this four-layer torte a true taste treat



The new Betty Crocker knows that this is the health and fitness decade, but while she offers lots of light recipes and computer-calculated nutrient values, she also believes that an occasional slice of something rich is everyone's just dessert! These three sweet finales, and all the recipes beginning on page 138, are surprisingly easy to put together!

Adapted from BETTY CROCKER'S COOKBOOK © 1986 by General Mills, Inc.
Used by permission of Western Publishing Company, Inc.

emon schaum
rte has an
ry meringue
ell. A huge
oud of
hipped cream
ps it off

Thom DeSanto

AT HOME WITH

# ERMA BOMBECK

## What she's really like



Tom Arma

Erma's Spanish-style home in Arizona was custom-built and decorated for the writer. The grounds include a tennis court, a garden and a waterfall. The ten-room house is filled with colorful and eclectic furnishings and decorations—terra-cotta floors, hand-painted furniture, stone sculptures, Persian rugs, lamps made of seashells, beds with Mexican tin headboards. "I don't ever want to leave this house," says Erma.



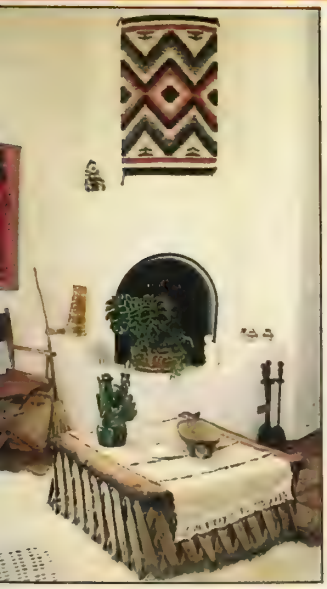
"My whole life is here in this roo








ma says of her cheerful, cluttered office.





After I came home from interviewing Erma Bombeck in Phoenix, my mother asked me, "What's she *really* like? Is she really a nice person?" The answer is yes, yes, Erma Bombeck is *really* a nice person. She's warm, friendly, outgoing and fun. And she laughs easily. At herself. At life in general. At everything. After speaking to her for almost four hours in her new ten-room house on a hill overlooking Arizona's desert and mountains, I found Erma Bombeck to be terrific.

And despite her famous self-put-downs, the writer is a handsome lady. Her tinted hair is well cut. Her figure is trim. Her teeth are newly bonded. ("I used to have big spaces in front," she says. "At Halloween they could have put a candle there. I was self-conscious about it, and then four years ago Phyllis Diller gave me the name of her dentist. It's opened a whole new world for me. Now I can smile easily.") Erma's skin, too, is flawless, and she insists she has not had a facelift, "but it's very flattering to know that someone might think that I did."

There isn't a trace of evidence that the healthy, happy soul wearing a hot-pink cotton jumpsuit ("I got it in Los Angeles for fourteen dollars"), sandals and just a smidge of makeup (which she tells me is in my honor) is even the tiniest bit neurotic. She doesn't see a psychiatrist or take tranquilizers. She's not tortured by success. She loves her home, loves her family, loves to cook dinner, loves everything she's doing.

"I'm almost always up," Erma admits, with a big, bright smile. "I don't get too many down days. I'm the perennial optimist. Why do people always seem to feel that humor must come out of adversity? People find it hard to believe that there's a woman who'd rather laugh than cry and who in fact loves humor so much that she manufactures it."

Erma manufactures it so well that the column she started as a young *(continued on page 156)*

**By Cindy Adams**

## SANDWICHES!

continued from page 109

## BREAKFAST

### SUNDAY'S BEST OMELET SANDWICH

pictured on page 108

*Sugar and jam in an omelet? You bet—they complement the rich brioche toast very nicely.*

- 1 round brioche, 6 inches in diameter
- 4 eggs
- 2 tablespoons water
- ½ teaspoon sugar
- 1 tablespoon butter or margarine
- ½ cup sliced strawberries
- 2 tablespoons seedless raspberry jelly

Preheat broiler. Cut a horizontal slice ½ inch below top knot of brioche; set aside. Then cut another ½-inch-thick horizontal slice. (Wrap remaining brioche and save for another use.) Under broiler lightly toast both sides of brioche slices.

In medium bowl combine eggs, water and sugar. Beat with a fork until thoroughly blended but not frothy.

Heat a 7-inch skillet over medium-high heat until hot. Add butter or margarine. When butter is foaming, add eggs and swirl with a fork in a circular motion. As bottom sets, lift edges while tilting pan so uncooked eggs flow underneath. While omelet is still creamy and moist on top, spoon strawberries on half the omelet. With pancake turner or metal spatula, flip the other half over the strawberries. Loosen omelet and slide onto the flat brioche slice. Spread jelly over hot omelet. Replace top and serve immediately. Makes 2 servings, 680 calories each.

### QUICK 'N' EASY FRENCH TOAST AND SAUSAGE WITH APPLE BUTTER

*Microwave owners: Now you have no excuse for skipping the most important meal of the day.*

- ¼ cup apple butter
- ¼ teaspoon ground cinnamon
- 8 ½-inch slices (1½ oz. each) fresh or frozen bulk sausage
- 8 slices packaged frozen French toast

In small bowl combine apple butter and cinnamon; set aside.

Arrange sausage around edge of a microwaveproof plate on a double layer of paper towels. Cover with another paper towel. Microwave on High 2 minutes for fresh, 3 minutes for frozen. Rotate dish one quarter turn. Microwave again on High 2 minutes for fresh, 3 minutes for frozen. Set aside.

On paper towel microwave 4 slices French toast on High 1 minute; turn over. Microwave 1 minute more. Repeat with remaining toast.

Spread 1 tablespoon apple butter on each of 4 toast slices. Top with 2 sausage patties and second toast slice. Makes 4 sandwiches, 535 calories each.

### BREAKFAST MELT

*These open-face sandwiches can be easily eaten on the run. The melted cheese secures the bacon and tomato to the bagel.*

- 2 whole wheat bagels or English muffins, split and toasted
- 8 slices (1 oz. each) Cheddar cheese
- 4 slices (1 oz. each) Canadian bacon
- 4 slices tomato

Preheat oven to 350°F. Layer each bagel or muffin half with 1 slice cheese, bacon, tomato and a second slice cheese. Bake on a cookie sheet until cheese is melted, about 5 minutes. Makes 4 open-face sandwiches, 330 calories each.

### EGGS 'N' BACON ON RAISIN TOAST

*This is a sandwich of contrasts: the sweetness of the raisin bread with the saltiness of the bacon.*

- 4 eggs, lightly beaten
- 2 tablespoons milk
- ½ teaspoon salt
- ¼ teaspoon freshly ground pepper
- 1 tablespoon butter or margarine
- 8 slices raisin bread, toasted
- 8 slices bacon, cooked

In small bowl beat eggs with milk, salt and pepper. In medium skillet melt butter or margarine over medium-high heat. Add eggs and scramble to desired doneness. Spoon evenly on 4 toast slices. Top each with 2 bacon slices and a second toast slice. Makes 4 sandwiches, 330 calories each.

## LUNCH

### OPEN-FACE WALDORF AND BRIE SANDWICH

pictured on page 108

*For an extra-smooth appearance, trim the rind from the Brie before melting.*

- 2 cups diced Red Delicious apples (about 2 apples)
- ¾ cup walnut pieces
- ½ cup golden raisins
- ½ cup diced red onion
- 2 tablespoons cider vinegar
- ¼ teaspoon salt
- 4 thick slices whole grain or pumpernickel bread, lightly toasted
- 10 ounces Brie cheese, trimmed and softened, divided
- Apple slices, watercress and walnut halves, for garnish

In medium bowl combine apples, w nuts, raisins, red onion, vinegar salt; toss well.

Preheat broiler. Spread each br slice with about 1 tablespoon B Place on a broiler pan. Spoon ap walnut mixture evenly on bread. each slice with about 3 more ta spoons Brie. Broil until cheese melted, about 1 minute. Garnish w apple slices, watercress and wal halves. Makes 4 sandwiches, 510 c ries each.

### CALIFORNIA GOAT CHEESE SANDWICH

*All the wonderful flavors of a wo goat cheese salad between slices French bread.*

- 3 tablespoons salad oil
- 2 tablespoons red wine vinegar
- ½ teaspoon salt
- ¼ teaspoon freshly ground peppe
- 1 log (11 oz.) goat cheese, cut into 8 slices
- ½ cup ground walnuts
- 1 bunch arugula, torn into bite-size pieces
- 4 leaves radicchio, torn into bite-size pieces
- ¼ cup alfalfa or radish sprouts
- 2 green onions, sliced
- 1 long loaf (about 20 inches) French bread or 2 smaller loaves

Preheat oven to 350°F. In jar with tig fitting lid combine oil, vinegar, salt pepper; set aside.

Coat goat cheese slices with gro walnuts. Bake on a cookie sheet u heated through, about 8 minutes.

Meanwhile, in large bowl comb arugula, radicchio, sprouts and oni Shake dressing, pour over greens toss well.

Cut bread into four 5-inch pie split each piece in half. Divide gre evenly among bottom halves of bre top each with 2 slices goat cheese. place top halves. Makes 4 sandwic 625 calories each.

### DELI TURKEY CLUB

*Chopped-chicken-liver lovers of world, this one's for you.*

- 4 seeded hard rolls, split
- ½ cup chopped chicken livers or 4 slices (1 oz. each) liverwurs
- 4 slices red onion

(continu




Imagine enjoying a delicious Great Starts™ frozen breakfast sandwich right at home in just three microwave minutes (longer in conventional ovens). Try egg, with Canadian bacon and cheese, and three more tasty varieties. With Great Starts™ breakfasts, there's no place like home.

**Great Starts.**
**A Real Breakfast Real Fast.**

20¢ MANUFACTURER COUPON | NO EXPIRATION DATE 20¢

Save 20¢ on any variety Great Starts™ Frozen Breakfast Sandwich from Swanson®.




**CONSUMER:** One coupon per purchase. Good only on product indicated. Consumer pays any sales tax. **GROCER:** Redeem on terms stated for consumer upon purchase of product indicated. ANY OTHER USE CONSTITUTES FRAUD. For reimbursement of face value plus 8¢, mail to CAMPBELL SOUP COMPANY, DEPT. 5901, EL PASO, TEXAS 79966. Failure to produce on request invoices proving purchase of stock covering coupons may void all coupons submitted. Void if taxed, restricted, prohibited or presented by other than retailers of our products. Cash value 1/100¢.

51000 321177

## SANDWICHES!

continued

- Lettuce leaves
- 12 ounces sliced, cooked turkey breast
- 4 slices bacon, cooked and halved
- ¼ cup mayonnaise

Spread bottom half of each roll with 2 tablespoons chicken liver or 1 slice liverwurst. Layer each with onion slice, lettuce, one quarter of the sliced turkey and 2 bacon pieces. Spread top half of each roll with 1 tablespoon mayonnaise; place over filling. Makes 4 sandwiches, 860 calories each.

### GRILLED TUNA AND DILL HAVARTI SANDWICH

*If you can't find semolina bread (crusty Italian bread made with semolina flour), use an Italian or sandwich loaf.*

- 1 can (6½ or 7 oz.) solid white tuna, drained and flaked
- 3 tablespoons mayonnaise
- 2 tablespoons diced celery
- 1 tablespoon chopped parsley
- 1 tablespoon diced red onion
- ¼ teaspoon freshly ground pepper
- 1 loaf (about 14 inches) semolina bread
- 1 cup shredded dill Havarti cheese
- 4 tablespoons butter or margarine, softened

In small bowl combine tuna, mayonnaise, celery, parsley, onion and pepper until well blended.

Cut bread on a sharp diagonal into eight ½-inch slices, each about 6 inches long. (Reserve any remaining bread for another use.) Layer each of 4 slices with ¼ cup tuna mixture and ¼ cup grated cheese. Spread each remaining slice lightly with about ½ tablespoon butter and place buttered side up on cheese.

In large heavy skillet cook sandwiches buttered side down over high heat until golden. Butter tops lightly; turn with a large spatula and cook other sides until golden. Makes 4 sandwiches, 590 calories each.

## DINNER

### OYSTER PO' BOY

pictured on page 109

*Pretend you're spending the evening in New Orleans when you serve this Louisiana specialty.*

- 1½ cups unsalted cracker crumbs
- 1½ teaspoons ground red pepper
- ¾ teaspoon salt
- 2 eggs, lightly beaten
- 1 tablespoon milk
- 2 teaspoons minced onion
- Salad oil for deep-fat frying
- 2 pints oysters, drained
- 2 cups shredded iceberg lettuce
- 4 crusty seeded hero rolls, split and centers hollowed out
- Cocktail Sauce or Tartar Sauce (recipes follow)
- Lemon wedges

In shallow dish or pie plate combine crumbs, red pepper and salt. In medium bowl beat eggs with milk and onion; set aside.

In deep-fat fryer heat oil to 375°F. Dip oysters in egg mixture, shaking off excess, then into crumbs. Fry oysters in batches until golden. Remove each batch with a slotted spoon and drain on paper towels; keep warm in oven. Divide shredded lettuce among rolls. Top with oysters. Serve immediately with choice of sauces and lemon wedges. Makes 4 sandwiches, 460 calories each.

*Cocktail Sauce:* In small bowl combine ⅓ cup chili sauce, ⅓ cup prepared horseradish and 1 teaspoon lemon juice until well blended. Makes ⅔ cup, 15 calories per tablespoon.

*Tartar Sauce:* In small bowl combine ½ cup mayonnaise, 2 tablespoons finely chopped dill pickles, patted dry, 1 tablespoon minced onion, 1 tablespoon finely chopped parsley and ⅛ teaspoon ground red pepper until well blended. Cover with plastic wrap and refrigerate at least 2 hours. Makes ⅔ cup, 80 calories per tablespoon.

### OPEN-FACE HAM AND CHEESE

*A classic—the best baked ham from the deli and imported cheese on rye. For a fresh touch, we added cucumbers.*

- 2 tablespoons country-style Dijon mustard
- 1 teaspoon Dijon mustard
- 1 tablespoon honey
- 2 tablespoons salad oil, divided
- 12 ounces sliced baked Virginia ham
- 1 cup thinly sliced cucumber
- 1 tablespoon chopped fresh dill
- 1 tablespoon distilled white vinegar
- ¼ teaspoon salt
- 4 slices rye bread, lightly toasted
- 4 slices (1 oz. each) smoked or plain Gruyère or Jarlsberg cheese

Preheat broiler. In small bowl combine mustards and honey; set aside.

In large skillet heat 1 tablespoon oil over medium-high heat. Add ham and cook until heated through; remove from skillet and set aside. In same skillet heat remaining tablespoon oil over medium-high heat. Add cucumber and dill; cook, stirring frequently, until heated through. Add vinegar and salt, stirring to combine.

Spread equal amount of honey mustard sauce over each bread slice. Layer one quarter of the cucumber, ham and cheese on each. Broil on a cookie sheet until cheese is melted. Makes 4 sandwiches, 530 calories each.

### SPICY CHICKEN SALAD IN PITA

*For ease in preparation, buy a rotisserie chicken from the deli or a fully cooked chicken at the meat counter.*

- ½ cup sour cream
- 3 tablespoons mayonnaise
- 1 tablespoon lime juice
- 1½ teaspoons salad oil
- ¾ teaspoon salt
- ½ teaspoon ground red pepper
- 3 cups diced cooked chicken (from a 3-lb. chicken)
- 1 cup chopped, seeded tomato
- ½ cup diced avocado
- ¼ cup chopped cilantro
- 3 tablespoons chopped green onions
- 1 cup shredded iceberg lettuce
- 6 pita breads, 5 to 6 inches in diameter

In large bowl combine sour cream, mayonnaise, lime juice, oil, salt and pepper. Add chicken, tomato, avocado, cilantro and green onion; toss well. Slit pitas one third of the way around. Fill equally with shredded lettuce and chicken salad. Makes 6 sandwiches, 435 calories each.

### STEAK AND MUSHROOM SANDWICH

*This sandwich is for the meat and potato lovers in the group.*

- 1 pound sirloin steak, 1½-inch thick
- Salt and freshly ground pepper
- 2 tablespoons butter or margarine
- ½ pound mushrooms, sliced
- ½ teaspoon thyme
- 1 long loaf (about 20 inches) French bread or 2 smaller loaves

Heat a lightly oiled cast-iron skillet over medium-high heat. Add steak and cook 5 minutes per side for rare, 7 minutes per side for medium. Remove from skillet. Season lightly with salt and pepper; let stand 10 minutes. Cut into thin slices.

Meanwhile, in same skillet melt butter or margarine over medium-high heat. Add mushrooms, thyme, ½ teaspoon pepper and ¼ teaspoon salt. Cook, stirring, until mushrooms are tender.

Cut bread into four 5-inch pieces; split each piece in half. Divide mushrooms and steak evenly among 4 bottom halves. Replace top halves. Makes 4 sandwiches, 545 calories each.

*Recipes developed by Beverly Stephen*

# How to bake a $40,000 pie.




Start with Pillsbury All Ready Pie Crusts. Mary Lou Warren did, and her flaky Apple Nut Lattice Tart won 1st prize in the 1986 America's Bake-Off® Contest. Try All Ready Pie Crusts and judge for yourself—they bake, flake, and taste just like scratch! They're in the dairy case.

## Apple Nut Lattice Tart




**Crust:** One 15-oz. pkg. Pillsbury All Ready Pie Crusts
1 teaspoon flour

**Filling:** 3 to 3½ cups thinly sliced, peeled apples
½ cup sugar
3 tablespoons golden raisins
3 tablespoons chopped walnuts or pecans
½ teaspoon cinnamon
¼ to ½ teaspoon grated lemon peel
2 teaspoons lemon juice
1 egg yolk, beaten
1 teaspoon water

**Glaze:** ¼ cup powdered sugar
1 to 2 teaspoons lemon juice

Prepare pie crust according to package directions for *two-crust pie*, using 10-inch tart pan with removable bottom or 9-inch pie pan. Heat oven to 400°F. Place 1 prepared crust in pan; press in bottom and up sides of pan. Trim edges if necessary.

In large bowl, combine apples, sugar, raisins, walnuts, cinnamon, lemon peel and 2 teaspoons lemon juice. Spoon into pie crust-lined pan.

To make a lattice top, cut remaining crust into ½-inch-wide strips. Arrange strips in lattice design over apple mixture. Trim and seal edges. In small bowl, combine egg yolk and water; gently brush over lattice.

Bake at 400° F. for 40 to 60 minutes or until golden brown and apples are tender. (Cover pie with foil during last 15 to 20 minutes of baking if necessary to prevent excessive browning.) Cool 1 hour.

In small bowl, combine glaze ingredients; drizzle over slightly warm tart. Cool; remove sides of pan. 8 servings.

©The Pillsbury Company 1986

## FAST FOOD

continued from page 119

***Mu Shu Pork in Wonton Cup**
***Sesame Green Beans**
**Steamed Rice (½ cup)**
**Fortune Cookie (1)**
***Recipe given**
**Pictured on page 118**

### MU SHU PORK IN WONTON CUP

- 12 wonton wrappers
- 1 egg white, beaten
- 1 egg, beaten with 2 tablespoons water
- 1 tablespoon peanut or salad oil
- ¾ pound boneless pork, cut in thin strips
- ½ teaspoon salt
- ¼ teaspoon crushed red pepper
- 4 cups shredded cabbage
- ¼ pound mushrooms, sliced thin
- ¼ cup cold water
- 2 tablespoons soy sauce
- 2 tablespoons rice vinegar
- 1 teaspoon sugar
- 2 teaspoons cornstarch
- 1 cup bean sprouts
- 3 green onions, chopped fine

Preheat oven to 375°F. Spray four 10-ounce custard cups with vegetable cooking spray. In each cup arrange 3 wonton wrappers, overlapping slightly, so that the 3 points meet at bottom center. Brush lightly with egg white. Bake 15 minutes. Remove from custard cups; cool on wire rack.

Meanwhile, spray a small skillet with cooking spray. Pour in egg and cook without stirring until set. Remove egg and cut in julienne strips.

In large skillet heat oil over medium-high heat. Add pork, salt and crushed red pepper; brown 2 minutes. Add cabbage and mushrooms; cook, stirring frequently, 6 minutes. In bowl blend water, soy sauce, vinegar and sugar with cornstarch. Add to skillet and cook, stirring frequently, 2 minutes. Add bean sprouts, green onions and cooked egg; heat through. Spoon into prepared wonton cups. Makes 4 servings, 310 calories each.

### SESAME GREEN BEANS

- 2 teaspoons salad oil, divided
- ½ pound fresh green beans, trimmed
- 2 teaspoons sesame seed
- 2 tablespoons soy sauce

Preheat oven to 450°F. Brush a jelly-roll pan with 1 teaspoon oil. Spread green beans in a single layer; sprinkle with sesame seed. Roast 10 to 12 minutes. Sprinkle beans with remaining 1 teaspoon oil and soy sauce; toss well. Makes 4 servings, 50 calories each.

***Big Lite Burger**
***Oven Fries**
**Seedless Grapes (½ cup)**
**Pictured on page 118**

### BIG LITE BURGER

- 6 seeded hamburger buns
- 1 pound lean ground beef, shaped into eight 2-ounce patties
- 4 slices low-fat American cheese
- ⅓ cup low-calorie Thousand Island dressing
- 1 tablespoon mayonnaise
- 1 cup shredded lettuce
- 4 teaspoons chopped onion
- 8 pickle chips

Preheat broiler. Split 4 hamburger buns in half; set aside. Remove tops of remaining 2 buns and reserve for another use. Slice both bottoms horizontally into 2 pieces. On cookie sheet lightly toast all buns.

On broiler rack broil patties about 3 minutes; turn. Top 4 patties with cheese. Broil 3 minutes more.

Meanwhile, in bowl blend dressing with mayonnaise. Spread 2 teaspoons dressing on each whole bottom bun. Layer each with lettuce, cheeseburger, onion, thin slice of bun, 2 teaspoons dressing, lettuce, hamburger, onion, 2 pickle chips and top of bun. Makes 4 servings, 360 calories each.

### OVEN FRIES

- 2 large baking potatoes
- 1 tablespoon salad oil
- ½ teaspoon salt

Preheat oven to 500°F. Peel potatoes and cut into sticks about ¼ inch thick. Toss with oil. Arrange potatoes in a single layer on cookie sheet. Bake 15 to 20 minutes, tossing occasionally. Sprinkle with salt. Makes 4 servings, 75 calories each.

***Low-Cal Fettuccine Alfredo**
***Zesty Salad**
**Breadstick (1)**
**Fresh Pear Half**
**Pictured on page 119**

### LOW-CAL FETTUCCINE ALFREDO

- 1 cup low-fat cottage cheese
- 1 cup low-fat (1%) milk
- 1 egg yolk
- ½ teaspoon freshly ground pepper
- 2 tablespoons butter
- ½ cup grated Parmesan cheese, divided
- 8 ounces fettuccine noodles

In blender combine cottage cheese, milk, egg yolk and pepper; puree until smooth. In small saucepan melt butter over low heat. Add puree and bring to a simmer, stirring occasionally. Stir in all but 4 teaspoons Parmesan.

Meanwhile, cook fettuccine accor ing to package directions; drain. To with sauce. Sprinkle with remaini Parmesan. Makes 4 servings, 355 cal ries each.

### ZESTY SALAD

**Dressing**

- 2 tablespoons red wine vinegar
- 1 tablespoon olive oil
- 1 garlic clove, pressed
- 1 teaspoon Dijon mustard
- ¼ teaspoon salt
- ¼ teaspoon freshly ground pepper

- 1 medium tomato, cut into wedges
- 1 cup cauliflower florets
- 1 zucchini, sliced
- ½ cup thinly sliced red onion

*Dressing:* In jar with tight-fitting l combine all ingredients; shake well.

In medium bowl combine vegetable Toss with dressing. Makes 4 serving 65 calories each.

***Oven-Fried Chicken**
***Creamy Coleslaw**
***Caramel Baked Apple**
**Pictured on page 119**

### OVEN-FRIED CHICKEN

- ¾ cup finely crushed cornflakes
- ½ teaspoon basil
- ½ teaspoon garlic powder
- ½ teaspoon freshly ground pepper
- ¼ teaspoon salt
- ¼ teaspoon oregano
- 2 whole boneless, skinless chicke breasts (about 1 lb.), split
- 1 egg, beaten
- 1 tablespoon butter, melted

Preheat oven to 400°F. In shallow bo combine cornflakes, basil, garlic po der, pepper, salt and oregano. D chicken in egg, then in crumbs. Pla chicken on a rack in baking pan. Dr zle with butter. Bake 20 minut Makes 4 servings, 180 calories each.

### CREAMY COLESLAW

- ½ cup plain low-fat yogurt
- 2 tablespoons sour cream
- 1 tablespoon distilled white vinegar
- 2 teaspoons sugar
- ½ teaspoon salt
- ¼ teaspoon freshly ground pepper
- 4 cups (about 8 oz.) shredded cabbage
- ⅓ cup chopped red onion

In medium bowl whisk togeth yogurt, sour cream, vinegar, sugar, s and pepper. Toss cabbage and oni with dressing. Makes 4 servings, calories each.

*(continue*

# CALE DOWN YOUR BREAKFAST.




# ONLY 50 DELICIOUS CALORIES.

Cut breakfast calories to a lean minimum with the lowest calorie breakfast cereals in America—Quaker® Puffed Rice and Puffed Wheat. There's no added salt or sugar and no cholesterol. Best of all, a serving is only 50 delicious calories.




SAVE 25¢
ANY SIZE QUAKER®
PUFFED RICE OR
PUFFED WHEAT

MANUFACTURER COUPON
EXPIRES MAY 31, 1987

RETAILER: Quaker will reimburse you for the face value of this coupon plus 8¢ when accepted in accordance with our redemption policy (copy available on request). Retailers & authorized clearing houses send to: Quaker Oats, 800 Spinner Drive, Lombard, IL 60148. LIMIT 1 COUPON PER TRANSACTION. Void if transferred or copied. Good only in U.S.A. Void where taxed or prohibited by law. Cash value .001¢. © 1986 QOC. EXPIRES May 31, 1987.

5 30000 00025 5

2425/M07

2425/M07

## FAST FOOD
continued

### CARAMEL BAKED APPLES

- 4 red baking apples
- Cinnamon
- 1 cup water
- 8 teaspoons caramel topping

Cut a ½-inch slice from tops of apples. Core apples without cutting through bottoms. Sprinkle with cinnamon and replace tops. Place in an 8- or 9-inch round microwaveproof pie plate. Pour water into plate. Microwave on High 8 to 10 minutes, until tender, rotating plate halfway through cooking. Remove tops and spoon 2 teaspoons caramel topping into each apple. Replace tops and let stand 5 minutes. Makes 4 servings, 110 calories each.

***Mexicali Soup**
**Warm Flour Tortilla**
***Mocha Cream**
**Pictured on page 119**

### MEXICALI SOUP

- ¾ pound ground turkey
- ⅓ cup finely crushed cornflakes
- Water
- 1 teaspoon garlic powder
- ½ teaspoon salt
- ¼ teaspoon ground red pepper
- 1 tablespoon olive oil
- 1 small onion, chopped
- 1 garlic clove, pressed
- 2 tablespoons chili powder
- ½ teaspoon cumin
- ⅓ to ½ cup canned tomatoes with jalapeño peppers
- 2 cans (13¾ or 14½ oz. each) chicken broth
- ½ cup uncooked rice
- 1 can (12 oz.) Mexican whole-kernel corn with sweet peppers
- ½ cup canned pinto beans, drained and rinsed

In medium bowl combine turkey, cornflakes, ¼ cup water, garlic powder, salt and pepper; mix well. Roll into 1-inch balls; set aside.

In large saucepan heat oil and saute onion, garlic, chili powder and cumin 2 minutes. Add tomatoes and jalapeños, chicken broth and 2 cups water. Bring to a boil. Add rice and turkey balls; simmer 15 minutes. Add remaining ingredients; simmer 5 minutes more. Makes 10 cups, 260 calories each.

### MOCHA CREAM

- 1 envelope unflavored gelatin
- ¼ cup cold low-fat (1%) milk
- 1 cup low-fat (1%) milk, heated to boiling
- ½ cup semisweet chocolate chips, divided
- 1 teaspoon vanilla extract
- 2 tablespoons coffee-flavored liqueur
- 1 cup (6 to 8) ice cubes

In blender sprinkle gelatin over ¼ cup cold milk. Let stand 2 minutes. Add hot milk and blend at low speed 2 minutes, until gelatin is dissolved. Add all but 1 tablespoon chocolate chips, vanilla and liqueur. Blend until chips are melted. Add ice cubes one at a time, blending until melted. Pour into 6 dessert dishes. Refrigerate at least 20 minutes. Before serving, garnish with remaining chocolate chips. Makes 6 servings, 115 calories each.

***Mustard-Glazed Sole**
***Oven-Fried Zucchini**
**Slice of Pound Cake (½ inch) with Chocolate Syrup (2 teaspoons)**

### MUSTARD-GLAZED SOLE

- 4 fillets of sole (1 lb.)
- 2 tablespoons mayonnaise
- 1 tablespoon prepared mustard
- ½ teaspoon freshly ground pepper

Preheat oven to 450°F. Spray a jelly-roll pan with vegetable cooking spray. Place fillets in pan. In bowl combine mayonnaise, mustard and pepper. Spread on fillets. Bake 6 minutes. Makes 4 servings, 145 calories each.

### OVEN-FRIED ZUCCHINI

- 2 medium zucchini
- ½ teaspoon salt
- ½ teaspoon freshly ground pepper
- 2 slices whole wheat bread, toasted
- 2 tablespoons grated Parmesan cheese
- 1 tablespoon chopped parsley
- 1 egg

Preheat oven to 450°F. Spray a cookie sheet with vegetable cooking spray. Cut each zucchini into 8 spears. Sprinkle with salt and pepper.

In food processor combine bread, cheese and parsley; process until very fine. Transfer crumbs to wax paper. In shallow dish beat egg. Dip zucchini in egg, then in crumbs. Place in a single layer on prepared cookie sheet and bake 20 minutes. Makes 4 servings, 70 calories each.

***Steak 'n' Potato Stir-Fry**
**Tossed Salad with Low-Calorie Dressing**
**Frozen Yogurt Bar**

### STEAK 'N' POTATO STIR-FRY

- 1 tablespoon salad oil
- 2 medium potatoes, peeled, halved and sliced thin
- 1 medium onion, sliced
- 2 garlic cloves, pressed
- 3 carrots, peeled and sliced
- ¼ pound green beans, trimmed and halved
- 1 celery rib, sliced
- ¾ pound beef sirloin, trimmed and sliced thin
- 1 teaspoon salt
- ½ teaspoon freshly ground pepper
- ¼ teaspoon thyme
- ½ cup beef broth
- ¼ cup dry red wine

In large skillet heat oil over medium high heat. Add potatoes, onion and garlic; stir-fry 2 minutes. Add carrots, green beans and celery; stir-fry 5 minutes. Add beef, salt, pepper and thyme; stir-fry 2 minutes. Add beef broth and wine; simmer 2 minutes. Makes 4 servings, 300 calories each. **En**

*Menus and recipes developed by Diane Holtaway.*

### SEPTEMBER RECIPE INDEX

Here is a listing of recipes appearing in this issue, including those from the Journal kitchen and advertisements.
*Recipe includes microwave instructions.


**DESSERTS**

Amazing Apple Cups; insert following p.34
Apple Lattice Tart p.133
*Caramel Baked Apples p.136
Classic French Silk Pie p.148
Dutch Apple Pie p.157
Espresso Granita p.76
Lemon Schaum Torte p.141
Mocha Cream p.136
Peachy-Keens; insert following p.34
Rice Pudding Mold p.141
Rum-Cracker Torte p.141
Triple Fruit Tumble; insert following p.34

**ENTREES**

Big Lite Burger p.134
Chalupas p.144
Chicken Rolls Almondine p.151
Chinese-Fried Shrimp p.146
*Cold Poached Salmon p.138
Herb Batter Fried Chicken p.77
Linguine with Eggplant Sauce p.76
Low-Cal Fettuccine Alfredo p.134
Mexicali Soup p.136
*Microwave Stuffed Chicken p.142
Mu Shu Pork in Wonton Cup p.134
Mustard-Glazed Sole p.136
Mustard Lamb Chops p.144
Oven-Fried Chicken p.134
Steak 'n' Potato Stir-Fry p.136
Stewed Rabbit p.142
Stir-Fried Chicken p.138
*Stuffed Peppers p.141
Turkey Rollatine p.76

**MISCELLANEOUS**

Angel Biscuits p.146
Italian Sausage Terrine p.142
Zucchini Bread p.146

**SANDWICHES**

Breakfast Melt p.130
California Goat Cheese Sandwich p.130
Deli Turkey Club p.130
Eggs 'n' Bacon on Raisin Toast p.130
Grilled Tuna and Dill Havarti Sandwich p.132
Open-Face Ham and Cheese p.132
Open-Face Waldorf and Brie Sandwich p.130
Oyster Po' Boy p.132
*Quick 'n' Easy French Toast and Sausage with Apple Butter p.130
Spicy Chicken Salad in Pitas p.132
Steak and Mushroom Sandwich p.132
Sunday's Best Omelet Sandwich p.130

**SIDE DISHES**

Creamy Coleslaw p.134
Honeyed Beets p.146
Oriental Bok Choy p.146
Oven-Fried Zucchini p.136
Oven Fries p.134
Sesame Green Beans p.134
Twice-Baked Yams p.146
Zesty Salad p.134


alciyum.
ALBA77
HIGH CALCIUM SHAKE
e Alba shake. Just 70 calories. And more calcium than 8 ounces of milk.
© 1986 H J Heinz Co

## BETTY CROCKER

continued from page 127

### STIR-FRIED CHICKEN

pictured on page 124

*You can give this mild Cantonese dish some Szechuan fire with the addition of 4 green onions, julienned, and ¼ teaspoon crushed red pepper.*

- 2 whole chicken breasts (about 2 lbs.), skinned and boned
- 1 egg white
- 2 tablespoons plus 1 teaspoon cornstarch
- 1 teaspoon salt
- 1 teaspoon soy sauce
- Dash white pepper
- 2 tablespoons cold water
- 5 tablespoons salad oil, divided
- 4 ounces snow peas, trimmed
- 2 garlic cloves, chopped fine
- 1 teaspoon finely chopped fresh ginger
- 1 pound mushrooms, sliced (see note)
- ½ cup chicken broth
- 1 tablespoon oyster sauce
- Hot cooked rice

Cut chicken into ¼-inch slices. In medium bowl stir egg white, 1 teaspoon cornstarch, salt, soy sauce and white pepper until blended. Stir in chicken. Cover and refrigerate 30 minutes. I small bowl mix remaining cornstarc with the water until smooth; set aside

Heat wok or large skillet until ver hot. Add 1 tablespoon oil; rotate to co sides. Add snow peas and stir-fry minute. Remove with a slotted spoo Add 2 tablespoons oil to wok; rotate t coat sides. Add chicken, garlic and gi ger; stir-fry until chicken loses i pink color. Remove with a slotte spoon. Add 2 tablespoons oil to wo Add mushrooms and stir-fry 1 minut Stir in broth and return chicken t wok; heat to boiling. Stir in cornstarc mixture; cook, stirring, until thick ened, about 10 seconds. Add oyste sauce and return snow peas to wo cook, stirring, 30 seconds. Serve imm diately. Makes 6 servings, 245 calori each without rice. (Note: We found pound of mushrooms to be sufficient.


# Lighten up with Sara Lee and Dole.

Scoop up some Dole Fruit Sorbet, a refreshing all-natural blend of real fruit and pure juice, over a moist slice of Sara Lee Original Pound Cake.

Together, a two-ounce scoop of sorbet and a one-ounce slice of pound cake have just 185 calories.

So, go ahead. Enjoy the lighter side of snacking this summer.





### COLD POACHED SALMON

pictured on page 125

*For a richer, creamier sauce, decrea cottage cheese to 1 cup and add ½ cu sour cream. (But add 30 calories p serving if you do so!)*

- 2 cups water
- 1 cup dry white wine
- 1 teaspoon salt
- ¼ teaspoon thyme
- ¼ teaspoon tarragon
- 5 peppercorns
- 4 parsley sprigs
- 1 small onion, sliced
- 1 celery rib with leaves, chopped
- 1 bay leaf
- 4 salmon steaks (2 lbs.), 1 inch thick
- Thin lemon slices, for garnish

**Green Sauce**

- 1 cup parsley sprigs
- 1½ cups creamed cottage cheese
- 1 tablespoon lemon juice
- 1 tablespoon milk
- ½ teaspoon basil
- ½ teaspoon salt
- ⅛ teaspoon freshly ground pepper
- 4 to 6 drops red pepper sauce

In large skillet bring water, wine, sa thyme, tarragon, peppercorns, parsl onion, celery and bay leaf to a bo Reduce heat; cover and simmer 5 mi utes. Add salmon steaks with ad tional water to cover, if necessa Bring to a boil; reduce heat and simm uncovered until fish is opaque throug out, about 12 to 15 minutes.

With a slotted spatula careful transfer fish to a wire rack to drai Carefully remove skin. Cover and r frigerate at least 4 hours. Garni with lemon slices and serve wi Green Sauce. Makes 4 *(continue*



## Now go from frozen to crisp in four minutes flat.

**roducing Ore-Ida Microwave Fries.** Now you can
delicious Ore-Ida fries in no time. Anytime. Microwave
lways cook up crisp and brown because they come in a
Crisp® package.
the best part is what's inside: the great taste of Ore-Ida.
w Microwave Hash Browns, Crinkle Cuts and Tater Tots®
es. Now good things come to those who don't wait.




**When it says Ore-Ida, it's all-righta!**




Wesson® Vegetable Oil, Corn Oil and Sunflower Oil.
Three all-natural ways to get great tasting
fried foods every time. So no matter how you fry...

# With every bite you know you're frying right

wesson
CORN OIL

100% ALL NATURAL
wesson
VEGETABLE OIL
LIGHT & NATURAL
• TASTES LIGHT • NO ADDITIVES
• NO CHOLESTEROL • NOT REFRIGERATED

sunlite
wesson
SUNFLOWER OIL
100% PURE • ALL NATURAL • NO ADDITIVES
NO CHOLESTEROL • NO SALT

©1986 Beatrice Companies, I

## BETTY CROCKER

continued

rvings, 495 calories each.

*reen Sauce:* In blender combine all gredients; cover and puree until ıooth, stopping occasionally to scrape les. Makes about 1½ cups.

*microwave:* Place salmon in a rec-ıgular 12x8-inch microwaveproof sh. Pour only 1 cup water and ½ cup ne over fish. Add remaining ingredi-ts except lemon slices and Green uce. Cover tightly. Microwave on gh 8 to 10 minutes, rotating dish one lf turn after 3 minutes, until fish is aque. Let stand covered 3 minutes. oceed with recipe.

## STUFFED PEPPERS

pictured on pages 124–125

*rprise the family by serving milder, eeter red or yellow peppers instead of usual green peppers for dinner.*

- green, red or yellow peppers
- pound ground beef
- tablespoons chopped onion
- teaspoon minced garlic
- cup cooked rice
- teaspoon salt
- can (15 oz.) tomato sauce, divided
- cup (3 oz.) shredded mozzarella cheese

eheat oven to 350°F. Cut a thin slice m the stem end of each pepper and aside for garnish. Remove seeds and mbranes; rinse. In large saucepan ık peppers in boiling water to cover 5 nutes; drain.

In large skillet combine ground beef, ion and garlic. Cook over medium at until browned, stirring occasion-y. Drain excess drippings from skil-. Stir in rice, salt, and 1 cup tomato ıce; cook until heated through.

Stuff each pepper with about ½ cup ef mixture. Stand upright in an un-eased baking dish. Pour remaining ıce over peppers. Cover and bake 45 nutes. Uncover and bake 10 minutes. rinkle with cheese; bake 5 minutes re. Garnish with pepper tops if desired. akes 6 servings, 290 calories each.

*microwave:* Trim peppers as di-ted. Place cut side up in microwave-oof 9- or 10-inch pie plate. Cover with astic wrap pierced with a fork. Micro-ve on High 3 to 3½ minutes. In large wl combine uncooked ground beef, ion, cooked rice, salt, garlic and 1 cup nato sauce. Stuff each pepper with out ½ cup beef mixture. Pour re-ining sauce over peppers. Cover th pierced plastic wrap. Microwave to 13 minutes, rotating a quarter rn halfway through cooking. Uncover d sprinkle with cheese.

## RICE PUDDING MOLD

pictured on pages 126–127

*Make sure the gelatin is completely dissolved before adding the rice.*

- ½ cup sugar
- ½ cup water
- ½ teaspoon salt
- 2 envelopes unflavored gelatin
- 1½ cups cooked rice
- 2 cups milk
- 2 teaspoons vanilla extract
- 1 cup heavy or whipping cream
- Fresh raspberries and mint leaves, for garnish

### Raspberry-Currant Sauce

- ½ cup red currant jelly
- 1 package (10 oz.) frozen raspberries, thawed
- 1½ teaspoons cornstarch
- 1 tablespoon cold water

In medium saucepan combine sugar, water, salt and gelatin. Cook over low heat, stirring, until gelatin is dissolved. Remove from heat; stir in rice, milk and vanilla. Place saucepan in a bowl of ice water, stirring rice mixture occasionally, until it mounds slightly when dropped from a spoon, 10 to 15 minutes. In chilled medium bowl beat cream until soft peaks form. Fold whipped cream into rice mixture. Pour into an ungreased 1½-quart mold. Cover and refrigerate until firm, about 3 hours. Dip mold into a bowl of hot water 10 seconds. Invert onto a serving platter. Serve with Raspberry-Currant Sauce. Makes 8 servings, 280 calories each.

*Raspberry-Currant Sauce:* In small saucepan bring jelly and raspberries (with syrup) to a boil. In cup mix cornstarch with the water until smooth. Stir into raspberries. Bring to a boil, stirring constantly; boil, stirring, 1 minute. Cool. Press through a sieve to remove seeds. Makes about 1⅓ cups.

## LEMON SCHAUM TORTE

pictured on page 127

*To fill the meringue for the photo, we folded half the whipped cream into the lemon custard, and after chilling torte, we made rosettes with the remainder. Both this method and the one below work very well.*

### Meringue

- 3 egg whites
- ¼ teaspoon cream of tartar
- ¾ cup sugar

- ¾ cup sugar
- 3 tablespoons cornstarch
- ¼ teaspoon salt
- ¾ cup water
- 3 egg yolks
- 1 tablespoon butter or margarine
- 1 teaspoon grated lemon peel
- ⅓ cup lemon juice
- 1 cup heavy or whipping cream
- Slivered lemon peel, for garnish

*Meringue:* Preheat oven to 275°F. Cover a large cookie sheet with foil. Trace a 9-inch circle on foil.

In mixer bowl beat egg whites and cream of tartar until foamy. Beat in sugar a tablespoon at a time; continue beating until stiff and glossy. Do not underbeat.

With a spoon spread meringue in a circle on foil to form a nest. Bake 1½ hours. Turn off oven; let stand in oven 1 hour. Cool at room temperature.

In medium saucepan combine sugar, cornstarch and salt. Gradually stir in water and cook over medium heat, stirring constantly, until mixture thickens and boils. Boil, stirring, 1 minute. In medium bowl beat egg yolks until smooth. Gradually stir half the thickened mixture into egg yolks, then stir egg yolk mixture into saucepan. Boil, stirring, 1 minute; remove from heat. Stir in butter or margarine, lemon peel and lemon juice. Cool to room temperature. Spoon into meringue shell. Cover and refrigerate at least 12 hours.

In medium bowl beat cream until stiff. Spread over filling. Refrigerate any remaining dessert. Makes 8 servings, 305 calories each.

## RUM-CRACKER TORTE

pictured on page 126

*We substituted dark rum for the rum flavoring in the cake and the cream.*

- 6 eggs, separated
- 1 cup sugar, divided
- 2 tablespoons salad oil
- 1 tablespoon rum flavoring
- ¼ cup all-purpose flour
- 1¼ teaspoons baking powder
- 1 teaspoon cinnamon
- ½ teaspoon ground cloves
- 1 cup graham cracker crumbs (about 12 sections)
- 1 cup finely chopped pecans
- 1 square (1 oz.) unsweetened chocolate, grated

### Rum Cream

- 2 cups heavy or whipping cream
- ½ cup confectioners' sugar
- 2 teaspoons rum flavoring
- Chocolate curls, for garnish

Preheat oven to 350°F. Line bottoms of two 8-inch round pans with foil.

In medium bowl beat egg whites until foamy. Beat in ½ cup sugar a tablespoon at a time; continue beating until stiff and glossy. In small mixer bowl beat egg yolks, oil and rum at low speed until blended. Add remaining ½ cup sugar, the flour, baking powder, cinnamon and cloves; beat at medium speed 1 minute. Fold egg yolk mixture into egg whites. Fold in cracker crumbs, *(continued)*

# Want more mail?

We're the 2,600 mail order catalogers, publishers, retailers, and service companies that make up the DMMA (Direct Mail Marketing Association), and we think you have the right to decide how much and what kind of advertising you receive in the mail.

So if you like to shop by mail, and you want more mail, check "Yes." Then tell us what kind of mail you prefer.

If you don't like advertising mail, and you want less, check "No." We'll try and stop as much of your national advertising mail as we can.

Mail this coupon to DMMA's Mail Preference Service, 6 East 43rd St., New York, NY, 10017.

You'll see a big change in your mail.

Name

Address

City

State Zip LHJ



☐ **Yes.**

I'd love more mail. Especially on the subjects I've circled below.

A Books & Educational Materials
B Clothing
C Collectibles
D Crafts
E Food & Sundries
F Gardening
G Gifts
H Hardware & Tools
I Health & Beauty
J Home Furnishings or Housewares
K Records & Musical Instruments
L Sporting Goods



☐ **No.**

I want less mail. Please remove my name and address from as many national direct mail advertiser's mailing lists as possible. Here are the names of others at my address who also want less mail, or variations of my own name by which I receive mail.

**DMMA**

Direct Mail Marketing Association

We think your mail matters.




nuts and chocolate. Pour batter into prepared pans.

Bake 30 to 35 minutes, until top springs back when touched lightly. Cool in pans 10 minutes. Loosen edge of layers with a knife; invert onto racks. Remove foil and cool completely.

*Rum Cream:* In chilled mixer bowl beat cream until soft peaks form. Beat in sugar and rum until just stiff.

Split each cake horizontally in half. Fill layers and frost top of torte with rum cream. Garnish with chocolate curls if desired. Refrigerate at least 7 hours. (Torte will become moist.) Makes 12 servings, 425 calories each.

## ITALIAN SAUSAGE TERRINE

*This is excellent for a large cocktail party or sliced ½ inch thick and served with cornichons (small sour pickles) as a first course or luncheon entree.*

- 1 pound sweet Italian sausage, casings removed
- 1 pound chicken livers
- 1 medium onion, chopped
- ¼ cup all-purpose flour
- ¼ cup brandy
- 1 teaspoon salt
- ¼ teaspoon allspice
- ¼ teaspoon nutmeg
- Pinch ground cloves
- ¼ teaspoon freshly ground pepper
- 2 garlic cloves, chopped
- 3 eggs
- ½ pound sliced bacon

In large skillet cook sausage, stirring, until browned; drain on paper towels and set aside in medium bowl.

In blender combine remaining ingredients except bacon; cover and blend at high speed until smooth, about 45 seconds. Stir into sausage.

Preheat oven to 350°F. Line a 9x5-inch loaf pan with heavy-duty foil, leaving about 3 inches overhanging sides. Place bacon slices crosswise across bottom and up sides of pan, letting slices overhang edges of pan. Pour sausage mixture into pan; fold bacon over top. Place loaf pan in a shallow pan; pour 1 inch very hot water into shallow pan. Bake uncovered 1½ hours.

Remove loaf pan from hot water; fold foil over top. Place a heavy can on terrine to weight down. Press down firmly 2 minutes. Refrigerate with weight until firm, about 6 hours.

To remove terrine, loosen foil from sides of pan; grasp ends of foil and lift out. Remove foil. Cut terrine into ¼-inch slices. Serve with an assortment of crackers, if desired. Makes 30 servings, 105 calories each.

## STEWED RABBIT

*This was the favorite recipe of the LH food staff.*

- ⅓ cup all-purpose flour
- 1 teaspoon salt, divided
- ¼ teaspoon freshly ground pepper
- 2½- to 3-pound domestic rabbit or 2 wild rabbits, cut up
- 6 slices bacon, cut up
- 1 large onion, sliced
- 2 medium carrots, cut crosswise into ½-inch slices
- 2 medium garlic cloves, crushed
- 1 bay leaf
- 1¼ cups water
- ¾ cup dry red wine
- 1 tablespoon packed brown sugar
- ½ teaspoon rosemary
- ½ teaspoon paprika
- 1 tablespoon cornstarch mixed with 2 tablespoons water

On large plate combine flour, ½ teaspoon salt and the pepper; coat rabbit on all sides. In Dutch oven cook bacon until crisp; drain on paper towels and crumble. Drain all but 2 tablespoons drippings from Dutch oven. Add rabbit and cook over medium heat, turning occasionally, until browned, about 10 minutes. Add onion, carrots, garlic, bacon and bay leaf. In medium bowl combine the water, wine, brown sugar, rosemary, paprika and remaining ½ teaspoon salt; stir. Pour over rabbit and heat to boiling. Reduce heat; cover and simmer until rabbit is tender, 1 to 1½ hours. Discard bay leaf.

Transfer rabbit and vegetables to platter; keep warm. Stir cornstarch mixture into liquid in Dutch oven. Bring to a boil, stirring constantly; boil, stirring, 1 minute. Pour sauce over rabbit and vegetables. Makes 6 servings, 380 calories each.

## MICROWAVE STUFFED CHICKEN

*A rice-stuffed chicken cooked in the microwave—what could be easier?*

**Rice Stuffing**

- 1 tablespoon butter or margarine
- ¼ cup chopped celery
- 2 tablespoons chopped onion
- ¼ teaspoon salt
- Pinch pepper
- 1 cup cooked rice
- ¼ cup chopped walnuts
- 2 tablespoons raisins
- ⅛ teaspoon paprika
- 2 slices bacon, crisply cooked and crumbled

- 3½-pound whole chicken
- ¼ cup butter or margarine, melted
- ½ teaspoon paprika

*Rice Stuffing:* In microwaveproof casserole melt butter on High *(continued*


h, the image of gourmet store coffee.
ARABICA SUPREME
GOURMET
COFFEE
Fresh Brewed
Taster's Choice
100% Freeze Dried Coffee
Taster's Choice® uses the very same beans found in gourmet stores, Arabica beans, for superior tasting coffees. Choose original Taster's Choice or dark roasted Maragor Bold,® both available in regular or naturally decaffeinated.
The choice for taste is Taster's Choice.
The Choice For Taste.



**New Sauceworks® adds great taste to hundreds of foods, but we only had room for a few.**

*Introducing Sauceworks® sauces from Kraft. Six exciting flavors for all kinds of foods. Now you can add some soul to your sole. Give your little shrimp a big bite. And turn your fowl into a hit. New Sauceworks® Add a little zing to just about anything.*




KRAFT
© 1986 Kraft, Inc.

## BETTY CROCKER
continued

1 minute. Stir in celery and onion. Cover. Microwave on High 2 minutes or until tender. Stir in remaining stuffing ingredients.

Just before roasting, fill body cavity of chicken with stuffing. Secure with toothpicks or wooden skewer. Tie legs together with string.

In small bowl mix melted butter with paprika; brush half over chicken. Place chicken breast side down on microwaveproof rack in microwaveproof dish. Cover with wax paper. Microwave on Medium-High 15 minutes. Turn chicken over and brush with remaining butter mixture. Cover with wax paper. Microwave until drumstick meat feels very soft when pressed between fingers, 13 to 18 minutes. Let stand covered 15 minutes. Makes 6 servings, 340 calories each.

### MUSTARD LAMB CHOPS

*Can be made in under 30 minutes!*

- 6 lamb sirloin or shoulder chops, about ¾ inch thick
- 2 tablespoons Dijon mustard
- 1 teaspoon thyme
- 2 teaspoons salad oil
- 1 teaspoon salt, divided
- 2 medium carrots, cut into 2x½-inch pieces
- 2 medium zucchini, cut into 2x½-inch pieces
- ½ small head cauliflower, separated into florets
- 2 tablespoons butter or margarine
- ¼ teaspoon freshly ground pepper

Slash outer edge of fat on lamb chops diagonally at 1-inch intervals to prevent curling (do not cut into meat). Place lamb on rack in broiler pan. In small bowl combine mustard, thyme, oil and ½ teaspoon salt; mix well. Brush half the mixture evenly over lamb.

Preheat broiler. Broil lamb chops with tops about 3 inches from heat source until browned, about 6 minutes. Turn lamb and brush with remaining mustard mixture. Broil 5 to 8 minutes more for medium.

Meanwhile, place a steamer basket in ½ inch water (the water should not touch bottom of basket). Place carrots in basket; cover and steam 2 minutes. Add zucchini and cauliflower; cover tightly and steam until tender, about 10 minutes. Melt butter; add remaining salt and pepper and spoon over vegetables. Serve with lamb. Makes 6 servings, 500 calories each.

### CHALUPAS

*This dish gets its name ("boat" in Spanish) from its turned-up shape.*

- Salad oil for frying
- 6 corn tortillas
- 1 can (16 oz.) refried beans
- 2 teaspoons chili powder
- ½ teaspoon minced garlic
- ½ teaspoon oregano
- 1½ cups (6 oz.) shredded Monterey jack or Cheddar cheese
- 1 medium avocado, sliced
- 1 medium tomato, cut into wedges
- Bottled Mexican salsa

In small skillet heat ⅛ inch oil over medium heat. Place tortillas one at a time in hot oil. With tongs bend one side up about 1 inch until set, about 15 seconds. Repeat, bending opposite side, to form a shallow "boat." Fry tortilla until crisp, 1½ to 2 minutes more. Drain on paper towels.

Preheat broiler. In medium bowl combine beans, chili powder, garlic and oregano; mix well. Spread about ¼ cup on each tortilla; top with cheese. Broil on ungreased cookie sheet 4 to 6 inches from heat source until cheese is melted, 2 to 3 minutes. Serve with avocado, tomato and salsa. Makes 6 servings, 380 calories each.

*(continued)*

# Teach an old dog new tricks.

## Make Cheese 'N Wiener Crescents with KRAFT Deluxe Slices and PILLSBURY Crescent Dinner Rolls.



**LIE DOWN:** Cut 4 KRAFT Deluxe Slit hot dogs to ½" of ends and 

Cheese Slices into 6 strips each. insert 3 cheese strips in each one.



**ROLL OVER:** Center hot dog on a Roll dough up and over hot 

PILLSBURY Crescent dough triangle. dog, keeping cheese side up.



**WAG YOUR TAIL:** Place on ungreased cookie sheet. Bake at 375° F for 12 to 15 minutes. Results speak for themselves.

Pillsbury

MANUFACTURER COUPON—NO EXPIRATION DATE

12¢

# SAVE 12¢

4428




on PILLSBURY Crescent Dinner Rolls (any size).

4428

Coupon good only on purchase of product indicated. Not valid if transferred or reproduced. ANY OTHER USE CONSTITUTES FRAUD. RETAILER: We will reimburse you the full value of this coupon plus 8¢ handling provided it is redeemed by a consumer at the time of purchase on the brand specified. Proof of purchase may be requested. Coupons not properly redeemed will be void and held. Mail to Pillsbury, Box 802, Minneapolis, MN 55460. Cash value .001¢. Void where taxed or restricted. LIMIT ONE COUPON PER ITEM PURCHASED.

IN THE DAIRY CASE.

5 18000 07212 0

18000 07212

KRAFT

MANUFACTURER COUPON—EXPIRATION DATE 3/31/87

15¢




# SAVE 15¢

NC6-8

on KRAFT Deluxe pasteurized process cheese slices

(8-oz. size or larger of American, Swiss, Old English or Pimento).

214334

RETAILER: Kraft, Inc. will reimburse you for the face value of this coupon plus 8¢ if submitted in compliance with Kraft's Coupon Redemption Policy, previously provided to retailer and incorporated by reference herein. Void where taxed, restricted or prohibited. Cash value 1/100¢. Mail to Kraft, Inc., Dept. 5949, El Paso, TX 79966. Offer Expires: March 31, 1987.

ONE COUPON PER ITEM PURCHASED—REDEEM PROMPTLY

5 21000 11015 0

© 1986 The Pillsbury Company

**Look for a special offer at your participating grocer featuring $1.00 back in coupons. Or, write to: Cheese 'N Wiener Refund, P.O. Box 5972, Minneapolis, MN 55460, by Nov. 30, 1986, for a request form.**

# FREE!

When you know our secret.



Tempt yourself 24 delicious ways...

Just circle the word "Swiss" on the reply card of the Swiss Colony ad in this issue, and you will receive these 24 dainty Petits Fours pastries FREE with your first order.


## BETTY CROCKER

continued

### CHINESE FRIED SHRIMP

*These can be made ahead. Cover and refrigerate up to 2 hours. Heat uncovered in a 350°F. oven about 10 minutes.*

- 1 pound large raw shrimp in shells
- Salad oil for deep-frying
- ½ cup all-purpose flour
- ¾ teaspoon salt
- ¼ teaspoon ground ginger
- ¼ teaspoon freshly ground pepper
- 3 egg whites
- 1½ cups shredded coconut
- Bottled sweet and sour sauce or soy sauce

Peel shrimp, leaving tails intact. (If frozen, do not thaw; peel under cold running water.) Make a shallow cut lengthwise down back of each shrimp; remove black vein.

In deep-fryer or Dutch oven heat 2 to 3 inches oil to 325°F. On sheet of wax paper mix flour, salt, ginger and pepper. In small bowl beat egg whites just until foamy. Coat shrimp with flour mixture; dip into egg whites. Pat coconut onto shrimp, covering completely. Fry shrimp a few pieces at a time, turning once, until coconut is golden brown, about 2 minutes. Drain on paper towels. Serve with bottled sweet and sour sauce or soy sauce. Makes 4 servings, 535 calories each without sauce.

### ORIENTAL BOK CHOY

*Bok choy is a member of the cabbage family. This versatile Chinese vegetable is best served in stir-fry dishes. For more crunch, cut the stems and leaves into 1-inch slices and stir-fry as directed below.*

- 1½ pounds bok choy
- 1 tablespoon cornstarch
- 1 tablespoon soy sauce
- 1 tablespoon salad oil
- 1 tablespoon butter or margarine
- 1 teaspoon finely chopped fresh ginger
- 1 garlic clove, chopped fine
- 2 tablespoons water

Rinse bok choy and cut off leaves. Cut stems into ¼-inch slices. Cut leaves into ½-inch strips. Set stems and leaves aside separately. In small bowl mix cornstarch and soy sauce.

In large skillet heat oil and butter or margarine over medium-high heat until butter is melted. Add ginger and garlic; stir-fry until garlic is lightly browned. Add bok choy stems and stir-fry 2 minutes. Add the water; cover and cook until stems are tender-crisp, about 2 minutes. Stir in soy sauce mixture and bok choy leaves; cook, stirring, until leaves are wilted, 1 to 2 minutes. Makes 6 servings, 60 calories each.

### HONEYED BEETS

*Beet size varies greatly, and so will cooking time. Start checking for doneness after 20 minutes.*

- 5 fresh medium beets (about 1¼ lbs.) or 2 cans (16 oz. each) julienned beets, drained
- 6 cups water
- 1½ teaspoons salt, divided
- 2 tablespoons butter or margarine
- 1 medium onion, chopped
- 2 tablespoons honey
- 1 tablespoon lemon juice
- ⅛ teaspoon cinnamon
- 1 tablespoon snipped parsley

For fresh beets, cut all but 2 inches from tops. Wash beets and leave whole with root ends attached. In medium saucepan bring the water and 1 teaspoon salt to a boil. Add beets; cover and heat to boiling. Reduce heat; simmer 25 minutes or until tender. Drain and let cool. When cool, slip off skins and julienne beets.

In medium skillet melt butter or margarine over medium heat. Add onion and cook until tender, about 5 minutes. Add beets, honey, lemon juice, remaining ½ teaspoon salt and cinnamon. Cook, stirring occasionally, until beets are hot, about 5 minutes. Sprinkle with parsley. Makes seven ½-cup servings, 65 calories each.

### TWICE-BAKED YAMS

*These are so delicious your family will clamor for yams every day.*

- 2 pounds (about 6 medium) yams or sweet potatoes
- 1 tablespoon salad oil
- ¼ cup sour cream
- ¼ cup milk
- 2 tablespoons packed brown sugar
- 2 tablespoons butter or margarine
- ⅛ teaspoon salt
- 2 tablespoons coarsely chopped pecans

Preheat oven to 375°F. Rub yams with oil; prick with fork to let steam escape. Bake until tender, 35 to 45 minutes. Cut a thin slice lengthwise from each yam and discard. Scoop out pulp, leaving a thin shell. Mash pulp until very smooth. Beat in sour cream and milk. Beat in brown sugar, butter or margarine and salt until light and fluffy. Stir in pecans. Increase oven temperature to 400°F. Place shells in an ungreased 13x9-inch baking dish and fill with yam mixture. Bake until filling is golden, about 20 minutes. Makes 6 servings, 310 calories each.

### ANGEL BISCUITS

*These yeast–baking powder biscuits live up to their name . . . heavenly.*

- 1 package active dry yeast
- 2 tablespoons warm water (105°F.-115°F.)
- About 5 cups all-purpose flour
- ¼ cup sugar
- 1 tablespoon baking powder
- 2 teaspoons salt
- 1 teaspoon baking soda
- 1 cup shortening
- 2 cups buttermilk

In small bowl dissolve yeast in the warm water. In large bowl combine 5 cups flour, sugar, baking powder, salt and baking soda. With pastry blender or 2 knives, cut in shortening until mixture resembles fine crumbs. Stir in buttermilk and dissolved yeast until dough leaves side of bowl. (Dough will be soft.)

On well-floured surface knead dough lightly about 25 to 30 times, sprinkling with flour if necessary. Roll or pat to ½-inch thickness. Cut with a 2½-inch round cutter. Place biscuits about 1 inch apart on an ungreased cookie sheet. Reroll scraps; repeat. Cover and let rise in a warm, draft-free place until doubled in bulk, 1 to 1½ hours.

Preheat oven to 400°F. Bake until golden brown, 12 to 14 minutes. Immediately remove from cookie sheet. Makes 2½ dozen, 140 calories each.

### ZUCCHINI BREAD

*Use zucchini from the summer's bounty in this delicious quick bread.*

- 2⅔ cups sugar

*(continued)*

New Rancher's Choice® dressing from Kraft is so thick and creamy it clings and clings.

See what we mean?

And Rancher's Choice® dressing has lots and lots of tasty herbs and spices.

See what we mean?

Pour a little Rancher's Choice® dressing on your own cherry tomato and pop it in your mouth. Mmmm.

Now you know why even Hidden Valley users like new Rancher's Choice® dressing better.

And why we think you'll love it.

See what we mean?

KRAFT




# Just look at it this way.



# Why is new Rancher's Choice® dressing preferred by Hidden Valley users?

## BETTY CROCKER
continued

⅔ cup shortening
3 cups shredded zucchini (about 2 medium)
⅔ cup water
4 eggs
3⅓ cups all-purpose flour
2 teaspoons baking soda
1½ teaspoons salt
1 teaspoon cinnamon
1 teaspoon cloves
½ teaspoon baking powder
2 teaspoons vanilla extract
⅔ cup coarsely chopped nuts
⅔ cup raisins

Preheat oven to 350°F. Grease bottoms of two 9x5-inch loaf pans.

In large mixer bowl beat sugar and shortening until light. Stir in zucchini, water and eggs. In another bowl combine flour, baking soda, salt, cinnamon, cloves and baking powder; stir into zucchini mixture. Stir in vanilla, nuts and raisins. Pour evenly into prepared pans. Bake until toothpick inserted in center comes out clean, 60 to 70 minutes. Cool 5 minutes. Loosen loaves from sides of pans; remove from pans. Cool completely on wire racks. *(Can be made ahead. Wrap and refrigerate up to 1 week or freeze up to 3 months.)* Makes 2 loaves, 24 slices each, 125 calories per slice.

### CLASSIC FRENCH SILK PIE

*For bittersweet-chocolate fans, decrease the sugar to ¾ cup.*

¾ cup butter, softened (no substitute)
1 cup granulated sugar
1½ teaspoons vanilla extract
¼ teaspoon cream of tartar
3 squares (1 oz. each) unsweetened chocolate, melted and cooled
3 eggs
9-inch baked pie shell
1 cup chilled heavy or whipping cream
2 tablespoons confectioners' sugar

In mixer bowl beat butter until light and fluffy. Gradually sprinkle in granulated sugar. With mixer at high speed beat in vanilla, cream of tartar and chocolate. Add eggs one at a time, beating 3 minutes after each addition and scraping bowl. Pour into pie shell. Cover and refrigerate 3 to 4 hours or until set. Or cover with plastic wrap and freeze at least 8 hours. (If pie is frozen, remove from freezer 15 minutes before serving.)

In chilled mixer bowl beat cream and confectioners' sugar until stiff. Top pie with whipped cream. Makes 8 servings, 580 calories each. **End**

## WHY DON'T WE TALK?
continued from page 34

the day's activities—paves the way for important discussions. If you can't talk to your kids about their new gym teacher, you might not be able to reach them when it comes time to discuss drugs or drinking. If you can't chat with your husband about a magazine article, you may not be able to express honestly how you feel about sex, money or other important issues.

The fast pace of life today is probably the main reason we're not talking anymore. "With everyone running in fifty different directions, it's hard to find time to talk," notes Marilyn Farrell, a community relations director for Family Services of Seattle.

But it's not the only reason. The kinds of activities people engage in today are also significant. They remind another expert of the "parallel play" common among preschoolers. "People are preoccupied with solitary pursuits—running, aerobics, working out," says Richard Dublin, associate executive director of Jewish Family and Community Service of Chicago. The result: Our stomach and leg muscles have never been tighter, our conversational skills never flabbier.

What's more, according to an ongoing study at the University of Chicago, teenagers spend only an hour a day at home with other family members—and that includes time watching television and eating. The dinner hour, traditionally the time when the whole family sits down to chat, has almost disappeared. "We see kids and adults whose lives are so incredibly scheduled that their time together is severely limited," says Dublin. "Certainly, that affects the quality of the conversation."

Unfortunately, the danger here goes beyond family members' losing touch with one another. Experts note that children raised in an uncommunicative household become parents who don't know how to talk with each other. Ellen, thirty-two, a North Carolina mother of a two-year-old and a five-month-old, admits that lack of time is only part of her problem. "Brian and I just aren't good at sharing intimacies. Our families were always uncomfortable expressing strong feelings, and I know it's difficult for me to tell my husband I'm afraid or that something's tough for me. It's even harder for him."

Lack of time to talk can sometimes be a symptom, rather than the cause, of deeper problems. "When couples complain they have no time to talk, they are often—unwittingly, perhaps—choosing not to," notes Richard H. Mikesell, Ph.D., a psychologist in private practice in Washington, D.C.

Take Nancy and Mitchell, both thirty-nine, of Seattle, who've been married six years. Though they were both unhappy, neither was able to figure out what was wrong. "Talking wasn't pleasant," Nancy recalls. "Either we discussed only the most mundane aspects of our lives, or we spent every evening criticizing each other."

During counseling, Nancy and Mitchell were able to see that since they had trouble relating to each other—Mitchell hated Nancy's chronic worrying; she resented the fact that he never shared his workday experiences with her—they had actually been looking for activities to occupy their time so they wouldn't *have* to talk.

The therapist showed them that talking meant sharing positive experiences and ideas, not just anxieties or arguments about who folded the laundry the last time or why there was a cigarette butt in the living-room ashtray. And it didn't mean exchanging an occasional word between TV commercials or over a child's cry, either. The counselor made them agree to spend at least fifteen minutes a day sitting down together with no distractions. "Even after the first week, there was a big change," Nancy says.

### Let me entertain you

Compounding the we-don't-talk-anymore dilemma is the fact that even in the rare moments couples spend alone many of them opt for passive entertainment that precludes conversation. "Real conversation requires real listening, and listening requires an expenditure of energy," says Armand Occhetti, M.S.S.A., a marital and family therapist in Raleigh, North Carolina. "Too often people just turn on the television."

Perhaps that's not so surprising—after all, today's parents were weaned on television. According to a 1986 Nielsen report, television was on in American homes for a record seven hours, ten minutes a day. The effect on adults and children is profound, since many experts believe television continues to alter our lives even when the set is off. The medium, they fear, encourages people to focus only half their attention on conversation and to accept frequent interruptions. In time, children become accustomed to not needing to listen . . . after all, if they miss something, they can always catch the reruns. Or, with a VCR at hand, they can simply rewind.

Then, too, this era of electronic entertainment—with all its flashing lights and quick-paced messages—leaves young people easily bored with ordinary conversation. Many teachers today find that to hold a class's attention, they need an array of audiovisual aids. "You feel you've got *(continued)*


The Creamiest.
Velveeta® Shells & Cheese Dinner from KRAFT.
Real Velveeta cheese sauce makes it
really the creamiest.
KRAFT
Velveeta
Shells & Cheese Dinner
Complete with creamy Velveeta cheese sauce & enriched shell macaroni
NET WT. 12 OZ (332 g)

to be Johnny Carson," notes Ann Jordan, Ph.D., adjunct professor of anthropology at North Texas State University. "Just talking isn't enough. Kids are used to being entertained."

And frankly, so are their parents. Though couples are loath to admit it, experts point out that far too many husbands and wives are simply bored with each other. After years of marriage, couples tend to fall into a predictable pattern that can be the death of conversation. "Let's face it," says Peggy. "We come home from work, have dinner with the kids, play Legos or Candyland or whatever. There's lots of chatter when the kids are around, but after they go to bed—silence. Josh sits down to do a little work; I start getting ready for the next day. I know we don't talk the way we used to. We don't even try anymore. It's easier to be lazy."



### Exercise the vocal cords!

The message is clear: Whatever the reasons for the sounds of silence, the greatest risk in not talking today is that it makes it more difficult to talk tomorrow.

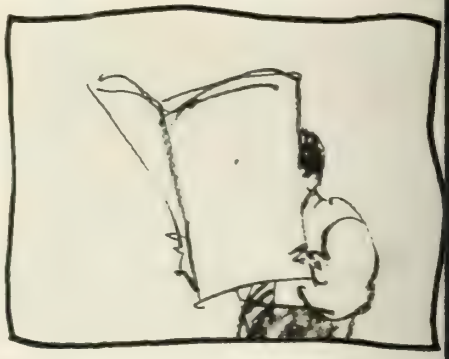
Of course, some couples do manage to break down the barriers to communication. Their secret is simple: They *work* at talking. Points out Gerald Goodman, Ph.D., associate professor of psychology at the University of California, Los Angeles, "They know close communication can't be maintained by a lazy reliance on instinct and impulse."

Goodman teaches people how to talk better—to avoid interrupting, asking too many questions and giving advice too quickly. He teaches them techniques for making conversation more enjoyable—how to speak revealingly about yourself in a positive way that invites further discussion, as well as the importance of paraphrasing or summarizing what the other person has said to maintain a balanced flow of conversation. Other experts agree it's important to use skillful questioning to draw people out. For instance, if your husband says, "I have to get to work early for a nine o'clock meeting," don't just nod and say "Fine." Ask, "What's it about? Who will be there? And by the way, how did that project from your last meeting turn out?"

People who communicate well also know that talking should be fun. And that can happen only if the atmosphere at home encourages family members to ruminate out loud, to tell stories, to share their feelings. Sherod Miller, Ph.D., social psychologist and author of *Talking Together* (ICP, 1979), believes people must consciously encourage storytelling—about the past, about the family, about day-to-day adventures. "Parents get locked into directives—pressure talk, such as 'Do this, do that'—and they forget a story is a good way to tap a range of affections and experiences . . . to look at events and the meaning they have in our lives." Miller and his wife set aside time, often on Sundays, to be with their fourteen-year-old daughter and eleven-year-old son. "Last Sunday we read Scriptures in the morning and went skiing in the afternoon. Just sharing time gives us plenty to talk about."

There's a great deal families can do to improve communication in the home. And it's never too late to start:

- **Battle boredom** Make time to talk—and things to talk about. For couples, this can mean setting aside at least one night a week to go out together and do something they've always wanted to do. Has your husband been talking for years about finding a cozy restaurant to listen to some jazz? Fit it into your schedule now.
- **Play games together** Almost any game has a great deal of down time, which gives family members an opportunity to banter with one another. Playing Trivial Pursuit, charades, Monopoly or gin rummy is relaxing, puts everyone on an equal footing, creates a pleasant atmosphere and allows for conversation without putting pressure on people to talk. Also good: family projects in which everyone can participate in the decision making.
- **Learn about the interests of family members** Saying "Computers are too complicated for me" is a good way to shut out forever topics that may intrigue your spouse and child. Instead, ask them to tell you what it is about their hobby that so fascinates them. If your teenager is glued to his Walkman, take the time to learn the names of the top ten songs, or which groups he prefers listening to—even if you can't stand the music yourself. "If you know what kids are interested in," says Mihaly Csikszentmihalyi, Ph.D., professor of psychology at the University of Chicago, "it's much easier to start a conversation." Once you start talking, other subjects will inevitably come up.
- **Ask questions** that elicit thought and a more-than-monosyllabic response. "How was work?" is vague and can easily be dismissed with a curt "Okay." A better tactic is to ask about the boss's reaction to the new idea your husband recently proposed, or how the search for a new office manager is going. Instead of "How was school?" ask your child to describe the best or worst thing that happened that day.
- **Don't let your children dominate your conversations** Parents who spend all their time chatting about nursery schools, Little League or college acceptances may find little to talk about once the kids have grown up and moved out of the house. Keep alive the subjects that intrigued and excited you both before you became parents.
- **Never make conversation a nagging issue** Putting pressure on someone to talk is like putting pressure on someone to perform in bed. "I realized early in my marriage that the worst thing I could do was say, 'You never communicate,'" recalls Jessica, thirty-one, a New York legal secretary married for eight years to a man of few words. The key for her, she says, is not to become tense and anxious over her husband's silence. "The more relaxed I am, the more he opens up."



- **Communicate positively** Offer praise for something well done.

Most of all, it's essential for people to reassess their attitude toward talking—to make conversation a priority and to recognize that good talking, like good sex, is one of the key elements of married life. Notes Susan Lindblum, general manager of Interpersonal Communication Programs, a Littleton, Colorado, firm that sponsors courses in marital communication. "Most of the people who come to us complain that their days aren't long enough and there are so many distractions that they really want to learn how to talk to each other, to solve their problems and get on with life. They're eager for productive communication, not fluff."

Okay, take a break, put down this magazine, and go tell your husband what you've just read. Isn't this as good a time as any to get back in touch? **End**

# Velveeta presents sensational chicken that won't ruffle your feathers.



Turn everyday chicken into something sensational with Velveeta Process Cheese Spread. Like Chicken Rolls Almondine. Always easy. And always exceptional because Velveeta Process Cheese Spread uses a special blending of natural cheeses for a taste no single cheese can match.

**Chicken Rolls Almondine**

1 8-oz. can crushed pineapple, drained
3 chicken breasts, split, boned, skinned
¾ cup green pepper strips
¾ cup red pepper strips
¼ cup flour
1 cup KRAFT Real Mayonnaise
¼ cup milk
2 tablespoons green onion slices
½ teaspoon ground ginger
½ cup sliced almonds
½ lb. VELVEETA Pasteurized Process Cheese Spread, cubed

Drain pineapple, reserving ¼ cup liquid. Pound chicken breasts to ¼-inch thickness. Place peppers on end of each chicken breast; roll up. Secure with wooden picks. Coat chicken with flour; place in 12 x 8-inch baking dish. Brush with combined ½ cup mayonnaise, milk, onions and ginger. Top with almonds. Bake at 350° 40 to 45 minutes or until tender. Combine remaining mayonnaise, reserved liquid and process cheese spread; stir over low heat until smooth. Add pineapple; heat thoroughly, stirring occasionally. Serve over chicken. Top with chopped red and green peppers, if desired. (6 servings)

There's no single cheese like Velveeta.

Velveeta
KRAFT
Velveeta

© 1986 Kraft, Inc.

Why can't I have a little freedom?

It was a brilliant day: bright, clear and cool for mid-October. Indian summer hadn't hit yet. She wore a deep blue-green suede outfit with a shawl, a wide-brimmed fedora and large dark glasses. No jewelry.

Des was waiting by his car on the overlook. She saw him turn casually toward the van as it pulled in. The leaves were beginning to turn, with bursts of yellow and red among the green.

Hugh helped her out of the van. He shook hands with Des solemnly, like a father handing over his bride; then he drove away.

It was a little after twelve-thirty; their reservation was for one. Sadie wanted to put off getting into his car, as though that were the final commitment. A brisk wind caught her hat and blew it off, and they both lunged for it and hit their heads together. They laughed, and she sheepishly took her hat and climbed into his car.

They drove in awkward silence. Like a teenager on her first date, Sadie kept trying to think of something to say.

Des was the one who finally spoke. "Well, you don't look as if you just stepped out of a garbage can."

"I should never have told you."

"You had to. There can be no secrets between us."

She blushed.

They drove along the winding roads, up and down hills, patches of sunlight almost blinding them after they came up from a shaded part of the road.

The Auberge was enchanting and unexpected. There were plates on the walls, pine cupboards and a fireplace. A table next to the window overlooked a lovely garden and the woods beyond.

Francois deliberately did not notice who she was. With a Gallic flourish, accompanied by dancing eyebrows and a profusion of compliments, he kissed her hand and led them to the table. He had a bottle of dry white wine on ice next to the table, and after he opened it, he bowed deeply and sailed away. The chef d'oeuvre he was whipping up for them in the kitchen required his full attention.

Sadie giggled as he disappeared.

"Voilà!" said Des with a sweeping gesture, imitating Francois.

She was touched by his vulnerability as he said it. He wouldn't have learned French in the poor Boston neighborhood where he grew up. Rosey, of course, spoke excellent French.

Des poured the wine. She was surprised to see, when she took her glass, that her hand was shaking.

"Cheers," he said, as he clinked his glass to hers.

They made small talk, but Sadie didn't hear a word. She kept watching his hands as they played with the bread crumbs on the table, watching his eyes as they sparkled when he laughed: mocking? serious? she couldn't tell. His lower lip was full and curved down at the end, so that he always had a sort of wry look about him, ready to smile or grimace. She tried not to think about what his mouth would feel like on her mouth, what his hands would feel like on her body.

Francois brought a delectable fish mousse for the first course, followed by a veal roast with chanterelles. Salad and cheese. The conversation was going slowly; both were uncomfortable and stilted, numbed by desire.

Tarte Tatin was superb. The wine was light and smooth, the sun bright, the espresso strong.

They lingered over the espresso, talking intermittently. Then it was three-thirty. She had told Hugh to meet her at four at the overlook. As they thanked Francois profusely, she found she didn't feel as guilty leaving as she had coming in. Nothing had happened. Des, who had been almost impudently suggestive in their conversation before, had not even once hinted at anything during the meal.

> ***"Let's have lunch," he said. "No Secret Service, no stewards, no secretaries. Alone."***

She felt let down as they drove back over the hilly roads. The morning had been full of promise. Now the day was over, the promise unfulfilled.

"This has been so pleasant," she said halfheartedly. A knot in her stomach was tightening. She had somehow let it—let him—get away.

"Let's do it again sometime," he said.

"No, I don't think so. It's too risky."

"I don't see why. All we did was have lunch."

It sounded like an accusation. She could feel herself sinking into a depression. "Alone," she said in self-defense.

Just as she spoke, Des turned the car so quickly that she slid over to his side, falling against him.

Then they were careening down a dark, bumpy road toward the river. The road was deserted as they drove down to the water.

Her mouth was dry and her throat closed. There was something desperate about the way he pulled the car into the park, slammed on the brakes, and turned off the ignition.

He reached over, and she pressed her mouth to his, and then everything was a swirl of arms and hands and clothes, and she felt as if she had stopped breathing.

They sat silently afterward, breathing heavily at first, then more slowly.

He finally looked at his watch and turned the ignition.

On the ride back, she tried to repair the damage to her makeup. It was five o'clock. Neither of them spoke until they were at the overlook. Hugh was standing by the van, looking worried.

Des maneuvered his car as close to the van as possible and waited for Hugh to open the back door. They had not looked at each other since the river.

As she was getting out of the car, Des reached for her hand and mumbled under his breath, "I'll call you."

When she finally took his call, it was more than a week later. During that time she had refused to think of him. She immersed herself in the busy routine of her days and kept herself numb. She did her duty.

"I'd like to see you again," he said softly over the phone.

"I've decided to give up the idea of writing for now," she said as though she were talking to an editor. "I've really got so many responsibilities. The National Trust for Historic Preservation, and the children will be home for Thanksgiving—"

"Sadie."

"Yes."

"I want to see you."

"No."

"I don't understand."

"Yes, you do."

"Look, I know it's risky, but—"

"Des."

"We could work out a way—"

"No."

There was such firmness in her voice that he knew it was pointless to argue.

Sadie put the phone down. She closed her eyes and lay back on her pillow. She could feel a pounding in her chest. She had made the right decision. She forced herself to get up and went into the bathroom. She ran a hot tub, turning the water on full blast so that nobody would hear her cry. **End**

# Pack in the "M&M's" Pack in the smiles




"M&M's"® Plain and Peanut Chocolate Candies.




"The milk chocolate melts in your mouth—not in your hand"®

rs Inc., 1986

him might ruin her happiness. The last one irks him, and Kurt tosses the paper aside angrily.

"Just forget about it, pook," Goldie says, calling Kurt one of the many pet names she has for him. Goldie tends to call everyone by a pet name, often with a Yiddish accent (her mother is Jewish). But aside from this, she is nothing like the flighty, oh-so-vulnerable characters she plays on the screen. In real life, she is wise, introspective and confident. Whether she's on the phone with her partner in Hollywood or quietly reprimanding Rosalva, the children's nanny of seven years, or even arguing with Kurt, she always speaks her mind gently but firmly.

The disputes with Kurt are particularly revealing. They are usually political in nature, since she's a liberal and he's a conservative. When they disagree, Kurt will shout and storm around the room, and Goldie will respond with reason and dignity.

"She has this incredible talent for saying what she feels without angering someone who might not agree with her," Kurt admits. "I don't." However, when they do reach an impasse, he says, "Goldie's more unforgiving than I am; she's harsher. She's her own person, and I'd never be able to force her to do anything she didn't want to do." He smiles at the thought of some of their spats. "In a way, it's good for us. There are enough differences to keep sparks flying, and we never have to worry about boredom."

Goldie attributes a lot of her current happiness to Kurt, whom she began to date while starring with him in *Swing Shift*, in 1983. At that time, her relationships with men had been largely unsuccessful. Her first marriage, to dancer and director Gus Trikonis, ended in 1975, after seven years. Her second try, with Bill Hudson, a comedian and singer, also ended in divorce, in 1981, after nearly four years and two children. In both cases, one of the biggest problems was that her career was on the rise while her husband's had stalled. Though she took pains to keep her professional life out of her marriage, she was just too well known. The marriages failed, and divorce made her feel incomplete. "I love to be with men," she explains, and though she has been romantically linked to many, including Warren Beatty, she says no one has ever been as right for her as Kurt, himself the father of a five-year-old boy, Boston, from his brief marriage to actress Season Hubley. (Boston lives in Los Angeles with his mother, but Kurt flies back to California at least once a month for a visit with his son.

Despite a quarter century making movies, Kurt is still one of the most unpretentious people in the industry. A former Walt Disney child star, he has gained recognition of late through starring roles in the films *Silkwood*, *The Best of Times* and *Big Trouble in Little China*, an action film released this summer. *Big Trouble* gave Russell the chance to play a character who is closer to his own persona than any part he's ever had—a good-natured truck driver who makes his living carting live pigs to market.

Yet as much as he enjoyed making the film, Kurt says he's looking forward to the time when he's saved enough money to retire and do nothing but farm. "Movies are my business, not my life," he says. "I've been living in Colorado since 1977, and this place, and Goldie and the kids—that's my life."

Goldie, on the other hand, could never give up her career, Kurt realizes.



Visages

"She needs a creative outlet, but one of the things I have helped to teach her is how to relax. She's always done a lot of work from the time she got up till the time she went to bed because she has all of this energy. I've tried to show her how she can be happier by channeling that energy into things that have nothing to do with moviemaking."

Kurt and Goldie have been perfect for each other from their very first date, though they'd actually met years before, in 1968, when she had a bit part as a dancer in his film *The One and Only, Genuine, Original Family Band*. They didn't begin going out together until one night when they went to the Playboy club to dance after filming a scene from *Swing Shift*. Kurt recalls that what first attracted him to Goldie was "her great behind. But when we went out, I found she also had a great mind, which was even better. And we discovered we had a lot in common. Our senses of humor mixed well, we were both disciplined athletes—Goldie as a dancer, and me as a hunter and former baseball player. I guess what impressed me most, though, is that she didn't even want stardom. She just wanted to dance and have a good time. But that incredible discipline she had as a dancer enabled her to do all these other things—acting, running her own company and being a mother—maybe even made them inevitable. And she does it all with incredible femininity. I think that's what men *and* women both find very appealing about her."

And what about Kurt appeals to Goldie? "He's intelligent, charming and sexy." The last quality may well have been the reason their love scenes in *Swing Shift* had so much fire. "Also, I've never met anyone who's more fun or more giving than Kurt."

As they sit down to a lunch of grilled cheese sandwiches badly burned by Kurt ("Oh, jeez, we've got a fire going!" he hollers, Goldie shutting her eyes and moaning quietly, "I knew I should have made them myself"), the couple are forthcoming in talking about their life together, and it is obvious they really enjoy each other. Gazing toward the kitchen, Goldie sighs, "Those eyes, they drive me crazy."

"Mine, hon?" Kurt asks.

"No," she replies. "I was talking about Thumper."

Thumper, one of the family's three dogs, yawns indifferently, and Kurt looks wounded. But as often as they argue and tease, they also encourage each other and embrace frequently. Goldie insists that the stumbling block in her marriages—the pairing of two creative temperaments and rival careers—isn't a problem in this relationship.

"The fact that we were both established as actors when we met helped," she says. It has also allowed them to arrange their filmmaking schedules so that they never conflict and they can visit each other on the set. When Goldie is away the kids usually travel with her, a tutor in tow. And although they see their father often, it is Kurt whom they call Pa. When his son, Boston, is in town, the three youngsters are inseparable.

"I'm one of those mothers who really like kids interacting with each other," she says. "I've always had my kids in play groups, and they're real social." In fact, one of the things that convinced her to settle in Old Snowmass was that there were other children living just down the dirt road.

About the only aspect of country life she hasn't accepted for herself or the children is hunting, which is one of Kurt's passions. Goldie doesn't think she could kill an animal and isn't sure it's something the kids *(continued)*



# The taste that overturned the pastry crust tradition!

## A Keebler® Graham Cracker Ready-Crust® pie crust adds a lightly sweet taste to baked apple pie you just can't get from a pastry crust. Try this recipe. It just might turn your pie-making traditions upside down!

### DUTCH APPLE PIE

- 1 Keebler* Graham Cracker Ready-Crust* pie crust
- 1 large egg yolk, slightly beaten
- 5-1/2 cups sliced, cored, peeled cooking apples
- 1 tablespoon lemon juice*
- 1/2 cup sugar
- 1/4 cup light brown sugar, firmly packed
- 3 tablespoons all-purpose flour
- 1/4 teaspoon salt
- 1/2 teaspoon ground cinnamon
- 1/4 teaspoon ground nutmeg
- 3/4 cup all-purpose flour
- 1/4 cup sugar
- 1/4 cup light brown sugar, firmly packed
- 1/3 cup butter or margarine, at room temperature

*Omit lemon juice if apples are very tart.

Preheat oven to 375°F. Brush bottom and sides of crust evenly with egg yolk; bake on baking sheet until light brown, about 5 minutes. Remove crust from oven. Combine sliced apples, lemon juice, ½ cup sugar, ¼ cup brown sugar, 3 tablespoons flour, salt, cinnamon and nutmeg. Mix well and spoon into crust. Mix remaining flour, sugar, brown sugar and butter with fork or pastry blender until crumbly. Sprinkle topping mixture evenly over apples. Bake on baking sheet until topping is golden and filling is bubbling, about 50 minutes. Cool on wire rack. Serve at room temperature. Serves 8.




LOOK FOR READY-CRUST IN THE BAKING-NEEDS AISLE.

© 1986 Keebler Company. Ready-Crust® is a registered trademark of the Johnston's Ready-Crust Company.

Get the new Keebler® Ready-Crust® Recipe Book with 100 delicious pie recipes. Send your name, address and $2.50 to: Ready-Crust Recipe Book, P.O. Box 2375, Libertyville, IL 60198. Allow 4 to 6 weeks for delivery. Offer expires Dec. 31, 1987.

## GOLDIE HAWN
continued

should be getting involved with,either.

Her own hobbies are more restrained. Kurt has introduced her to horseback riding and snowmobiling, but her private interests include photography, collecting Tiffany lamps, and gardening. She also does a lot of reading about metaphysics, having been intrigued by Shirley MacLaine's writing as well as by the popular book *UFO Contact from the Pleiades*. "I had an out-of-body experience myself," she says. "I was half asleep when I heard this sound, and I followed it, though not with my body. That's how they get you," she says, referring to extraterrestrials, "through sound."

For his part, Kurt believes the whole notion of metaphysics is "a crock." He puts up with it with good humor, feeling that it's the least he can do for the way Goldie tolerates his hunting.

This afternoon, Kurt is driving to a neighbor's farm to feed his pet pig, Mrs. Motts, who is living there until Kurt and Goldie's barn is finished. As it happens, the wily pig escapes. After a chase through muck that consumes the better part of an hour, Kurt finally succeeds in roping the independent-minded animal.

"I love it," he says, as he returns the squealing animal to its pen. "In Los Angeles, you just sit and vegetate and let someone else do everything. Here, a person has to be self-sufficient."

True, but does Goldie enjoy chasing pigs? Kurt shrugs his broad shoulders. "Nah. She'd rather go out to dinner than chase a pig," he says, smiling. "But she's getting there. Goldie sees the value of this lifestyle, and it really isn't like Judy Benjamin or one of her other characters—she doesn't need to be pampered that way. On the other hand, she has a great love for filmmaking, making a difference with her films—opening eyes or shattering stereotypes or saying something about relationships. It will always be important for her to go back to Hollywood at least every year and make a picture."

Meanwhile, back at the ranch, Goldie has resumed her knitting on the chaise longue. Her mother, Laura, a short, stocky woman, barefoot and dressed in a University of Colorado sweatshirt, shuffles in. A retired jewelry wholesaler, she has been living with her daughter since Goldie's father, musician Edward Rutledge Hawn, died, in 1982, at the age of seventy-four. Both Goldie and Kurt welcome Laura's presence. She helps clean the house, answers mail and keeps her daughter company when everyone else is away.

Laura is crazy about Kurt; she finds his joie de vivre contagious and glows when he is around. "Oh, I love him," she says in a gravelly voice. "And he's so good with the children. It's like he's a gift to us."

On cue, Kurt swaggers in, wiping his hands on his jeans. "I'm God's gift to everyone," he jokes, "only some people around here don't realize it."

"We realize it," Goldie asserts.

Kurt grins. "I mean in town. Y'know Goldie goes shopping and comes back with all kinds of bargains. I go shopping, and they charge extra. They figure I'm an actor and I make billions of dollars, but everyone wants to be able to say, 'I sold something to Goldie Hawn.'"

Even their pet parrot, Rut, shows Kurt little respect, interrupting him with loud, shrieking noises. Goldie gets up, takes the bird from its cage and places it on Kurt's shoulder, where it sits quietly. With peace restored, they are able to discuss some of the chores they'll have to do over the next few days, including buying a manure spreader to fertilize the acres of hay and bunchgrass on which their animals will graze. It took some getting used to, but Goldie can now discuss a manure spreader as casually as she can talk about changes in a script. It's all part of the great adjustment she has made in order to make her new life work.

For the time being, that new life does not include marriage. If Goldie and Kurt do marry, both agree it will probably be on the spur of the moment and solely for the sake of the children.

"To kids, the significance of marriage is great," Kurt says. "I think they put a lot of weight on that concept, and that could ultimately affect our thinking. Otherwise, what's the point? Both Goldie and I have so many negative feelings from our previous marriages that we just don't want to burden ourselves with it." Since their finances are kept separately and they each own half the ranch, Kurt says that marriage would only complicate matters. They have decided, though, that their baby will bear Russell's last name. "We are both very traditional that way and see no reason for a hyphen."

Married or not, Goldie and Kurt say they still feel as strongly about each other as they did the night they started dating three years ago. "It's hard to imagine life being as fulfilling without Goldie," Kurt says. What is the key to their happiness together? "We never let anything slide," he explains. "If something ever goes wrong, all we have to do is look to see what we're doing differently today than we did yesterday. She likes who I am, and I like who she is, and if we don't let things slide by, I expect we'll be together forever." **End**

## ERMA BOMBECK
continued from page 129

housewife twenty-one years ago for a Dayton, Ohio, newspaper for a three-dollar fee has mushroomed into an empire. Today, America's favorite humor column is syndicated in nine hundred newspapers and read by thirty million people. Erma has also written seven books (all of which were best-sellers), and she has a regular TV spot on *Good Morning America*.

Her writing has made her wealthy, yet Erma insists that she will never grow so rich that she loses touch with the simple, everyday subjects she writes about. "Going back to one's roots is not so much a way of life as it is a feeling," she says. "For me, going back to my roots is not a long trip. If you've been on a diet and you're down to a size eight from a fourteen, you'll always go to the large-size dress department because you still feel fat. I hang on to these feelings. I never let them go."

The humorist still remembers how she reacted when her agent called to tell her that the paperback rights for one of her books had sold for a million dollars. "I said—seriously—'God, I'm going to go out and buy a blouse!'"

As we talk, Erma makes some fresh coffee, and we walk back into her office. The strong Arizona sun streams in through the windows, but she doesn't let down the shades. As she moves, I notice her ring. It is the original engagement ring her husband, Bill, gave her more than thirty-six years ago, with a diamond that seems more within the reach of a schoolteacher's salary than a best-selling author's. Noticing my gaze, Erma jokes, "I never even asked the size of the stone. I only know Bill told me my hands were small. Put it this way, it sparkles in a closet.

"I'm not into jewelry," she admits. "Or money. Bill takes care of all that. I barely see the checks. Money is not why I write. My very first indulgence was a blue Ultrasuede dress that made me look like a sack of potatoes. I couldn't believe I owned such a wonderful thing. To me, in those days, Ultrasuede was an endangered species."

Erma is also the first to admit, however, that success has its rewards and that when she's away from home and in a big city, she loves to hit the stores. "I could run through Bloomingdale's in my bare feet," she confesses. "I could go to every floor and poke in every boutique. I could just go until I drop. When I'm in New York I have to keep myself from going in at sunrise and never coming out until it's dark."

On a recent foray, she let her self-control lapse a bit. At age fifty-eight, "your basic middle-class *(continued)*

# A good idea, 1949.

# A fresh idea, 1986.







## Introducing fresh taste you don't get from a can.

With Ragu'™ Pasta Meals in jars, kids and adults will be eating together again.

Because who can resist that delicious Ragu'® sauce, thick and rich the way you know it. From garden-ripe tomatoes, romano cheese, the perfect blend of herbs and spices.

And the pasta! Made with the finest semolina, cooked just right.

All that's left out is fillers, colorings, artificial ingredients and preservatives.

Of course, nothing's easier than popping a jar of Pasta Meals into the microwave. And there's no pot to clean!

So treat your family to something better than a good idea. A fresh one.




MICROWAVEABLE IN THE JAR

© 1986 Ragu' Foods, Inc., Owner of the registered trademark RAGU'.

# Why does real estate agent Bea Montague use Lightdays® Pantiliners?



## "I like to feel just-showered fresh all day, every day."

"For me, real estate has become a 24-hour lifestyle. I deal with as many clients at social gatherings and dinners as I do during office hours. And Lightdays help me keep that morning-shower freshness through the whole day, no matter how late it goes. Their shape is contoured so they're very comfortable.

Lightdays liners help me feel dry, fresh and comfortable. It's a good feeling that makes you more confident in yourself, and when you're talking to a client, that comes across."

Bea Montague

Kotex® Lightdays® Pantiliners are designed with a special hourglass shape that curves where you curve. So they fit comfortably. They're also remarkably thin, with three adhesive strips to hold them firmly in place. Use Lightdays for extra protection during your period and to feel just-showered fresh, anytime.




## For just-showered freshness all day, every day.

© 1985 Kimberly-Clark Corp.

housewife," as she labels herself, has just bought her first fur. "I was in New York, and I saw a mink. White mink. Down to the ankles. I'm very conservative, and I live in Arizona, where it hits one hundred sixteen degrees, so what I'm doing with this little baby, I don't know. But I just whipped out my American Express card and bought it. I mean, not even Jaclyn Smith has such a glamorous thing. It's so sweeping that they had to cut some of it off, and just from what they cut off, I have enough left to make a jacket, three pairs of boots and a hat."

Ask her what in the world made her select, for her first and only fur, a white mink, and she'll give you a reason that every red-blooded woman in the world can relate to: "It was on sale."

Somewhat surprisingly, Erma's tremendous success is accompanied by the kind of personal insecurity most of us share. She laments, "Celebrity status is hard for me. And looking good is something I can't do either. I know that when I walk into a room, I don't stand out. I disappoint people when they see me in person. I just know it. I'm always shorter than they expected. They're so disappointed by my size, they always tell me, 'Oh, my God, I thought you were taller!' So I say, 'Well, I write tall.' I don't know what else to say to them. Of course, I shouldn't feel such pressure. I should be secure enough not to have to prove anything, but it's a matter of trying to please everyone.

"Some people have great style," she says wistfully. "I'm thinking of James Garner, who always seems to say the right thing and keep it all in proper perspective. But I've gone to give speeches, and people don't know who I am. Like when I was booked once for Lancaster, Ohio. I walked in, and they asked for my ticket. I said, 'I'm the speaker,' and you could see them thinking, Dear Lord, we've got to suffer through *this* for the next hour?" With that, Erma throws her head back and bursts into a good, solid laugh.

"At one function," she remembers, "I sat next to Cary Grant. He was well read and curious, and he had a sense of humor. He told me he'd read my stuff, which amazed me. What I said to him was, 'You don't have to say that to be nice. I'm here for the next hour. I can't change my seat.'"

Adding to Erma's insecurity was a recent incident outside a New York City hotel, where she was waiting for a taxi. "A photographer who was standing there asked me, 'Would you move off a little? Just step to the side, please.' I said, 'Oh, yes, yes.' Then the photographer snapped a man who was arriving with a dog on a leash. I asked, 'Who's the man?' The doorman said, 'Not the man. The *dog*! *Time* magazine is taking a picture of the dog—Mike—from *Down and Out in Beverly Hills*.' I thought, Well, it's sure all over for you, honey. That's it. Finished. Your career's right down the toilet."

Obviously, Erma Bombeck's career is not down the toilet. In fact, she's more popular than ever, and if anyone deserves success, she does, because her daily writing routine can only be described as that of a workaholic. She's up at six every morning, does her hour of jogging to Barry Manilow tapes and starts writing before nine. "I'm very disciplined. My secretary, Norma, who is in four days a week, handles the phones. I'm at the typewriter with the door closed until noon, and I don't stop working for anybody.

"Then I break for a quick lunch, which I make myself. It's something light, like an open-face sandwich or a cup of soup. After that it's a half-hour nap, then I'm back hitting it again until five-thirty."

Erma feels this kind of discipline is necessary for anyone serious about writing. "I get people who tell me they want to write, too, but that they have this house, and they have these kids, and they have that car pool . . ." she says. "Listen, the priority has to be this, right at the top. People can't put their dreams in a little box and take them out and play with them from time to time. These are people who are afraid to put it on the line.

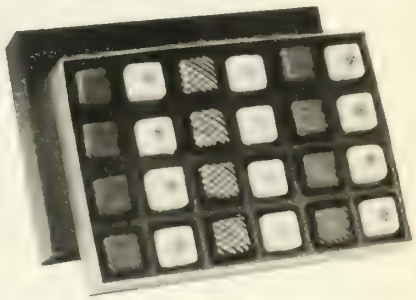
"I can remember when my kids were little and they'd come home from school wanting something and I'd simply have to say, 'Hey, later. I'm writing now.' Okay, so it's fifty pounds of guilt on me, but I can take that. The writing comes first.

"The fact is, I've always wanted to write," she says. "When I was a kid in school I wanted to write. It's all I ever wanted to do. I never wanted to do any of those greatly heroic things like nursing. I wanted to shut myself off and write real, real early. As a result, my kids often had to fend for themselves.

"But they still had a good life even though I sometimes left them on their own," she says. "They each had a shot at college. They didn't end up stealing hubcaps. They never served time. They aren't weird. They turned out decent, so obviously I wasn't a bad mother."

Erma looks around at her cluttered office, with its electric typewriter, bleached oak desk and photos of her family. She keeps her pack of honorary degrees stuffed in the closet with the foreign editions of her books. Her personal things are heaped in a basket, her humor columns are in a *(continued)*

FREE!
When you know our secret.



Tempt yourself 24 delicious ways...

Just circle the word "Swiss" on the reply card of the Swiss Colony ad in this issue, and you will receive these 24 dainty Petits Fours pastries FREE with your first order.

**A Christmas catalogue so exclusive even Bloomingdale's doesn't carry it.**




Just mail this coupon with $4 to receive three Bloomingdale's By Mail holiday catalogues—featuring our 112-page 1986 Christmas edition. Plus, you'll get a $4 gift certificate and other fashion and furnishings catalogues as our holiday gift to you!

Mail to: Bloomingdale's By Mail Ltd., Dept. 482, P.O. Box 4160, Huntington Station, N.Y. 11746

Name _____ 482

Address _____

City _____ State _____ Zip _____

Please allow 4–6 weeks for shipment.

© 1986 Bloomingdale's By Mail Ltd

# DRĀNO® HAS THE DRAIN OPENERS TO CLEAR MORE TOUGH CLOGS.




Only Drano offers the unique all-purpose Crystal and a convenient Liquid.

- All-purpose Crystal Drano is specially formulated to chew through tough clogs... food, hair, even stubborn grease clogs. That's something Liquid-plumr can't do.
- No other leading liquid can beat Liquid Drano for clearing tough hair clogs.

And, Drano won't harm your pipes. It's earned the Good Housekeeping Seal.

Good Housekeeping PROMISES LIMITED WARRANTY TO CONSUMER • REPLACEMENT OR REFUND IF DEFECTIVE

© 1984 The Drackett Products Company


## ERMA BOMBECK

continued

pile on the desk, a book contract and *Good Morning America* scripts are off to one side. She knows where everything is. She says simply, "My whole life is in this room."

Maybe, but the rest of the house is pretty impressive, too. Every window has a breathtaking view. The grounds include a tennis court, waterfall and garden. Appropriately, the name of Erma's wealthy Phoenix suburb is Paradise Valley.

Inside the house, the floors are terra-cotta, and the brick ceilings are vaulted. The furniture and decorations are an eclectic and colorful mix. The dining-room table is an antique wooden door. The kitchen chairs, made in Mexico of pigskin, are hand-painted. There are stone sculptures from the Yucatán, a Persian rug, an indoor hammock and seashell lamps. The twin beds in the bedroom have headboards of Mexican tin. On the doors hang Erma's handmade needlepoint panels.

The large, handsome living room is decorated in beige. The enormous open kitchen has a sink and worktable made of mosaic tile. There are no doors on the cupboards, and everything inside them is visible and colorful.

"I don't ever want to leave this house," Erma says. "I just want to stay here and fill out my elasticized waistband. My friends are in this community. Bill and I have lived here fifteen years. Maybe every few months we'll have two couples to dinner. We go to the local movie house. I go to the supermarket once a week. I need that for me. Squeezing the bananas is what I do best."

And when she's not writing, Erma enjoys puttering around her home and working outside. "I love to garden and dig in the dirt. I cook and listen to Dan Rather at the same time. We have a housekeeper four days a week, but still my husband does the dishes. Then I watch anything that moves on television while I needlepoint. About ten o'clock I get in bed, read for a while, and that's it."

Erma shares this life with her husband, Bill, a retired education administrator, whom she met when both of them were in high school and working for newspapers in Dayton. "Bill was copyboy on the morning *Journal*," she says, "and I was copygirl on the afternoon *Herald*. Later on he began to write sports stories, and I began to write obituaries.

"When we married," she continues, "we sure didn't have any money. After Bill did his turn in the service, he became a schoolteacher, and that was the salary we lived on. When I made three bucks for a column, it was a good week.

"Bill was adorable," she says, smiling at the memory. "He still is. He was the only man I ever wanted. It was pure animal magnetism. It wouldn't have mattered if he hadn't had a brain."

But Erma admits that being married to the same man for thirty-six years isn't always easy. "A person keeps changing all the time, and God help you and your husband if you don't change at the same rate. Still, I never thought of having an affair. Maybe it's just that I don't have the underwear for it," she cracks.

More seriously, she continues, "My husband loves me. I'm comfortable with him. He's as exciting as I want him to be. And I don't need to fantasize. Reality is good enough for me."

She acknowledges that sometimes the door that's held open for her swings back and hits Bill. She deals with being a star with a not-famous husband by having selective friendships. Erma's life is not celebrity oriented, and she does not consider herself a social animal. Her few VIP friends are fellow writers—Art Buchwald, Abigail (Dear Abby) Van Buren, Stephen King. In general, Erma insists on surrounding herself with people who "know my husband is a very worthwhile human being who has something to say. Some people don't mean to be *(continued)*


Get a taste of it.
Merit
The low tar flavor break.
MERIT
Filter
MERIT
MERIT
MERIT
MENTHOL
SURGEON GENERAL'S WARNING: Cigarette Smoke Contains Carbon Monoxide.

rude, but they are. They talk only to me. My husband doesn't complain, but I'm hurt by it.

"The truth is, my husband was and is a very special guy. He was fifty years ahead of his time, because even in our earliest days, he never minded my working. He's always been secure."

Erma and Bill have three children. Betsy, thirty-two, sells computers in Phoenix. Andy, thirty, is a schoolteacher in Phoenix. And Matt, twenty-eight, is an advertising writer in Los Angeles. None of the kids is married, and between jobs or love affairs, the three periodically express a wish to move home to Mom.

"I put them up in the guest room," says Erma. "And that's the key word, *guest* room. Eventually I deliver my 'You know we love you but . . .' speech. It's not that I want to, but I really have to tell them to pick themselves up and get out. I mean, it's great staying home with Mama. The laundry is done, the refrigerator is stocked, the telephone bills are ours . . ."

As if on cue, the telephone rings. Somewhere, someone inside the house picks it up. The rule chez Bombeck is that when Erma is in her office with the door closed, nobody and nothing is to disturb her.

Ignoring the distraction, she continues, "It is my feeling that the children should not live with us at their age. They just have to learn to make their own way. They'll never have the opportunity to find out how good they are if they cling to us, if they don't do it themselves. I only mean to help them, and right or wrong, that's my philosophy.

"Maybe it's a little bit selfish, but at this stage of our lives it's really better for my husband and me to be by ourselves. We're entitled to listen to our own music and to use our own car when we want to and to know that when the phone rings, it's for us."

As much as Erma loves her husband and children, she is equally filled with love for her parents. She adored her father until the day he died, in 1936, and today she has a stepfather whom she loves and who loves her just as dearly. Erma and her mother, also named Erma, are best friends. They live near each other and enjoy each other's company. They even travel and make appearances together.

"I can walk into a room with my mother, and it's my mother who will get all the attention," says Erma. "People will walk up to her and say, 'I thought your daughter was coming with you,' and she'll say, 'My daughter *is* with me. She's the one sitting by the chip dip.' I don't stand out. And certainly not when my mother's around.

"My mother grew up in an orphanage and had a fourth-grade education. She was married at fourteen, and not because she had to be. She gave birth to me when she was sixteen. My mom is incredible. She can walk into a strange bookstore and tell them who she is and rearrange their displays to put my book in front. She'll regale the people with stories. She has this great sense of freedom that I admire, even though I don't have it."

While she was growing up, however, Erma and her parents didn't always agree. "My parents were wonderful, caring people, but when it came to education they didn't see the need," she explains. "They didn't really understand. My father figured, 'My God, if you've got a high school diploma, what else would you need in this world?' So, although I treasured him and respected him, I got my life together. I sent for the school catalog, worked for the money by writing, saved every penny of it, got myself down to Athens, Ohio, under my own steam and enrolled in Ohio University."

> "I can't remember names at all. I attribute that to the fact that I was not born rich. No, I am senile. That's it. Period."

When she talks about subjects like the importance of education, it's easy to see that there's also a very serious side to Erma Bombeck. Besides being America's best-loved humorist, Erma has strong political beliefs. For instance, she supports equal rights for women but criticizes the women's movement. "I think the women's movement sends out the wrong signals," she says. "I think their leadership is too strident." Yet she also admits to being very upset "because the Equal Rights Amendment never got passed, and I don't understand why. I'm passionate about these things." And while Erma describes herself as pro-feminism, she also says she's a Catholic and doesn favor abortion. Nor will she write abo the subject.

She does, however, poke fun at r ligion. "As soon as you mention Go everyone gets uptight," she says. "T God I know never meant for us to be serious. But whenever I say things lik that I get rotten mail. I answer it a too. You don't often convert the anti but at least I try."

Erma's strength is such that she's n afraid of a challenge. She talks abo the need to keep changing prioritie She claims she once thought that t really secure people were those who e trench themselves and keep doi whatever it is they're doing for the re of their lives. She now believes th "they're the most insecure one They're afraid to risk."

She herself is willing to risk and h risen to the challenge of writing h first play. What's it about? "The evol tion of life, when the mother becom the child and the child becomes t mother. It's a comedy, although i poignant and sad, and it's about som thing we all go through. My daughte with her maternal instincts, is eve now trying to take care of me. So I' built a play around three generation and it's called *Motherhood*.

"I've never written this kind of thi before, so I've been learning as I stu ble along. But all my life has bee stumbling along. I stumbled into m first book. After my fourth book I sa to my agent, 'I'd like to do another o now. I think I'm getting the hang of i I learn from everything."

Then Erma releases one of her hig decibel laughs. "But I'm also forgettin everything," she admits. "My memo is getting terrible. I'll sit at the typ writer for hours searching for a wo that I know is there. And I'll g through the whole alphabet rath than ask for help and admit defeat. I s on the Johnny Carson show and re notes written on my fingernails.

"And names. Forget names. I ca remember names. I attribute that the fact that I was not born rich. Had been in a sorority I would have gott used to saying things like, 'Hello, I Mary Jane Sue Ellen Frankhoffer- how nice to see you.'"

When I suggest that perhaps she just too busy and successful nowada to remember everything, the supe honest Mrs. Bombeck comes back wit "No. I am senile. That's it. Period. I blowing it. And you should hear m and Bill having a conversation. I'll sa 'Did you call Whatsername?' And he say, 'Oh, you mean Whodoyoucallit?'

"That's one reason Bill and I will st married forever. We need each other finish our sentences . . ." **En**

# If you want to become pregnant...



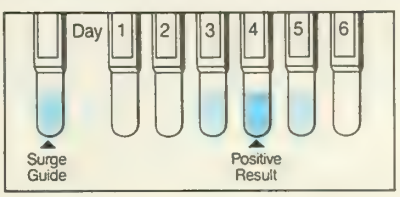
## New Ovutime® accurately pinpoints the time you can conceive

Knowing when you ovulate can increase your chance of becoming pregnant. And now, with new OVUTIME® you can predict when you're going to ovulate up to 36 hours in advance, so you can plan when you're most likely to conceive.

OVUTIME is a urine test method that physicians, laboratories and fertility clinics use. But it's *so easy*, we've made it available for you to use at home.

OVUTIME detects the hormone LH (luteinizing hormone) that triggers ovulation. LH surges (or increases) just before you ovulate, and you can detect its presence in your urine.

Simply test your urine once a day for 6 or 9 consecutive days each month with special OVUTIME Colorsticks.




The Colorstick will turn dark blue when LH surges. And only OVUTIME contains a control test called the "Surge Guide" to help ensure that your prediction is accurate. If your daily Colorstick turns a darker blue than the Surge Guide, you are likely to ovulate within the next 36 hours.

It's that easy to accurately predict ovulation...unlike the temperature method which gives you information too late for you to use.

And OVUTIME offers both a 6-day and 9-day kit to choose from, depending on the regularity of your cycle.

When you really want to become pregnant, turn to the accuracy of new OVUTIME. The test method doctors use can help change your life.




NEW
# Ovutime®
HOME OVULATION PREDICTOR TEST

Distributed by
*Advanced Care Products*
Division of Ortho Pharmaceutical Corporation
Raritan, New Jersey 08869

© OPC 1986

© 1985 Hershey Foods Corporation




# Give your kids an unexpected pleasure.

Wholesome ingredients you can feel good about, and the taste your kids love, make Reese's® Peanut Butter Cups a great snack. Two great tastes—pure milk chocolate and delicious peanut butter. Reese's Peanut Butter Cups.




Available in Miniatures and Snack Size bags.

Two great tastes that taste great together.®

continued from page 33

Katharine strongly denounced those who bomb clinics and harass women going for abortions. "I find these acts by right-wing fanatics against fellow Americans repugnant," she wrote. "Such persecution must be stopped."

The actress received numerous telephoned death threats for weeks after the letter was circulated, but that didn't concern her in the least. In fact, she took some of the calls herself. "Life isn't free," she explains, every inch the tough Yankee pragmatist. If you want rights, she believes, "you must be prepared to pay for them."

But perhaps the most amazing change to come over Katharine was her willingness to participate in two public functions back-to-back. The first was a dinner in January of this year, sponsored by the Council of Fashion Designers of America, which gave her its lifetime achievement award for her unique and enduring style." (Her attendance was all the more remarkable because the actress has always disdained high fashion, preferring slacks and turtleneck sweaters.) Her appearance at a fund-raiser for the American Academy of Dramatic Arts shortly afterward was also a surprise.

Katharine usually refuses to go to functions or even to restaurants for fear of being gawked at or approached by strangers. She dislikes awards presentations so much that she turned down the American Film Institute's prestigious life achievement award and has never attended the Academy Awards any of the twelve times she's been nominated for an Oscar. But she agreed to accept the award from the Council of Fashion Designers, says the organization's executive director, Robert Raymond, because "the award represented an attitude rather than a subjective assessment of talent, which she feels has much more validity." He adds with a laugh: "I also went to her townhouse and pleaded, which helped. She sat there and said, 'Oh, I can't turn down someone when they beg.'"

What really surprised Raymond, though, was how much fun Katharine had once she overcame her initial reluctance. "All she kept saying that night was what a hoot everything was, what a kick she was getting out of it," he recalls. "She was drinking it all in and looking as happy and radiant as if it had been her high school prom. I was so delighted and also impressed with the fact that she just let herself be herself. I'd been working with her on this for six months, and it really was like she emerged from some kind of cocoon."

The Tracy benefit was even more of a departure, the subject being as personal as it is. Katharine had already been divorced eight years (after a brief marriage to socialite Ludlow Ogden Smith) when she and Tracy first met, on the set of *Woman of the Year*, in 1942. The two were inseparable from that moment until his death, in 1967, just a few days after they'd completed *Guess Who's Coming to Dinner*.

### Life with Spencer

Although Tracy was married, he was a devout Catholic and refused to divorce his wife, Louise. Instead, he and Katharine lived together in a rented house in West Hollywood, and Tracy visited his wife once a week for a few hours. It was an unorthodox relationship even by Hollywood's liberal standards, but Katharine couldn't care less. She delighted in being with Tracy, literally sitting at his feet and listening to the man she revered for being "simple and totally honest."

> *"Life isn't free," she says, every inch the Yankee pragmatist. "If you want rights, you must be prepared to pay for them."*

Katharine's unabashed love for Tracy was particularly evident in the PBS documentary she narrated about his career. "How very few people one meets," she says, "where you think, We're perfect together. We balanced each other's natures." However, Katharine finally confessed that as close as they were, Tracy kept everyone—even her—at arm's length. She says he was "like an old lion appearing out of the bush, glancing here, glancing there, walking alone in the jungle."

Last March, Katharine starred in the TV movie *Mrs. Delafield Wants to Marry*, the story of a Protestant widow who falls in love with a Jewish doctor. In a way, the story reflects how Tracy and Hepburn felt about each other; Katharine says she immediately saw the parallels between the movie and real life. "They just want to travel along the road together," she says of the two characters. "The opposition they face is interesting and, I think, very moving."

Harold Gould, her co-star in *Mrs. Delafield* and a close friend, believes that Katharine has suddenly become more open about her relationship with Tracy because society is more accepting. "Katharine has this very accurate barometer of what's going on around her," he says. "She is one of the most intellectually curious and active people I've ever met, and she's astute enough to know that times have changed, that the moral climate is relatively free today, and that what she and Tracy did won't result in her being criticized or his memory being harmed in any way. I was surprised, however, when she told me that she thinks it's wrong for unmarried people to live together. When I asked her why what *she* had done wasn't wrong, she said that circumstances were different, because Tracy was married." He laughs. "She really believes in 'Do as I say, not as I do.' But that's one of the terrific things about Katharine: She won't hesitate to tell you what she thinks is right, whether or not she practices it herself."

### Taking risks

Katharine offers an additional reason for her recent flurry of activity—the belief that she is nearing what she calls "the end of the trail" while she still has much to achieve.

"I could have accomplished three times what I've accomplished," she maintains. "I haven't realized my full potential." She says that she's "in the process now of rotting away, but you can't give in to that. You can't quit. It is always better to take a risk than to be a bore and repetitious." She points out, for example, that it wasn't until she went onstage in *Coco*, in 1969, that she "really felt that the audience had given me their friendship. Until then, I thought they were my natural enemies and were waiting for me to fall down or break my neck, or at least to flop." She realized that wasn't so and admits that her recent activities have taught her that if she opens up a little, her audience will be even more supportive.

Katharine looks forward to continuing to speak out with even greater frankness. "I don't think you should spend this life preparing for the next. Life *is* very hard, isn't it? But we're all going to die, and we must not be afraid to die. *Life*'s what's important. Walking, beauty, family. Birth and pain and joy—and then death."

She says she's neither intimidated by nor fearful about the future but believes wholeheartedly that in reaching out to others, she's also helping herself. "You have to laugh at trouble and keep going," she says. "Helping others is really the secret of life." **End**

Advertisement

## Ladies' Home Journal

# TRAVEL PLANNER

If you're planning a vacation, we'd like to help. Listed below are *Ladies' Home Journal* advertisers offering free booklets and brochures. Simply check the travel information you'd like, and circle the corresponding numbers on the accompanying Travel Planner coupon.

**1. AMERICAN CRUISE LINES.** Cruise the Mississippi River, New England or the East Coast aboard the nation's most luxurious cruise ships. Enjoy sumptuous cuisine, oversize staterooms and live entertainment. Choose from an exciting variety of 4-, 7-, 10- and 14-day itineraries.

**2. ARKANSAS.** Free vacation planning kit from the National State. When, where and how for festivals, history, Ozark crafts along with information, tour maps and coupons for discounts on lodging and attractions.

**3. BERMUDA.** Where to stay, maps and rates.

**4. BRUNSWICK—GOLDEN ISLES OF GEORGIA.** Enjoy Jekyll Island, St. Simons Island and the port city of Brunswick. Beaches, golf, tennis, history, shopping in a setting of unspoiled natural beauty. Brochures and maps FREE.

**5. "YOU'VE GOT A FRIEND IN PENNSYLVANIA."** Philadelphia offers special attractions, shopping, recreation in Bucks County for families, groups and individuals. Come see us.

**6. CAPE COD CHAMBER OF COMMERCE.** New England charm, great beaches throughout fun-filled Cape; wonderful seafood, restaurants, inns.

**7. FLORIDA'S PINELLAS SUNCOAST.** St. Petersburg/Clearwater and 6 Resort Communities on the Gulf of Mexico.

**8. GEORGIA.** "The Way to Fun"—76-page comprehensive travel guide.

**9. GETTYSBURG, PENNSYLVANIA.** Experience Gettysburg . . . "your friend in scenic South-Central Pennsylvania". America's greatest national military park. Eisenhower Home and Farm—now open for tours. Send for FREE 40-page booklet listing accommodations, restaurants and tours.

**10. WISH YOU WERE HERE**—at Hyatt Hotels—over 120 hotels worldwide.

**11. JEKYLL ISLAND.** Georgia's Island Resort is a year-round vacation destination with natural barrier island beauty, 10 miles of Atlantic Ocean beach, historic tours, golf, tennis, bicycle paths and 9 seaside hotels. FREE color brochure.

**12. KIAWAH ISLAND RESORT.** FREE, completely new 10th Anniversary Magazine. Ten miles of beach, two complete resort villages. Nicklaus and Player golf courses, two world-class tennis centers, shops and boutiques, superb low-country cuisine and more. Special 10th Anniversary Packages.

**13. LAPORTE COUNTY.** Indiana's Dune Country. Family fun at Lake Michigan.

**14. LITCHFIELD BY THE SEA, S.C.** World-class accommodations, beautiful beaches.

**15. MASSACHUSETTS.** See Massachusetts FREE . . . when you receive the new Spirit of Massachusetts Vacation Planner. It contains information to plan your vacation any time of the year. Destinations, attractions and calendar of events. Spirit of Massachusetts is the Spirit of America.

**16. MYRTLE BEACH GOLF HOLIDAY** offers an exciting 72-page color booklet featuring the best 59 year-round value-filled golf package specials of the area's leading hotels, motels, and condominiums from luxury to economy plus your choice of 41 championship courses.

**17. MYSTIC, CONNECTICUT.** Colorful, informative brochures help plan your trip to this popular coastal New England destination. All you need to know about attractions, shopping and accommodations. Midway between New York and Boston on I-95.

**18. NEW ENGLAND LIFE** in the 1830's is re-created year-round at OLD STURBRIDGE VILLAGE in Sturbridge, Massachusetts. Over 200 acres, restored homes, shops, waterpowered mills, gardens, a farm, tavern, outstanding accommodations, and more. FREE brochure.

**19. PALM BEACH COUNTY, FL.** The best of everything at affordable rates.

**20. THE PRINCESS and SOUTHAMPTON PRINCESS.** Bermuda at its best. Royal accommodations, elegant dining, fabulous facilities. These deluxe resort properties offer a vacation experience beyond compare. Don't just dream about your vacation, make it a reality.

**21. BEST WESTERN PATRICK HENRY INN—CLOSEST HOTEL TO COLONIAL WILLIAMSBURG.** Just ½ block away. 262-room full-service hotel. Colonial dining room, remote color TV, AM-FM clock radio, game room, playground, pool, lounge, guest laundry. Busch Gardens 3 minutes away. Meeting, banquet and conference facilities. Jamestown & Yorktown Victory Center just minutes away.

**22. ROYAL CARIBBEAN CRUISE LINE.** Exciting 7-, 8-, 10- and 14-day cruises from Miami to popular ports of call throughout the Caribbean, Bahamas, Bermuda, South America, Mexico's Yucatan and the Gulf of Mexico.

**23. MYRTLE BEACH, S.C.** Sands Ocean Forest Villa Resort. An affordable oceanfront resort. Two bedroom/2 bath villas with living room and complete kitchen; sleeps up to 6. Color TV. Outdoor pools and heated whirlpools. Golf privileges on 30 courses. FREE color brochure.

**24. SEABROOK ISLAND RESORT.** A private Island Paradise with pleasures beside the sea.

**25. SLEEPY HOLLOW COUNTRY.** New York's Historic Route 9; Three centuries of history; Sunnyside; Home of Washington Irving; Philipsberg Manor; Grist Mill; Trade Center; Van Cortlandt Manor; Revolutionary War Estate.

**LHJ TRAVEL PLANNER**

P.O. Box 2772
Clinton, Iowa 52735

Circle items requested: 1 2 3 4 5 6 7 8 9 10 11 12 13 14 15 16 17 18 19 20 21 22 23 24 25

Offer expires December 31, 1986.

Name _____

Address _____

City _____ State _____ Zip _____

## RICH AND FAMOUS

continued from page 61

"Naturally, I took John to the track for one of our *Lifestyles* segments," Robin says. "In one race, there was a horse named Crystal, the same name, though not the same spelling, as his TV wife. He insisted on betting on that one." Sure enough, the horse won.

**Linda Evans** It seems only fair that the actress who plays Krystle would bring John Forsythe such luck. After all, Linda got her big break in acting thanks to Forsythe, when he cast her as a friend of his niece's in the series *Bachelor Father*.

"Linda told me that she had a school-girl crush on him," Robin says. "And wouldn't you know it, her character ends up *married* to his on *Dynasty*. When she got the role as Krystle, John took one look at his beautiful co-star and said, 'My, how you've grown!'"

**Joan Collins** "With her flashy lifestyle, Joan epitomizes the old, glamorous days of Hollywood, which is something I think we sorely need today," Robin says. "Take the way she dresses, for instance. It's flamboyant, expensive and daring, just like her TV character. And that's what we expect from our biggest stars. We don't want to see them wearing jeans and a torn T-shirt. We want high fashion. We want glitz. And Joan personifies it. She is the essence of rich and famous."

**Victoria Principal** Robin had just finished taping a segment with *Dallas* star Victoria Principal in her beautiful Beverly Hills home. The two were having tea in the kitchen when suddenly they heard a burst of noise.

"It was an incredible rumble that sounded a bit like a thunderbolt," Robin recalls. "In a solemn but steady voice, Victoria said, 'Don't make a move. We could all be zapped.'"

Apparently, a member of Robin's crew had accidentally set off Victoria's elaborate security system, which includes a series of laser beams with enough electricity to immobilize any intruder—or television host, for that matter. "I watched in terror as Victoria got down on the floor and crawled carefully under the lasers before she finally made it to turn the switch off," he says.

### How you can become rich and famous

"The most important thing you need is determination," Robin advises. "You need courage in your convictions—to believe in yourself without wavering. The minute you begin to doubt, you lose. You simply have to get up off your butt, pull up your socks and work hard. It's the only way I know to join the world of the rich and famous." **End**

# "I'M THINKING ABOUT IT."



As more and more people are beginning to find themselves ready for the unusually satisfying taste of Wasa Crispbread, we can't help but wonder about the rest of you.

Could it be you just don't know what to make of Wasa?

After all, Wasa is not only healthy but considerably more versatile than ordinary crackers; it's clearly crunchier and lower in calories than soft bread; it's even an excellent source of natural fiber —an important health consideration these days.

And there is certainly no end to a Wasa's uses—whether it's an early morning breakfast with butter or jam, a light lunch with chicken or tuna salad or a late night snack alone or with cheese, Wasa Crispbread is tasty, healthful and satisfying.

It's no wonder we're developing a loyal and steadfast following. Of course, Wasa isn't exactly jumping off the shelves, you understand. There's no shortage of folks who continue to resist trying something that is (admittedly) a little different, a touch unusual.

But we do understand. And we don't want to rush you.

So look, when you're ready (whenever that may be), you'll find a fresh selection of Wasa Lite Rye, Breakfast, Golden Rye, Sesame Wheat, Fiber Plus, Hearty Rye and Savory Sesame Crispbread in the store waiting for you.




For some of you, we figure we could be in for a long wait.

**SOME PEOPLE MAY NEVER BE READY FOR WASA CRISPBREAD.**

Manufacturer's Coupon | Expiration Date Sept. 30, 1987

**"THIS HELPS A LOT."**

**SAVE 25¢**

**ON WASA CRISPBREAD**

d coupon to Wasa, PO. Box 4564, Clinton, Iowa 52734. You will be reimbursed the face value nding for product specified. Any other use may constitute fraud. Void if transferred, eproduced, taxed, licensed, restricted, or prohibited by law. Proof of purchase may be nly USA Wasa retailers may sumer pays any tax. Cash One coupon per purchase

41138 104124

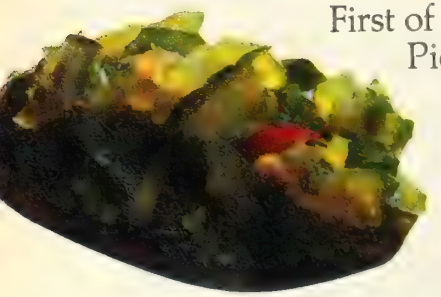
© 1986 WASA

# Once we perfected the pickle,



The perfect sweet pickle should sound so crisp and so crunchy that it threatens the sound barrier. That's why DEL MONTE® Sweet Pickles are sweetened and pickled in the vat for perfect crispness. Not in the bottle for something less than perfect. That's why we use 40 natural spices for perfect flavoring instead of artificial spices or coloring. But that's what it takes to find perfection in the pickle. No one said it would be easy.

# perfecting the relish was easy.



First of all, we only use DEL MONTE® Pickles in DEL MONTE Relishes. Why should we gamble with someone else's pickles when we already have the perfect pickle? And since we don't compromise on the pickles in our relishes, we don't compromise on anything else in our relishes. We only use special bell peppers and natural spices for flavoring. Never any artificial spices or fillers. The result is a relish so perfect it brings the best out of anything you put it on.




## Pickled perfection.

© 1986 Del Monte Corporation


# SMART SHOPPER

## COMMON CREDIT QUERIES

Here, answers to the most frequentl asked questions about credit cards.

**Q.** *How does someone get credit with out a credit record?*

**A.** The important thing is to establis good financial roots. The better you history with credit, the easier it is t get more. Begin by applying for depart ment-store cards, which are generall easier to get than bank cards, or tak out a small loan from a company credi union. In addition, some banks will is sue cards to first-time credit users wh agree to keep a minimum balance in savings account.

**Q.** *If I am denied credit, what should I do*

**A.** Creditors are required by law t give you a reason why credit was with held—so make sure you ask in writing You also have the right to inspect you credit file, which is kept by a credi bureau selected by your bank. If yo find a mistake in your record, notif the bureau, which is required to inves tigate within a reasonable period o time. If the investigation fails to prov your case, you can submit a statemen telling your side of the story and as the credit bureau to send the revise file to the party who denied you credi Incidentally, even if you don't have credit problem, it's wise to check th accuracy of your record.

**Q.** *What should I do if I think I've bee the victim of discrimination?*

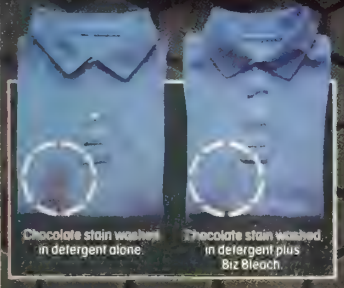
**A.** The Equal Credit Opportunity Ac protects people from discrimination o the basis of sex, race, religion, marita status, age or national origin. It als outlaws personal questions about birt control or childbearing intentions. you think your rights have been vio lated, write to the Federal Trade Com mission, Equal Credit Opportunity D vision, Pennsylvania Avenue and 6t Street NW, Washington, DC 20580.

**Q.** *If my husband and I have join charge accounts, will both of us estab lish a credit history based on the use our charge cards?*

**A.** Yes. The Equal Credit Opportunit Act requires that jointly held cards b listed for husbands and wives. But re member that this does not automat cally apply to cards issued before 197 If you never requested that an olde card be listed in both names, contac the card company. Also, every marrie woman should make sure that he credit information is recorded in he first name rather than her husband's.

—K. BARRETT AND R. GREEN

# WARNING: YOUR LAUNDRY BAG MAY CONTAIN UNREPORTED STAINS.




Unreported stains. You know—the ones your family doesn't tell you about. The ones you find after they've gone through the dryer and could be set for life. That's why you need to add a half cup of Biz Bleach to your detergent to catch many of those stains before it's too late. Don't let unreported stains go unremoved.




## UNREPORTED STAINS CAN'T GET BY BIZ.

© 1986 The Berelson Company



# Little white lies.



The taste says "crab," but the label says "Pacific Fish and Crab."
a Legs® brand. Available in three styles: Leg, Claw or Salad Style.
·cipe booklet included in each.
Delicious deception, in your grocer's fresh seafood section.

Sea·Legs

# Did you know that saturated fats in your diet can increase the risk of heart disease?

And that may come as a surprise. Because you've undoubtedly heard that a diet high in cholesterol is bad for your heart. But the fact is *both* cholesterol and saturated fat in your diet can raise your serum cholesterol level. And recent medical evidence has conclusively shown elevated serum cholesterol levels can lead to heart disease. That's why choosing the right foods is important. Like new Promise® Spread.

**Promise®, made from sunflower oil, is low in saturated fat and has no cholesterol.**

And that's why Promise is a valuable part of a total dietary plan to reduce your family's risk of heart disease by lowering serum cholesterol.

**Your whole family will love the taste of Promise.**

Whether it's melting on hot homemade biscuits, or part of a topping for your favorite casserole, Promise is absolutely delicious. So make new Promise a part of your family's total dietary plan to reduce their risk of heart disease.




## Get Heart Smart.™

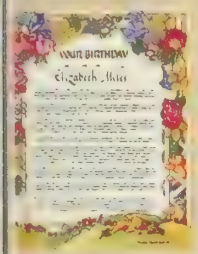
Not available in all areas.

©1986 Lever Brothers Company.

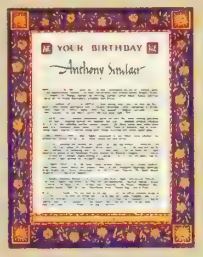
# Don't let that Birthday get away!

## Keep it and treasure it forever...

A fascinating summary of the world on the day you, or someone close to you, was born. Each scroll is a "time capsule" summary of the day's news, sports, TV or radio programs, weather, trends, top movies, books and songs...the perfect gift for 1-day to 100-year olds! Your choice of three beautiful 11-by-14 inch designs, with the name of the honoree hand-inscribed by a professional calligrapher. Great Days offers you the choice of your scroll unframed or framed—in acrylic or New England Oak.



FLORAL




REGENCY

Your choice of 3 designs
Floral, Regency or Celebration




CELEBRATION

**GREAT DAYS**

26 W. Mission Street
Santa Barbara, CA 93101

**ORDER FORM (Use another sheet of paper to order more scrolls)**

**BIRTHDAY SCROLLS** (unframed)
1970 to present ..... $ 9.95
1925-1969 ..... 15.00
1900-1924 ..... 20.00
Before 1900 ..... 25.00
FRAMES (optional): Acrylic .. 12.00
New England Oak ..... 22.00
(Shipping and Handling paid by us.)
(California residents add 6% sales tax.)
**MONEY BACK GUARANTEE**

Birth Date

Name
**Design:** ☐Floral ☐Regency ☐Celebration
**Frame:** ☐Acrylic (add $12) ☐Oak (add $22)

Use your credit card to order by phone TOLL-FREE: 1-800-325-2282 9 to 5 Pacific Time (in California, 1-800-325-2285). Allow 4 weeks for delivery.

Make check payable to **GREAT DAYS**, 126 W. Mission St., Santa Barbara, CA 93101
**In Business Since 1975**

**Send to**

**Address**

**City** **State** **Zip**
( )
**Home Phone**

**VISA, MasterCard or American Express #**

**Valid from** **to** **Signature**

When calling, please give this code: LHJ 9-86

COUPON



PERM SALE

Now, just when you need it the most, participating **Command Performance** salons offer $10 off a performance perm. Call the salon nearest you for an appointment and be sure to bring this ad with you for the discount. It's time to go back in style with a **Command Performance** perm.

$10.00 off
with this ad

COUPON

**Command Performance®**
STYLING SALONS
**PARTICIPATING SALONS**

**Northern California**
Berkeley 415-849-0500
Chico 916-891-5611
Citrus Heights 916-723-4435
Concord 415-682-1553
Cupertino 408-257-6517
Daly City 415-994-1040
Dublin 415-829-1202
Fresno 209-435-4680
Fresno 209-233-3807
Milpitas 408-263-4357
Modesto 209-577-4372
Monterey 408-373-2729
Morgan Hill 408-778-0200
Napa 707-253-7122
Palo Alto 415-329-8040
Pleasant Hill 415-689-1988
Roseville 916-786-3570
Sacramento 916-421-4456
Sacramento 916-924-1705
San Jose 408-448-1042
San Jose 408-866-0446
San Jose 408-270-1550
Sunnyvale 408-245-2746
Union City 415-489-8082
Vallejo 707-554-4395
Visalia 209-627-1440
**Southern California**
Bakersfield 805-833-1272
Cerritos 213-402-0229
Eagle Rock 213-256-1715
Goleta 805-685-4548
Lancaster 805-945-1802
Lomita 213-539-7014
Long Beach 213-435-2719
Long Beach 213-425-6423
Rancho Cucamunga 714-980-1005
Redlands 714-798-0069
Riverside 714-688-5250
Riverside 714-683-0771
San Bernardino 714-882-2976
San Bernardino 714-888-0167
Upland 714-946-1988
West Covina 818-960-4009
West Covina 818-331-0611
**Nevada**
Reno 702-825-0361
Reno 702-825-0517

OFFER EXPIRES 9/30/86. GOOD ONLY AT PARTICIPATING SALONS LISTED.
EACH SALON IS INDEPENDENTLY OWNED AND OPERATED.

## GREEN THUMB JOURNAL

The harvesting season continues through September with the arrival of traditional fall crops such as pumpkin and winter squash, along with the ongoing production of corn, tomatoes and beans. Your garden is not quite finished for the season, but planting will continue at a much slower pace this month. In many areas, you can still plant such cool-weather crops as lettuce, radishes and spinach. Although it is possible that you will not have a frost for another month or so, start listening to the weather forecasts to be on the safe side. Sometimes a freak frost can be followed by a week or two of Indian summer, so it pays to bring your crops through the first nip!

This is also the best time to plant peonies. These beautiful, hardy perennials will bloom reliably every year with little care, but they do need well-drained soil and full sun for gorgeous blooms. Peonies grow from tubers, underground stems that store food produced by the leaves. New growth develops from eyes (or buds) on the tubers. But as with bulbs, it is very important that you plant them at the right depth. For best results, dig a hole eight to ten inches deep. A section with at least three eyes should be placed in the hole so that the uppermost bud is no more than two inches below the soil's surface. Fill in good topsoil around the roots, pack it firmly, and immediately water thoroughly. Space the tubers approximately three feet apart to allow ample room for growth.

To establish their roots properly, peonies need frequent watering in the fall after planting and in the following spring and summer. During the growing season, feed your plants once or twice with liquid fertilizer.

Next fall do not cut down the foliage of your peonies until it has been killed by hard frost. The food manufactured in the peonies' foliage is stored in the roots to help produce flowers in spring. If you cut back the foliage right after blooming, you will cut off the plant's food supply for next year.

### Tips for gardeners

Keep plenty of lettuce seedlings on hand to fill garden vacancies as they occur. During summer months I plant heat-resistant types, but in September I set out the same cool-weather varieties that I planted in the spring, such as Ruby Bibb and Buttercrunch.

Now is also a good time to begin drying your favorite flowers so you can appreciate their beauty all year long. To air-dry flowers, strip off all the leaves from the stems and tie no more than ten flowers of the same kind together by their stems with heavy string. Hang them heads down in a cool, dark place for three to six weeks. Cockscomb, lunaria, Chinese lantern, statice, strawflower, thistle and yarrow are particularly good flowers for drying.

### Answers to your gardening questions

**Q.** *How can I store seeds from my marigolds to use next year?*

**A.** It usually does not pay to collect the seeds of annual flowers such as marigolds and zinnias, since cross-pollination can occur in your garden. As a result, some seeds may actually be hybrids that will not produce plants identical to their parents. Nevertheless, if seeds are to be held for any length of time, they should be stored in a dry place at 33°F. to 69°F. Viability depends on seed variety, but storage conditions are also important.

**Q.** *When is the best time to harvest Jerusalem artichokes?*

**A.** Freezing improves the flavor of Jerusalem artichokes; therefore, they should be dug as late as possible in the fall, during a winter thaw or early the following spring, before they have a chance to sprout. Jerusalem artichokes are really a type of sunflower that grows five to six feet tall. They are easy to care for and usually produce a heavy crop. When the plant is harvested, however, the entire root must be completely removed from the soil to keep the plant from spreading and becoming a nuisance. Also, since the plants are subject to mildew and black aphids, they should be kept away from other vegetables or flowering plants. They are best planted outside the garden.

**Q.** *Is it possible to grow orchids in my house?*

**A.** Most orchid plants are rugged and can stand more abuse than other plants. However, they do have special needs for optimum growth and bloom. Ideal temperature, the correct amount of light, and sufficient humidity are the three essentials of orchid culture. Since many of these flowers grow under special ecological conditions, a greenhouse is the best place to raise them. However, several species and hybrids can be grown under fluorescent lights or on your windowsill or sun porch. Cattleyas, oncidiums and epidendrum are a few of the orchid varieties that will flourish in the environmental conditions of your home. —C. Z. GUEST

*Send gardening tips or questions to C. Z. Guest, LHJ, 3 Park Avenue, New York, NY 10016.*

# PRE-CHRISTMAS SALE!

**SAVE $17.00 off advertised price***

## Entire 21-Piece Set of

# Old-Fashioned Christmas Ornaments



**21 Pieces—every one different!**

Nationally Advertised At ~~$19.95~~

Your Price Only **$2.95**



During its fabulous Pre-Christmas Sale, the giant multi-million dollar New York firm of RTM Co. will distribute its most expensive set of holiday decorations—the famous **Old Fashioned Christmas Ornament Set** nationally advertised at $19.95—for the astonishing Pre-Christmas Sale price of only $2.95 per set to every reader who mails this ad to the company before Midnight, December 25, 1986.

**This *original* Pre-Christmas ad must accompany your request. Copies or photostats are *not* acceptable.**

*This is the same **Old Fashioned Christmas Ornament Set** advertised by others in leading media for $19.95. *And well worth the price*—for it is the best-selling, most expensive Christmas Ornament Set ever sold by this giant New York firm. But the entire set is yours for only $2.95 during this Pre-Christmas Sale. *You save $17.00—a full 85% off the nationally advertised price!*

You get the entire set of 21 delightful miniatures. Each piece is different and hand-painted in colorful detail. Jolly Santas and roly-poly snowmen, toy wooden soldiers, cuddly bears and animals, merry-go-rounds, sleds, cuckoo clocks; and much more. Not cheap plastic but rich natural wood, handcrafted with the loving old fashioned skill you hardly see anymore.

These valuable Christmas Sets will not be sold at this price by the company in any store. There is a limit of two (2) sets per address at this price, but requests mailed early enough (before Dec. 17) may request up to seven sets. And each set is covered by a full one-year money-back guarantee.

Mail this original Pre-Christmas Sale ad together with your name and address and $2.95 for each set. Add only $2 shipping and handling no matter how many sets you are requesting. (New York residents add sales tax.) Make check payable to RTM Co. Allow up to 6-8 weeks for shipment. Mail to: **RTM, Christmas Ornament Offer, Dept. 949-105, Box 1789, Hicksville, New York 11802.**

**(A24900)**

*Hint:* At this price it pays to order extra sets for a truly spectacular tree—and to hang in your windows too!

© 1986 Raffoler Ltd . 1200 Shames Drive, Westbury, N.Y. 11590

insurmountable barrier to intimacy—ignoring her totally, for example. He punishes her for the inadequacies he feels. He becomes angry if she is unable to break through his barriers. At the same time, he feels she's forced him to put the barriers up in the first place, and he resents it. Communication is hostile even when the moment calls for tenderness and subtlety. For example, if he wants sex, he'll ask for it outright. If she answers, "I'm sorry, not tonight. Please understand," he turns his back on her, wounded and angry. "Next time you want sex," he says, pouting, "you'll have to ask me, and *maybe* I'll think about it." An argumentative relationship is bound to develop from unresolved conflicts and an inability to talk about disappointments. So begins a vicious circle that can be broken only by communication and much love.

### The conqueror

Like men with the madonna-prostitute complex, conqueror men enjoy sex only if it's difficult to obtain or taboo. In such a case, before a couple marry, their sex is often playful and exciting. After marriage, the man usually assumes, their sexual relationship will continue to improve. But this type of man discovers a conflict: His wife is too accessible. Sex is now seen more as a duty than a pleasure. What aroused the man was the challenge of getting the woman. Once married, he may have fantasies about sex with his wife, but he avoids her. Suddenly, he feels more vulnerable than masterful. What's happened between them? For this man, sex is exciting only when it's a conquest, the proof of his own superiority.

Incidentally, this attitude can also be a problem for women. For them, sex in marriage can never compare with sex in a passionate affair. These women feel trapped and bored in a monogamous relationship. An affair is more romantic and also requires less effort. The woman can spend half the week preparing for an evening of love and the other half reminiscing. She and her lover needn't deal with day-to-day problems. In marriage, one tries one's best to bring renewed pleasure to bed each night, but that may be increasingly difficult for the woman who finds taboo sex more enticing.

### Sex as a weapon

Even in the context of an intimate, loving relationship, some men are obsessed with power. These men are frightened and overwhelmed by women's sexuality. Although they may enjoy sex, at the same time they fear that it will dominate their lives. This type of man feels a woman will distract him from his work, divert his ambitions, be the catalyst of his downfall. He doesn't want to become too taken with her, because he could lose himself. So even if he is greatly moved by sex with a woman, he may try to distance himself from her.

Many men who are strivers—ambitious, driven men—will not get involved with women they know would have too profound an effect on them. They choose *not* to marry women they love with passion and abandon but to wed *safer* women, whom they care about but who will not distract them.

> *He may have fantasies about sex with his wife, but he avoids her. He feels more vulnerable than masterful. What's happened between them?*

In a survey by Frances Bremer and Emily Vogl for their book, *Coping With His Success* (Harper & Row, 1984), the authors noted that 67 percent of women married to very successful men reported unsatisfactory sex lives. One theory is that physical and psychological energy is diverted into working. These men sublimate their sex drive into professional channels.

A woman with great sexual power can intimidate the man who is afraid of relinquishing control. He sees his worth as tied to his success in the world. If he's successful in his career, he is a *man*. He knows society does not judge a man's success in life in terms of his having a satisfactory interpersonal relationship with a woman. It defines masculinity as power-centered. Rather than embracing a woman in a healthy interdependency, this man may develop tremendous fear of the woman to whom he's most attracted. He cannot think of her or touch her without feeling he'll lose control. This man *must* call the shots. If he feels threatened by a woman, he'll try to defuse her seductive power by intimidation or makin sure she won't be sexually available.

A man who fears the sexual power o women often expects that women wil use sex as a tool and as a commodity. I women have this sexual power, some how they must be profiting by it, h reasons. And throughout the age there have indeed been women wh used their bodies and their sexua skills as a means to obtain materia wealth and power. Even in marriag some women use sex in this way. Fo example, in the best-seller *The Tota Woman* (Revell, 1973), Marabel Morga showed women how to use sexually pro vocative behavior to seduce a husban into doling out material favors (I me my husband at the door "in a shee black lace gown...and he suggested cruise to Nassau the following week!" Many women still use sex to get th things they want. If a couple agree tha a fur or a dinette set is worth an ex change of sex, so be it, but remembe that such a transaction turns sex int a business relationship, and nothin backfires as quickly.

Still, for some women, sex is the onl power they've got in a relationship. If woman withholds sex, she can contro her partner to some extent. Of course the sad thing is that such women ar also denying themselves. Withholdin sex almost always has serious conse quences. It is preferable to deal wit anger, so you can enjoy one of life great pleasures, an intimate, loving re lationship between two people.

### Better sex for both of you

Now that you know what crumbs you husband may have brought to your re lationship, you need to learn how yo can begin to shake them out o the way. The chances of a relationship working depend on the degree of emo tional stability of both partners. A cou ple must be mature enough to realiz that they have to work for fulfillment Sometimes it may even be necessary t get professional counseling to hel solve their problems. By putting in th time and making an effort, you will b taking the most important step towar a satisfying sexual relationship. Here a simple lesson that everyone can bene fit from: four ways to eliminate the ob stacles that could be keeping you an your husband from having the bes lovelife possible.

- **It's okay to be sexual** If either o you has come to the marriage fro an environment that perpetuated th madonna-prostitute complex or the sex is-better-when-it's-forbidden philoso phy, accept that you are both sensua beings who can give yourselves en tirely. Acknowledge to yourselves an to each other that sex is *(continue*


Sara Lee
HEARTY FRUIT MUFFINS
Blueberry
NEW!
FIBER-RICH
So full of goodness, they're overflowin'.
Introducing Sara Lee Hearty Fruit™ Muffins.
Sara Lee just baked up muffins full of luscious fruits, crunchy nuts and hearty grains. They're scrumptious! What's more, they're fiber-rich, with as much fiber as many high-fiber cereals. And they have no cholesterol, and of course no artificial flavors or preservatives.
Just pop them in your microwave or oven, and in minutes you've got warm muffins that look, taste and smell fresh-baked.
So try new Sara Lee Hearty Fruit Muffins. So full of goodness, they're overflowin'.
Nobody Doesn't Like Sara Lee

## WHAT MEN WANT

continued

fun when you explore it with someone you love and that it's not a choice between good and bad.

• **Talk to your partner** Learn to feel comfortable telling each other what you do or don't like about sex together. A patient told me that she and her husband had had almost no sex life for about six months. Finally, he told her what the problem was: She'd gained nearly forty pounds since their marriage. "I didn't marry a fat girl," he said to her, "and I find you unattractive. The way you look is important to me, and once you looked great. But don't ask me to feel sexual toward you when you're in this shape!" He also said, "I'm telling you how I feel, and you can decide what to do about it."

Was he cruel to say this? Not really, In fact, he'd taken a first step in solving their problem in bed—his wife's carelessness about her body. Will she lose weight? She will, or she will lose him.

But while you're making the effort to be honest about what you dislike, don't forget to tell your partner what you like, too. Give compliments where they are due. Remember, sex begins the moment you or your husband walks through the door—not when a hand touches your body.

• **Ask the one you love to help you through** Sex is an integral part of a relationship. That means someone's there to care about you. Care about him, too, and let him in on any problem-solving you want to do about sex. He is feeling the reverberations from any difficulties you may be having with your physical relationship, so let him help you work on those problems. Ask for tenderness and understanding, and then be ready to reciprocate when he needs your support.

• **Find a balance** A balance means each of you has the choice to be away from the other. Relationship by invitation, not obligation, allows itself to be renewed every day. It does not take love or sex for granted! It values every moment that love is exchanged between two people. **End**


**COMING NEXT MONTH**

**The secret problem that destroys marriages**

Find out how psychologically abusive husbands get that way, and what you can do about it

**October Ladies' Home Journal**
**On sale September 16**


## CRIMINALS' RIGHTS

Nathan Urman opened the door in his L.A. apartment, he found himself face-to-face with a man aiming a nine-millimeter handgun at his chest.

"I know you have a safe. Where is it?" growled the stranger, pushing his way into the apartment.

"Don't get excited," Nathan said, backing into the bedroom, where he kept a small safe with receipts from the finance company where he worked. "I'll do whatever you want." With trembling hands, Nathan opened the safe and flung $6,000 in cash onto the floor, expecting the robber to sweep it up quickly and run. Instead, the man produced a set of handcuffs and demanded that Nathan give him expensive jewelry. As the intruder gestured wildly with the gun, a terrible thought leaped into Nathan's mind: If his hands were manacled, he could easily be murdered, conveniently eliminated as a witness with a single bullet to the head.

Nathan pulled out a box of personal jewelry. "This is all I have," he said. "Cheap stuff." As the holdup man bent to examine the jewelry, Nathan took a chance and lunged for the gun. The two men rolled around the room in a life-and-death struggle, knocking over furniture, wrecking a stereo set, wrestling for control of the weapon.

Finally, it was the terrified victim who ended up with the gun, as the robber fled down the stairs.

Nathan felt lucky to have gotten away with his life. But his luck seemed to run out when he stepped into the criminal justice system. Bruised and with fresh bite marks from the struggle, he called the police, who told him that detectives were too busy to come to the scene for at least three hours.

Over the next year and a half, Nathan was routed from station house to station house. Police asked him if he was a homosexual (he wasn't) and implied that they thought the robbery might have been a lovers' squabble. Next he was accused of being a major drug dealer because that was part of the alibi of the holdup man, who was arrested three weeks after the break-in. He was threatened over the phone by the perpetrator, who was hoping to intimidate him into dropping the charges, dragged through months of more than a dozen postponed hearings and generally made to feel as guilty as if he himself had committed a crime.

His most mortifying moment, he says, came during one of his many trips to court, for a hearing that had been—once again—canceled. Seeing him there and recognizing him, a scowling court clerk asked, "Don't you citizens have anything better to do than hang around these courtrooms all day?"

"They treat you like a nobody," says Nathan, who has spent more than $5,000 over a two-year period for psychiatric treatment of post-trauma stress disorder. "Victims don't have any say in the process. All the attention is on the criminal."

### Justice for all?

"Innocent until proven guilty" is the principle that is at the very heart of our criminal justice system. In fact, the rights of defendants—those accused of crimes—have been so extensively spelled out in American jurisprudence that police officers need special training for just a minimal understanding of them. From the moment the "suspect" is arrested, fairness is so scrupulously adhered to that battered and grieving victims and their families have begun to eye the array of defendants' rights—outlined in the chart on page 105—with downright envy.

"All I ask is that I be treated just like a criminal," says Richard Simms, of Long Island, New York. His twenty-two-year-old son was shot to death in front of the Simms home by an unknown assailant in August 1984. Simms is being ironic only up to a point. Such a sentiment, in fact, is not unusual among victims, who, after getting a raw deal when they expect to find justice, have been joining groups to fight for more and better defined rights for victims of crimes. In fact, activists say, "meat-grinder justice," in which law-abiding citizens' rights and the notion of reasonable retribution are trampled upon, is the victims'-rights movement's best recruitment device. Outraged victims and their families come out of the system vowing to spend the rest of their lives trying to change it.

How many acts of brutality leave victims in their wake each year? According to the FBI and the United States Department of Justice, nearly six million violent crimes were committed in 1984: 51 murders, 493 rapes, 3,060 robberies and 12,758 simple and aggravated assaults occurred daily. The victims of these crimes spend more than $200 million a year for medical care.

However, even the most embittered victims admit that the premise of our justice system is noble, that we as a society are right to do our utmost to ensure that no innocent person is ever convicted of a crime. In an effort to uphold that principle, however, the pendulum has swung the other way, victim's-rights activists say. They charge that while perpetrators of crimes are handled with legal kid gloves—from the time of arrest through the entire court proceeding—victims are assaulted all over *(continued on page 174)*

# Dare to be More.




© 1985 R. J. REYNOLDS TOBACCO CO.

SURGEON GENERAL'S WARNING: Quitting Smoking Now Greatly Reduces Serious Risks to Your Health.

17 mg. "tar", 1.3 mg. nicotine av. per cigarette by FTC method.

LADIES' HOME

# Journal

PRESENTS ITS

# FALL CATALOG COLLECTION

**Take a grand shopping tour . . . wander through a spectacular showcase of stores to serve your every need . . . and never leave home!**
**This fine selection of catalogs is available to you now.**
**Simply complete the coupon at the end of the section, and send your remittance (including the $1 service charge).**
**Please allow 6 to 8 weeks delivery.**

**Shopping has never been more fun!**

---

THE SAN FRANCISCO MUSIC BOX COMPANY

Make someone happy with a musical figure, a magnificent handmade Swiss movement, or any of our many unique Music Boxes. Choose your tune: we have dozens; and hundreds of boxes—the largest selection of quality Music Boxes in the world. You'll find just the gifts you need. $2 brings you a series of 3 catalogs.

---

*The Best Kept Secrets of Sex Appeal*

frederick's OF HOLLYWOOD

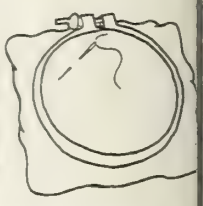


Enjoy the excitement of indulging yourself in a new world of **fashion, fantasies, romance** and... **fun!** Come alive wearing **frederick's** exclusive designs in glamorous dresses and alluring sportswear, sensuous lingerie, bras and foundations, swimwear, shoes, accessories and much more. Plus an exciting collection of men's wear. Send $3.00 for a **one year catalog subscription**— with our **guarantee** that if you're not satisfied with your first catalog, just cancel your subscription and we'll refund your $3.00—

*Plus Receive...* **$10.00** worth of discount GIFT CERTIFICATES. ©1986

---

the Craft Basket™



**Unique Country Crafts**

Start Christmas crafting now with hundreds of the latest decorating and gift-giving ideas from the Craft Basket! Create hand-crafted treasures in needlepoint, crewel, cross stitch, wood, latch hook, quilting, yarn crafts, sewing, and much more. Baby boutique, Christmas ornaments, popular yarn supplies featured. Beautiful 60 page color catalog. Send for yours now!

**Catalog $1.**

**The Craft Basket** Dept. LHJ Colchester, CT 06415

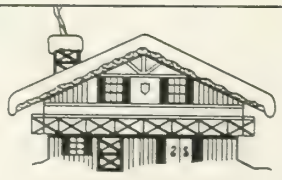
---

TOYS TO GROW ON®



Receive a year's subscription of colorful catalogs packed full of great toys for newborns to pre-teens. $2.00

---



*The Wisconsin Cheeseman*

SUMPTUOUS GIFT FOODS! Mouth-watering, gift-packaged holiday food assortments from WISCONSIN CHEESEMAN'S new 100-page FREE color catalog featuring superb natural cheeses, quality sausages, fruited jams and jellies, candies, pastries and other luxuries! Special diet food gifts too. We'll send your selection, with your personalized greetings, anywhere in the country in time for Christmas. Catalog offers FREE gift with first order and chance to win big prizes in our 40th Anniversary Celebration.

---

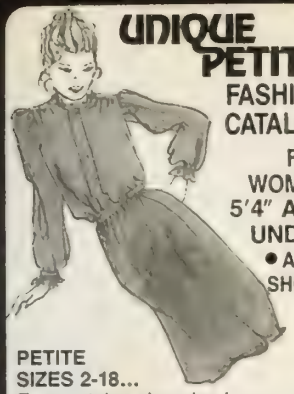
FREE!




**850 stationery and gift ideas!**

- **FREE** 88-page Current® Christmas catalog!
- **FREE** sample Christmas card with envelope!
- 100% money-back guarantee!

Current®



**UNIQUE PETITE FASHION CATALOG**

FOR WOMEN 5'4" AND UNDER • ALSO SHOES

**PETITE SIZES 2-18...**

Easy catalog shopping is yours with stylish choices from Koret, Personal, Vera, London Fog, donnkenny, many more. Shoes in hard-to-fit sizes.

**Send $1 for latest UNIQUE PETITE and we'll include a $2 BONUS CHECK** good on first order.

---

Since 1914

# The Lighter Side

**New catalog of fun & laughter with over 500 lighthearted gifts that lift the spirit and tickle the funnybone.** Includes many surprises you never knew existed. You'll discover many personalized and exclusive handcrafted items, too...all excellent values. Your tasteful gifts of wit and whimsy, merriment and mirth will be long remembered (and so will you). We feature fast, reliable service and an unconditional money back guarantee. Add glee and gaiety to your holiday shopping and giving. $1.00

---

# Classic fashions. Personal service. Excellent value.

Send for your free catalog from Talbots.

Special value: request your catalog now and get a free $10 gift certificate, good toward your first purchase over $50.

Talbots

---



FREE CATALOG!

The armchair-shopper's favorite for over 50 years. Full color catalog presents hundreds of gifts and gadgets for special friends and every member of your family. You'll find toys and stationery, personalized products of all kinds, holiday decorations, housewares and decorating accessories —many under $5 and all are guaranteed to please. Excellent value, reliable service. FREE

**Miles Kimball**
Oshkosh

---

# DO YOU SELL BY MAIL?

You can reach over 17 million* *LADIES' HOME JOURNAL* readers for as little as $1500 by placing an ad in the JOURNAL STORE, appearing in every issue of *LADIES' HOME JOURNAL*.

For information on how the JOURNAL STORE can contribute to the success of your Mail Order business, contact:

**Media People, Inc.**
**2 West 45th St., New York, NY 10036**
**(212) 719-5950**

* MRI Spring 1986

---

LADIES' HOME
# Journal

## FALL CATALOG COLLECTION

Please check the box next to the catalogs you wish to receive. Enclose a check or money order, including the $1.00 handling charge. Please allow 6–8 weeks for delivery. Order now; offer expires 11/20/86!

*Send to:*
LHJ CATALOG FULFILLMENT
P.O. BOX 389
SUN PRAIRIE, WI 53590-0389

- ☐ 1. San Francisco Music Box ($2.00)
- ☐ 2. Frederick's of Hollywood ($3.00)
- ☐ 3. Craft Basket ($1.00)
- ☐ 4. Toys To Grow On ($2.00)
- ☐ 5. Wisconsin Cheeseman (Free)
- ☐ 6. Current (Free)
- ☐ 7. Unique Petite ($1.00)
- ☐ 8. Lighter Side ($1.00)
- ☐ 9. Talbots (Free)
- ☐ 10. Miles Kimball (Free)

Total cost of catalogs ordered $_____
Add $1.00 for handling $ 1.00
TOTAL ENCLOSED $_____

Name_____
Address_____
City_____
State_____ Zip_____

Continental U.S.A. only. Make check or money order payable to: LHJ CATALOG FULFILLMENT.
No cash or stamps accepted.
Offer expires 11/20/86.

continued from page 170

again by a system that ranks them last on the list of priorities.

For victims, the hazards and humiliations begin as early as the moment they are led dazed and limping into a busy police station. There they discover the brutal truth—that their case is just one of many, and that there are long waits to be interviewed by detectives. For rape victims, there is an additional insult: They are told they must have hospital examinations—for which they will probably have to pay.

Be prepared to be treated brusquely by jaded, overworked officers even at the scene of the crime, the experienced say. A Queens, New York, woman who was attacked by a slasher in her neighborhood recalls the surreal scene when police responded to an emergency call. "There were all kinds of police cars up on my lawn," says the woman, whose upper body, including her throat, was cut by the attacker's knife. "This cop was so harsh. He kept badgering me. He was annoyed that I couldn't speak up. I was in pain and in shock. All I wanted was to lie down and curl up."

For relatives of a homicide victim, the initial contact with law enforcement agencies should be, one would think, the most compassionate. Yet more often than not, that contact is the first terrible moment in what becomes an ongoing nightmare. One distraught California woman received a late-night phone call from a police officer, who dispassionately directed her to call a number for information about her missing husband. "When the phone was answered, the first words she heard were 'Coroner's Office,'" says the woman's sister. "She fell apart even before saying a word."

Families of victims are often left uninformed. A Utah woman learned from police late one afternoon last March that her daughter had been murdered the previous day. "The only thing they'd tell me was that she was dead and her body had been found," she says. "Then I learned on the six o'clock news that she had been strangled and that her body had been dragged to another place and set on fire. If TV reporters can know, why can't I?"

Once the investigation of a crime actually begins, the police are under no obligation to divulge anything to the victim or the victim's relatives. "You never actually know if they're on first base or between third and home," says Richard Simms. He complains that for more than a year, he could not get detectives to give him information about the progress of the investigation into his son's murder. What's more, he says the police impounded his son's truck as evidence and returned it after a full year in severely damaged condition.

When an arrest is finally made, victims' problems are far from over; often, they become more complicated. If the accused is released on bail, that court-sanctioned freedom sometimes means an opportunity to further harass the victim. In a recent survey by the Victim Services Agency of New York, 26 percent of crime victims polled said they had been threatened by their attackers and 39 percent feared reprisal from the defendant. Victims tell frightening stories of coming home to find perpetrators perched menacingly on the porch or warnings spray-painted across the front door. (Intimidating a victim, the criminal knows, often results in dropped charges or verdicts of not guilty because witnesses don't show up to testify.) In contrast, suspects who are thought to be in danger from other inmates while in prison may be placed in protective police custody—as were the men who were charged in New York this summer with holding down a fashion model while they slashed her face with razor blades, disfiguring her for life.

**If any member of the murdered woman's family cries out or exclaims," said a judge, "he will be asked to leave the courtroom."**

Once the case enters the court system, the defense attorney's first tactic is often delay. It can so discourage witnesses that they stop cooperating with the prosecution, victims say. "You get yourself all hyped up, trying to remember all the details," says a woman who was raped by three men in Houston in 1983. "Then they tell you, 'Well, we're not going today.' It can be very traumatic." It wasn't until two years after the attack—after the victim had relived the gruesome incident over and over again for the benefit of four different defense attorneys—that her assailants were finally sentenced.

Once the trial begins, the inexperienced assume that justice is at last at hand. But not if the defense attorney has arranged for his client to plead guilty to a lesser charge. Plea bargaining takes place between the defense attorney and the prosecutor; there is often no consultation with the victim or the victim's family, rights groups point out. Take the case of a Nevada man who killed his girlfriend by forcing a large amount of bourbon down her throat. The court allowed him to plead guilty to an involuntary manslaughter charge with a three-year sentence. The dead woman's mother describes her reaction in one word: "Rage!" The killer was released after twenty-two months.

While the trial is proceeding, everyone involved, including the defendant, is usually present. Victims and their families, however, are much more expendable. They can be barred from the courtroom or placed under restrictions. In a California case, the details of the strangulation death of a young actress by her obsessive ex-boyfriend were presented in court while the woman's family struggled to keep their emotions in check. The judge, responding to several complaints from a public defender—among them that tears in the eyes of the murdered woman's brother were biasing the jury—gave this order: "If any member of the family cries, cries out, rolls his eyes, or exclaims in any way, he will be asked to leave the courtroom."

It's the actual sentencing, however, that victims have the hardest time accepting. Often, they feel, perpetrators of the most brutal crimes are penalized with unfairly modest periods of time in prison. And while the convicted criminal is able to make a statement in a plea for a more lenient sentence, it's in only nineteen states that victims can state their point of view in open court.

### Nobody likes a victim

Perhaps the frustrations and humiliations that victims suffer in courtroom would be easier to face if they received unwavering support and understanding once they stepped outside. In a world where crime can strike anyone at any time, empathy for a victim should not be hard to come by. And yet it isn't just the legal system that treats victims poorly, say activists; society is also guilty. Becoming a victim, says Colee Davis, "is like becoming a leper." Victims report being dropped by friends who no longer invite them to parties for fear they'll cast a cloud of doom. Others have been fired by employers who became intolerant of time lost to medical or psychiatric care or time spent at court proceedings.

When crime victims look for comfort, they report, friends advise them to just snap out of it, to brush *(continued*


AT LAST, A CHOCOLATE MOUSSE
FOR PEOPLE WHO LIKE EATING
BETTER THAN COOKING.
INTRODUCING
JELL-O® RICH & LUSCIOUS MOUSSE.
Now it takes just 10 minutes to make a mousse that's smooth and light and delicious. It comes out perfect every time—you just mix a package with milk. And it comes in two great flavors—chocolate and chocolate fudge.
With Jell-O® Rich & Luscious Mousse, there's no reason not to indulge yourself.
GENERAL FOODS
© 1986 General Foods Corp.
NEW JELL-O
MOUSSE
CHOCOLATE FLAVOR
NEW JELL-O
MOUSSE
CHOCOLATE FUDGE FLAVOR



"When I'm playing a role, I have to dress the part—right down to my shoes.

But when I'm home, I want to wear shoes that fit the real me.

Which is why I love slipping into my Jaclyn Smith fashion footwear.

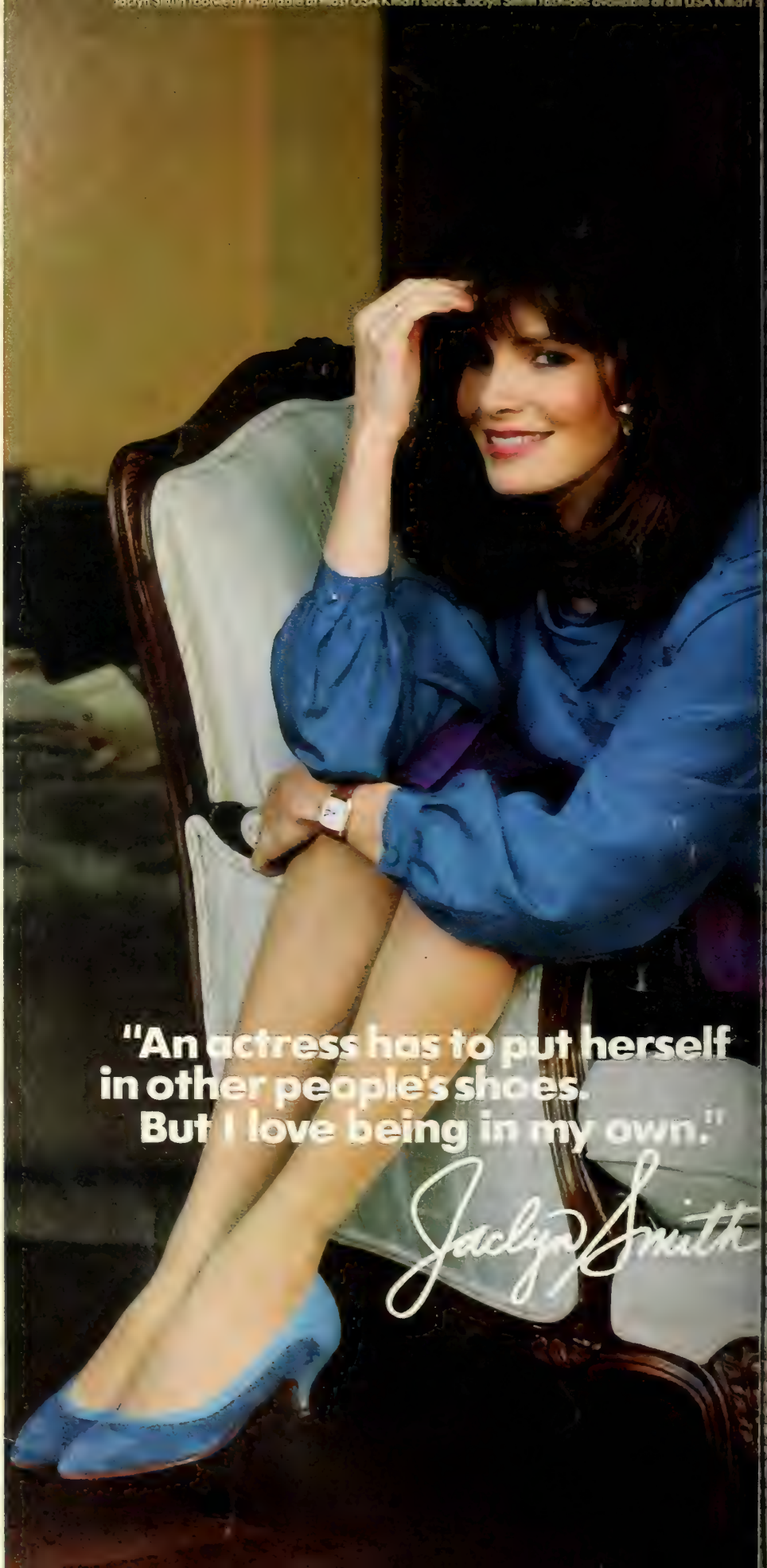
They're not only beautiful, they're incredibly well made.

And they're designed to be comfortable. After all, it shouldn't hurt to stand on your own two feet.

And who else but Kmart would offer you real leather shoes for just $19.97 to $29.97?

So take a look at my new fall line at Kmart, and see if you like being in my shoes as much as I do."

**Kmart. Yes, Kmart.**




America's Favorite Store
Kmart
the Saving Place

emselves off and get back in the race. fact, there's a kind of macabre arith-tic to what's considered allowable ef, contends one Long Island relative a murder victim. "They give you one ar for a parent, two years for a ouse, three years for a kid," he says. fter that, they suppose, if you're still eving, there must be something ong with you."

Worse than not knowing how to offer nfort, friends and acquaintances are netimes eager to brand the victim as fferent, to say they somehow brought e crime upon themselves. The blame-e-victim syndrome can pop up unex-ctedly anywhere. "People said I must ve been a victim type," recalls eresa Saldana, an actress who arly died from stab wounds inflicted a demented fan outside her West ollywood apartment several years o. "They said I had no business walk-g alone like that, or that actresses ve to expect these things. It was un-lievably painful for me."

Why do we treat crime victims so dly? "People want to distance them-lves from victims," says psychiatrist artin Symonds, M.D., director of the ctim Treatment Center at the Karen rney Clinic, in New York, who has unseled more than a thousand crime tims. "It's a way of saying 'If this can ppen to you, I'm vulnerable.' That akes us uncomfortable."

Symonds feels that placing blame is ither fair nor productive. "Victims al-ys review their behavior later, won-ring if they could have done some-ing differently. What they really ed is people telling them 'We're glad u're alive.' If someone is alive after a olent crime, he did the right thing."

### The fight for rights

r many victims, having survived an tack is not enough. And for some fam-es of those victims who haven't sur-ved, the feeling of powerlessness can enough to drive them into unbeara-e despair. For these survivors, the ge to fight back becomes a lifelong ission. Victims have discovered there strength in numbers and have banded gether across the country to lobby for w laws, publicize the special pain of ctimization and provide solace.

The National Organization for Vic-m Assistance (NOVA), a Washington-sed coordinating group for victims'-ghts organizations, estimates that there e some five thousand victims'-assist-nce organizations in the United States. opelled by an outpouring of outrage d frustration, they have become a po-nt political force in all fifty states.

Roberta and Vince Roper, for example, turned a personal tragedy into a public crusade. In April 1982, their daughter Stephanie, a college honor student, was kidnapped by two men on a lonely back road in Maryland, where her car had broken down. The two repeatedly raped her, tortured her and, finally, after a nightmarish cross-county drive, murdered her with a bullet to the forehead, before setting her body aflame.

During the trial, Roberta and Vince were barred from the courtroom by the judge after they gave their testimony. When the jury came in with a guilty verdict, the Ropers were allowed back in for the sentencing, but at the request of the defense attorney, Roberta was forbidden to make a statement about how the horrible crime had affected her and her family.

The two men were convicted of murder, and each was sentenced to prison terms permitting parole in eleven and a half years. The Ropers were not satisfied. "This was the most heinous crime ever committed in our state," says Roberta. To give clout to her outrage, she and her husband founded the Stephanie Roper Committee, and thousands of newly pledged members marched and lobbied for tougher sentencing laws.

**People want to distance themselves from victims," says a psychiatrist. "Victims make us feel vulnerable and uncomfortable."**

Maryland legislators responded in 1983 with "Stephanie Roper legislation," permitting the use of written victim-impact statements submitted to the judge or at the sentencing hearing, which allow victims or their families to describe how their lives were affected by the crime. It also increased the time before parole eligibility in life sentences from fifteen to twenty-five years. Other amendments to Maryland law made later ensured the victim's right to remain in the courtroom after being called as a witness, the right to be notified of parole release hearings so that the victim can give an updated impact statement, and the right of the victim to have his address and phone number withheld in court in order to protect him from intimidation by the defendant.

Other reforms elsewhere have attempted to address the financial hardships of victims. Forty-five states and Washington, D.C., have established compensation programs to distribute funds to help crime victims recover financial losses incurred through medical bills but not property loss. Depending on the state, victims can receive between $7,000 and $50,000, but NOVA estimates that the average award is a mere $2,000.

In 1984, Congress passed the federal Victims of Crime Act, which established a fund of up to $100 million to be distributed to victims of crimes and agencies that service them.

Thirty-six states have also enacted victims' bills of rights—omnibus bills that, depending on the state, assert the right to be protected from intimidation, the right to access to information about a case, the right to submit a statement prior to sentencing and the right to be consulted during plea bargaining.

But the legal struggle is only part of the story, most groups feel. As a result, many spend as much time offering emotional support for fellow crime victims as they do in lobbying for new laws. The purpose of Parents of Murdered Children, for example, which has some forty chapters across the country, is to share information and empathy with others who have lived through the same kind of tragedy. And Victims for Victims, a self-help organization founded by Theresa Saldana, which has five chapters, also conducts therapeutic meetings. People who aren't crime victims, she says, don't want to hear the details of someone's attack. "But it's part of what happened in our lives. It shouldn't be taboo to talk about it."

Some of the taboos are being broken by the New York City Police Department, which now requires all recruits to take a consciousness-raising course. Officers are trained to anticipate the behavior of crime victims and to be sensitive to it. In addition, in most major cities there are specially trained investigators in police departments and district attorneys' offices to assist rape victims.

To be sure, the national victims' rights movement has had some successes. But it would be a mistake to think all the battles have been won. Too often, says Senator John Heinz (R-Penn.), "innocent crime victims pay twice—first with personal injury or the loss of property, then again in personal, emotional and financial loss. It is our responsibility to ensure that our system of justice for all does not exclude the victims of crimes." **End**

# LADIES' HOME Journal SHOPPING SERVICE

**SWEATER AND SKIRT OFFER as seen on page 103**

**Ladies' Home Journal**
**Dept. J095**
**P.O. Box 506**
**Chappaqua, New York 10514**

**Fully refundable if not satisfied!**

Please send me _____ sweater and skirt set(s) at $49.90 per set. I understand that you will pay postage and handling.

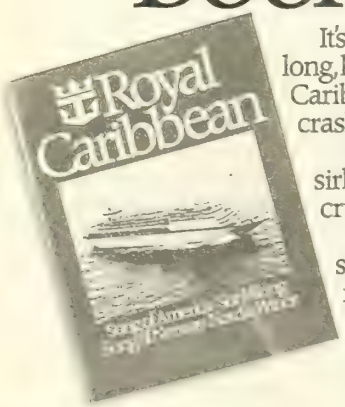
| | QUANTITY | | |
|---|---|---|---|
| Sweaters | S (6-8) | M (10-12) | L (14-16) |
| #(670) Floral Purple | | | |
| #(671) Diamond Fuchsia | | | |
| Skirts | | | |
| #(672) Black | | | |
| #(673) Fuchsia | | | |

The price for each sweater ordered individually is $29.95; for each skirt, $19.95. Add $3.00 for each sweater or $2.50 for each skirt for postage and handling.
Enclosed is my check or money order for _____ made payable to RMS Sales, Inc.
Or charge my ☐ Mastercard or ☐ Visa.

**Signature**_____
**Card No.**_____ **Exp. Date**_____
**Print Name**_____
**Address**_____
**City**_____ **State**_____ **Zip**_____

For Canadian orders use U.S. funds. Add $3.00 to postage & handling charges. Please allow 4–6 weeks for delivery.
Vendor: RMS Sales, Inc., 107 Seven Bridges Rd., Chappaqua, NY 10514.


# For A Little Romance, Take This Book To Bed.




It's 64 pages of fantasies. Fantasies like long, lazy days spent lying together on quiet Caribbean beaches. Playing together under crashing Jamaican waterfalls.

Dining together on lobster and prime sirloin, aboard one of the most beautiful cruise ships in the Caribbean.

On Royal Caribbean you can sail for seven, eight, ten or fourteen days. Just mail your coupon for a free brochure. Then, start packing. Very little.

Royal Caribbean
*Ships of Norwegian Registry*

*Name* _____

*Address* _____

*City* _____ *State* _____ *Zip* _____

*For your free copy of Royal Caribbean's new cruise vacation brochure, see your travel agent. Or send this coupon to Royal Caribbean Cruise Line, P.O. Box 523317, Miami, FL 33152-9990.*

60709


## Journal Shopping Center

**EASY AS 1-2-3**
**Page 76:** Cup and saucer from Rogers-Tropea, Inc., 1351 Third Ave., NYC 10021. Napkins from Pierre Deux, 870 Madison Ave., NYC 10021.

**SWEATER AND SKIRT OFFER**
**Page 103:** Upper left: Bowman Trading Co. blouse, Danskin hosiery, Marla Buck pin and bracelet. Lower right: Marla Buck bracelet and earrings, L'Eggs hosiery.

**SANDWICHES!**
**Pages 108–109:** Plates, "Polka Dot" and "Plaid" patterns, by Grazia from Gear Stores, 110 Seventh Ave., NYC 10011.

**FALL 1986 FASHION & BEAUTY ATTITUDES**
**Page 111:** Andre Van Pier black leggings, camel sweater, camel scarf and turban, black cardigan; Johnny Farah belt; Wendy Gell earrings; Dianne B. bracelets; DIM Hosiery. All makeup by Coty: All-In-One Foundation in Natural Bisque; Airspun Loose Powder in Translucent; The New Romantics Shadow 'n Line Eyekit in Velvet Mocha Shadow; Bare Blusher in Frosted Cinnamon; Airspun Powderessence in Blackest Black; Silksticks Lipstiak in Out Island Bronze.
**Page 112:** Left photo: Calvin Klein turtleneck; suede trousers; houndstooth jacket; Angela Cummings gold earrings; Johnny Farah bracelet; Zack Carr shoes; Camp Hosiery socks; Carolina Amato gloves; Robert Clergerie attaché case. Center photo: Anne Klein II cardigan; silver hoop earrings by Detail London-New York; Jacques Carcanaques, Inc. silver bracelets. All makeup by L'Oreal: Visuelle Pressed Powder in Transparence Medium; Visuelle Powder Blush in Capucine; Les Bijoux Eyeshadow in Coral, Earthstone, Tigereye; Le Grand Kohl Eyepencil in Café Kohl; French Formula Riche Mascara in Dark Brown; Crème Riche Lipstick in Golden Henna and Mousse Café.
**Page 113:** Right photo: Hermès scarf; Zack Carr sweater, camel pantsuit; Anne Klein socks; Reed Evins for Two City Kids shoes; Susan Gail bag.
**Page 114:** Left photo: Nicole Farhi for Stephen Marks dress; Debra Fine Yohai Designs earrings and bracelets. Naomi Misle gloves; DIM Hosiery; Armando Pollini shoes. Center photo: Hermès scarf; Zack Carr camel jacket; Susan Gail bag. All makeup by Revlon: Skin Balancing Powdercreme Makeup in Delicate Ivory; Moon Drops Eyestick Duo in Pure Ivory; Powdercreme Blush in Rose; Custom Eyes in Shy Brown and Ranch Mink; Professional Stayliner in Ebony; Special Eyes Micropure Mascara in Black; Super Lustrous Lipstick in Coming Up Roses; Touch & Glow Pressed Powder in Translucent No. 1.
**Page 115:** Right photo: Patricia Clyne jumpsuit; Calvin Klein turtleneck; Johnny Farah belt; Kenneth Cole boots; Naomi Misle gloves; Craft Caravan, Inc. bracelets.
**Page 116:** Left photo: Michael Kors grey dress; DIM Hosiery; Tom Binns at Dianne B. brooch; Debra Fine Yohai Designs bracelet; La Bagagerie clutch bag; Hermès scarf. Center photo: Perry Ellis Portfolio cream cardigan; Kauffman scarf; All makeup by Maybelline: New Moisture Whip Compact Makeup in Light Ivory; Moisture Whip Translucent Pressed Powder in Light Ivory; Moisture Whip Creme Concealer in Light; Moisture Whip Natural Blush in Delicate Rose; Blooming Colors Eye Shadow Collection in Soft Plum Frosts; Blooming Colors Eye Liner in Liquid Black; Blooming Colors Eye Pencil in Black Onyx; Fresh Lash 24-Hour Mascara in Black; Moisture Whip Lipstick in Wine-On-Ice; Long Wearing Nail Color in Cameo Pink.
**Page 117:** Right: Rebecca Moses skirt, top and jacket; DIM Hosiery; Reed Evins for Two City Kids shoes; Betsey Johnson belt; Debra Fine Yohai Designs bracelet, earrings.

**KITCHENS WITH A SPECIAL STYLE**
**Pages 120–121:** Kitchen designed by Charles Damga, 812 Broadway, NYC 10003, 212-533-8555. Juicer from Dean & DeLuca, mail-order, 110 Greene St., NYC 10012, 212-431-1691. Blue glazed ceramic plates designed by Sol Lewitt and bread slicer from the Museum of Modern Art Museum Store, 11 West 53rd St., NYC 10019, (mail-order also). Red napkins and dish towel, silverware, and Holme Gaard glass bowl from D. F. Sanders & Co., 386 W. Broadway, NYC 10012, 212-925-9040. Giant salt shaker vase from Think Big, 390 W. Broadway, NYC 10012, 212-925-7300. Catalog available $2.00. Canisters and glasses from Pottery Barn, mail-order, 231 10th Ave., NYC 10011, 212-929-0753.
**Pages 122–123:** Wallpaper, "Orchestra" by Marimekko from Motif Designs, 20 Jones St., New Rochelle, NY 10804, 914-633-1170. Painted wooden house by Daniel Hale from Sweet Nellie, 1262 Madison Ave., NYC 10028, 212-876-5775. Colored bowls in cabinet and on counter from Hubert Des Forges, 1193 Lexington Ave., NYC 10028, 212-744-1857. Blue and white crock in cabinet, oil and vinegar jars by TV from the American Country Store, c/o English Country Antiques, Route 27, Southampton, NY 11968, 516-283-0616. On table: Blue and white napkins from Ad Hoc Softwares, 410 West Broadway, NYC 10012, 212-925-2652. Salad bowl, green pitcher, heart trivet and basket outside from Zona, 97 Greene St., NYC 10012, 212-925-6750.


Get a head start at The Library

American Library Association

## THE CREAM PUFF KID

continued from page 92

Crigler was in the hallway talking to Ben and Nancy.
What's happened?" I gasped.
Tommy lost the vision in his left eye about an hour ago.
ut thirty minutes ago he had a seizure," Dr. Crigler
l. "He's awake now, but he's very agitated and confused."
r. Crigler turned to the Stones. "I want to give Tommy
e medicine that will help relax him. It will take away
pain and probably put him to sleep. He may never wake
He's very close to death."
Please," Nancy said, "do it. Hurry."
en nodded.
When I came back with the syringe filled with medicine,
Crigler was alone outside Tommy's room, leaning
inst the wall. I had never seen him look so tired.
Are you sure this is the business you want to be in?" he
ed, not expecting an answer. He looked at the syringe.
nt me to do that?"
I'll do it," I said. "This may be my last chance to say
d-bye."
When I went in Tommy's room, Nancy and Pattie sat on
n side of his bed, holding his hands. Ben stood at the foot of
bed. Tommy's legs were thrashing, and his upper body was
ning from side to side in discomfort. His eyes were closed.
Tommy," I said, "I've got some medicine for you. It will
x you and take some of the pain away."
ommy opened his eyes. He looked terrified. "I can hardly
you, Doc."
e turned toward his mother. "Ma . . . Ma . . . I'm going blind."
Nancy bent down and kissed her son on each eye. "It'll be
right in a few seconds, babe," she said in a strong, certain
e. She placed her hand on the side of Tommy's face.
ommy started taking slower, more relaxed breaths. He saw
sister and tried to smile, but there was fear in his eyes.
Be steady, T," Pattie whispered through her tears. "Be steady."
started to stick the needle into the intravenous tubing.
nmy saw me. "Don't!" he yelled. "Don't hurt me!"
This won't hurt, Tommy, I promise," I told him.
ommy saw his father at the foot of the bed. There were
rs streaming down Ben's cheeks.
Daddy!" Tommy screamed. "Daddy! I'm so scared. Please help."
Tommy, honey, Tommy," Ben cried as he moved around
bed. "Don't do that yet!" he yelled to me.
attie moved away from the bed as Ben pulled back the
nkets and got in bed with his son. "No one will hurt you,
ey," he said. "Never."
ommy buried his face in his father's chest. "Daddy . . .
ddy . . . I love you."
I've got you, Tommy. It's all right." Ben put his arms
und his son. "I love you, son. I love you."
en nodded to me.
Good-bye, Tommy," I said silently as I injected the medi-
e. "Thanks for the cream puff."
n seconds, Tommy was asleep.
When I left the room, Ben was still in bed holding his son.
tie and Nancy stood by the bed holding each other. On a
ir next to the bed was a white bakery box. Scribbled on the
was *To the Cream Puff Kid—We love you.*
For days after Tommy's death I was overwhelmed with
row and grief. It was sometime later that I remembered
at one of my medical school professors had told me.
"Not every patient you have is going to live," he said. "You
ll learn more about medicine and about life from the ones
o die."
I began to understand, finally, what he meant. **End**

*mes in this story have been changed to protect the privacy "Tommy's" family.*




Good Mornings



Good mornings are the mornings you awaken rested, ready to look your best and do your best.

Good mornings are hard to come by if you've suffered through a restless night because of painful leg cramps.

Fortunately, there's Q-vel®, a specially-formulated muscle relaxant pain reliever, to prevent and provide relief from the discomforts of leg cramps, which can rob you of good mornings.

Q-vel®

works at night to make more mornings—

*Good Mornings*




© 1986, Bio Products, Inc., Norwalk, CT 06855

**High School at Home**
DIPLOMA AWARDED

Without obligation, get free info on low cost home study method, accreditation, Diploma. No salesman will call on you.

CALL FREE ANYTIME

American School, Dept 204
850 E. 58th St.
Chicago, IL 60637

1-800-228-5600

**Silks!** LARGEST STOCK · LOWEST PRICES

*Crepes *Charmeuses*
*Pongees* Habotais*
*Jacquards* Raw Silks

600 Samples $20/$18 Refund on return
Specialists in Chinese Silks. FREE BROCHURE
Phone (800) 722-SILK In Calif (800) 221-SILK
THAI SILK, 252 (L) State, Los Altos, CA 94022



ADDRESS LABELS WITH NICE DESIGNS

Any initial in Old English or Script, most dogs, palm, gull, saguaro, U.S. flag, pines, horse, treble clef, rose, happy face . . . also any zodiac sign, roadrunner, palette. Printed in black ink on 500 white or 250 gold gummed labels. To 20 letters per line, 4 lines. Order by initials shown. . . .

| | | |
|---|---|---|
| #DD | 500 white 1¾"x⅞" | $3.95 |
| #GDD | 250 gold 1¾"x⅞" | $3.95 |
| #DR | 500 white 1½"x½" | $3.50 |
| #GDR | 250 gold 1½"x½" | $3.50 |

Please add 75¢ postage and handling. Useful 80-P. Gift Catalog, $1.00. Bruce Bolind, 39-L Bolind Bldg., Boulder, CO 80302. (Since 1956, thanks to you!)

**UN-SKRU**
**Amazing New Jar Opener**
**OPEN ANY SCREW LID IN 3 SECONDS!**



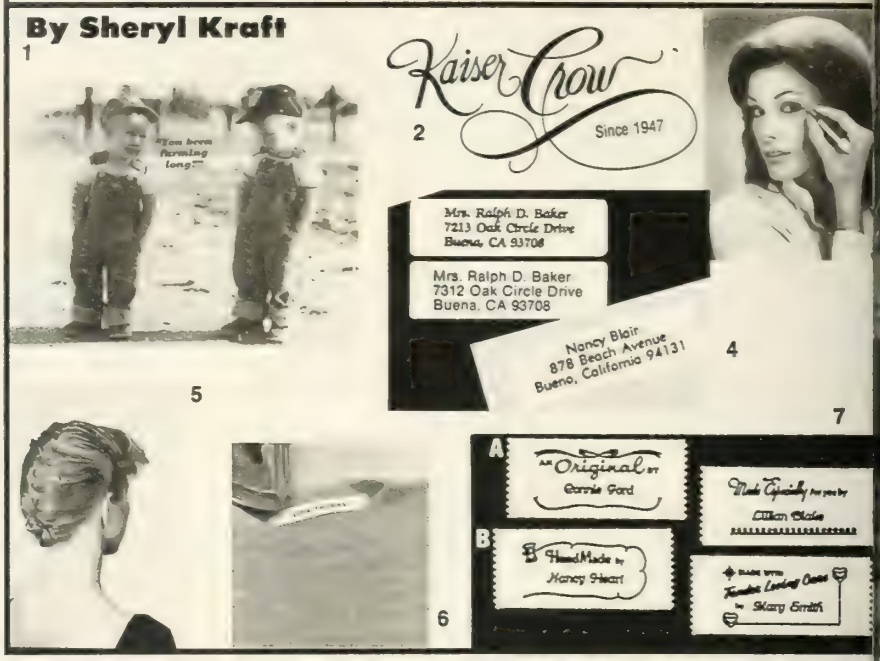
New UN—SKRU Jar and Bottle Opener mounts permanently to underside of cabinet or shelf. Opens every size screw top—from tiny tube to gallon jar—with scarcely any effort. Even opens press-and-turn "child-proof" pill bottles.
"Best Opener You Will Ever Use!"
No cook should be without this indispensable kitchen helper. Also handy in trailer, boat, workshop. Wonderful for folks with arthritis. Unique gift. You must be pleased, or your money back. Only $7.50 + $1 p&h; two for $14.50 + $1.45 p&h. Send Check or M.O., 20-day money back guarantee.

**HOLST, Inc.** Dept. LHO-986, 1118 W. Lake Box 370, Tawas City, MI 48764

**U.S. SAVINGS BONDS**
*Paying Better Than Ever*


# JOURNAL STORE

**By Sheryl Kraft**




**Stop here for convenient shopping with this wide selection of merchandi Enclose your personal check or money order; allow 4 to 6 weeks for delive**

1. **Two Famous Farmers!** Thousands of the large (14" x 18"), full-color posters have been ordered across the U.S. Just $3 plus $1.25 shpg. Also available 14" x 18" Wall Plaque of our full-color poster, mounted on a wood base, then sealed with acrylic for a quality finish that'll last a lifetime. $12.95 plus $2 shpg. Holst, Inc. Dept LHP-986, 1118 W. Lake, Box 370, Tawas City MI 48764.

2. **Kaiser Crow**—A fabulous year-round source of meaningful gifts for friends, family and yourself from Kaiser Crow. Our imaginative collection includes classic and unique tablesettings, the finest hollowware, crystal and china, silver and stainless flatware, designer jewelry, vanity and accessory items. All at the most competitive prices in the country. Send $2.00 (refundable with purchase) for our full color catalog. Kaiser Crow, Inc., 747 Sheridan Blvd., 2D, Dept LHJ-S, Denver, CO 80214.

3. **Do-it-yourself electrolysis** With PERMA TWEEZ, you can safely and permanently remove unwanted hair without puncturing the skin. Clinically tested and recommended by many dermatologists; and, saves hundreds of dollars over salon electrolysis! $16.95 ppd. Send to GENERAL MEDICAL CO., Dept. LJE-47, 1935 Armacost Ave., W. Los Angeles, CA 90025.

4. **Exclusive label selection** These self-adhesive labels come in seven colors: white, gold, silver, transparent, blue, pink, or yellow. Printed in black ink; up to 26 letters and spaces per line, 3 or 4 lines. Select your favorite type style: Block (#PR), or Calligraphy (#CPR). Select from two quantities: 450 1,000 labels. 450 white, gold or silver $7.95; 1,000 white, gold or silver for $12 Transparent, blue, pink or yellow labels $8.95 for 450, $13.50 for 1,000. Add 75 each order for p&h. BRUCE BOLIND, D LHJ-9, BOLIND BUILDING, P.O. BOX 9 BOULDER, CO 80301.

5. **Norton Products**-Braid Aid. Weave c ens of basic and exotic hairstyles like expert using this easy-to-follow 64-p book. Step-by-step diagrams and inst tions show the ins and outs of braiding all lengths and textures. Send $5.95, postage to:Valco Publishing, Box 2 Dept. LHJ-96, New Rochelle, NY 10802

6. **Iron-on labels** Printed in bold blue let on pre-cut cloth, these labels measure ⅜". Adheres to any fabric, won't fade, or wash off. No need to sew! Irons quickly, easily, for permanent I.D. Idea camp, school, nursing homes, etc. 50 line labels $3.95; 100 for $4.95. Postp UNIVERSAL LABEL CENTER, Dept. LJ P.O. Box 5 BOSTON MA 02101

7. **Personalized quality labels** For your s ing, knitting and crocheting. Printed in bl with red border on white cotton. Choose f (A) "An Original By," (B) "Handmade By," "Made Especially For You By," or (N) "Made Tender Care By." Prices are for one style and only: 40 for $5.75, 70 for $7.75, or 100 for $9 Enclose self-addressed stamped envelope postage stamps for 70 or more labels). Enc check or M.O. to: IDENT-IFY LABEL CO Dept. 21, P.O. Box 204, Brooklyn, NY 11214.


Ladies' Home Journal ® (ISSN 0023 7124) September 1986, Vol. CIII, No. 9. Published monthly by Meredith Publications, Inc. 3 Park A New York, NY 10016. Back-issue copies available. Subscription prices U.S. and Possessions, 1 yr. $20.00; Canada, 1 yr. $26.00; all other cou $28. Second Class postage paid at New York, NY, and at additional mailing offices. Authorized as second-class matter at Post Office Depart Ottawa, Canada, and for payment of postage in cash. **POSTMASTERS: Send address changes to Ladies' Home Journal, P.O. Box 1 Des Moines, IA 50336-0895.**

**Legal Assistant Paralegal**

★ AN EXCITING LEGAL CAREER
★ FULLY ACCREDITED PROGRAM
★ INSTRUCTED BY ATTORNEYS
★ STUDY AT HOME IN SPARE TIME
★ FREE CATALOG — ACT TODAY!!

SOUTHERN CAREER INSTITUTE
Dept. J96 Drawer 2158
Boca Raton, FL 33427
(305) 368-2522

**COLOR PHOTOS $1.75**



YOUR CHOICE
• 24 Wallet Photos 2⅓x3⅓"
• Three 5x7" Enlargements
• One 8x10" Enlargement

Send any photo, 8x10 or smaller (returned). Add 65¢ per selection for post./handl. and an add'l. 50¢ ea. for 1st class mail. Money back guarantee

**COLOR LAB**
P.O. Box 230A, Irvington, NJ 07111

**STOP SWEAT FOR 6 WEEKS**



HANDS UNDERARMS FEET

IONIC® — the heavy sweater's answer to stly and embarrassing underarm, hand or foot eat. Short treatment with electronic Drionic eps these areas dry for 6 week periods. commended by dermatologists everywhere. nd for free information.
*nical studies available to physicians.*

GENERAL MEDICAL CO. Dept. LJ-139
1935 Armacost Ave., Los Angeles, CA 90025

©1985 GEN MED CO

**Journal**

**SUBSCRIBER SERVICES**

**hange of Address:** Please attach mailing label om this magazine and write in your new address below. 6-8 weeks advance notice is needed.

**Mailing List Name Removal:** We occasionally make our mailing list available to organizations whose offer we believe might be of interest. f you do not wish to receive any mailings from ompanies not affiliated with Meredith Publications, nc., please check the box below and attach our mailing label.

**Complaints:** For duplicate issues, late delivery or any problems, attach mailing label and send details to the address below.

☐ Change of Address
☐ Please remove my name from your rental list

NAME _____

ADDRESS _____

CITY _____ STATE _____ ZIP _____

Mail to: LHJ P.O. Box 10895 Des Moines, IA 50336-0895

ATTACH MAILING LABEL HERE

**500 FREE WIGS**

**To 500 Women Who Send for Our FREE Catalog.**

Mail this coupon for our FREE Catalog of the world's finest fashion wigs.

**On September 30, 1986, we will draw 500 names of those who send for our catalog. Winners may choose any wig from our catalog priced up to $80... FREE!**




**Mail Coupon Today.**

No Cost or Obligation. Nothing to buy. Limit one entry per person.

Name (Please Print) _____

Address _____

City _____ State _____ Zip _____

Have you ever worn a wig? ☐ Yes. ☐ No.

*Paula Young*™ Dept 6171, P.O. Box 246, S. Easton, MA 02375

Copyright © 1986. Wigs by Paula, Inc.

4

**Free! EARRINGS FOR SENSITIVE EARS**

SIMPLY *Whispers*



**Fashion Earrings *Guaranteed* To End Discomfort Forever!**

Whispers* are hypoallergenic *and* beautiful—*guaranteed!* Discomfort, itching, swelling and redness vanish, thanks to Roman Research—world's leading maker of sterile ear-piercing systems!

- More than 450 Styles & Colors
- 24K (Pure) Gold on Surgical Stainless Steel
- Laboratory Tested & Approved
- Lifetime Guarantee Against Irritation

**$9.98 EARRINGS—*YOURS FREE!***

We're so confident you'll find Simply Whispers* the most comfortable pierced earrings you've ever worn that we'll send you our 5mm gold ball earrings (a $9.98 retail value) FREE just for ordering our full-color catalog!

RTR Roman Research Marketing
Dept. 2233, 77 Accord Park Dr., Norwell, MA 02061

☐ Please send my new Catalog & FREE Gold Ball Earrings! I enclose $2.00 for postage, handling & insurance.

Name _____ Age _____

Address _____

City/State/Zip _____ DEPT. 2233

**Introducing**

**The Rascal Front Runner**




**Our most affordable electric 3-wheeler**

Compact and portable so you can take it anywhere. Features one-hand controls, battery charger, lightweight parts and more. Medicare and private insurance reimbursable. Priced below most other front wheel drive 3-wheelers. 30 day money back guarantee. Call or send coupon for free color brochure. 1-800-662-4548.

**Electric Mobility Corp. Dept.** 1919
1 Mobility Plaza, Sewell, NJ 08080

Name _____

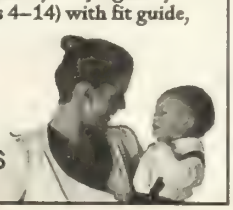
Address _____

St _____ Zip _____

Phone _____

*Pregnant Women*

**Look your best throughout your pregnancy... For color catalog (sizes 4–14) with fit guide, send $2.00 to P.O. Box 091038, Dept. LH986, Columbus, Ohio 43209 or call 614–861–2558.**



ReCreations MATERNITY

GREAT COLOR WALLETS and ENLARGEMENTS

**EXPRESS PHOTO SERVICE**℠ ONLY $2.50



FULL COLOR • BORDERLESS
Five choices only $2.50 each

★ 40 Wallets
★ 32 Wallets & One 5"x 7"
★ 8 Wallets & Four 5"x 7"s
★ 2 Custom 8" x 10"s
★ 20 Jumbo Wallets

Vibrant Permaprint™ copies on KODAK paper. Send any instant print or photo up to 8x10 (returned). Add 75¢ each set for handling and postage. For Rush Express Photo Service add $2.00 per order. Enclose check or M.O. with return address, send to:

RELIANCE COLOR LABS, INC.
STUDIO E-852.9 BOX 159 STAMFORD, CT 06904

SATISFACTION GUARANTEED

# LAST LAUGHS

### THE FIRST DAY OF SCHOOL

*'Twas the first day of school and all through the house*
*The only ones stirring were me and my spouse.*
*With a little old breakfast and lunches to fix,*
*I knew in a moment it must be past six.*
*"Now, Nancy! Now, Susie! Now, Ricky! Now, Paul!*
*Get out of those beds; this is no time to stall."*
*I ran to the kitchen; I had lots to do*
*With breakfast to fix and the coffee to brew.*
*As I scrambled the eggs and was turning around,*
*Down the stairs they all came with a thunderous sound.*
*A bundle of words we flung at each other,*
*Like "Ouch!" "Pass the juice" and "Don't hit your brother."*
*It was hectic and wild, this first day of school,*
*And I laughed as I struggled to stay calm and cool.*
*In the wink of an eye it was time to depart,*
*So I hugged them and kissed them with all of my heart.*
*Then laying a finger on the side of my nose,*
*I slumped in my chair, and I started to doze.*
*But I heard them exclaim after all of the fuss,*
*"Mom, can you drive us? We just missed the bus!"*

—Carole Webeck Miller

### OUT OF THE MOUTHS OF BABES

After a hard day at kindergarten, my five-year-old's curly hairstyle had gone limp. "Katie," I said, "what happened to your curls?" She sighed, "I guess they just disappeared into thin hair!" —*Karen Bortolin, Ontario, Canada*

To keep my two-year-old niece quiet during Mass, I let her play with my pocket calculator. In the middle of the sermon she pointed the calculator at the priest, smiled and said, "I'm turning him off!" —*Sharon Durrance, Huntsville, AL*

### TERMS THAT OUGHT TO BE IN THE DICTIONARY

***Alfred Hitchcooking*** *(al' fred hich' cooh king) v. Continuous stabbing of frozen vegetables to make them cook faster.*

***Applaflammaphobia*** *(ap la flam uh fo' bee uh) n. Fear that you've left on an appliance that will burn down the house while you're away on vacation.*

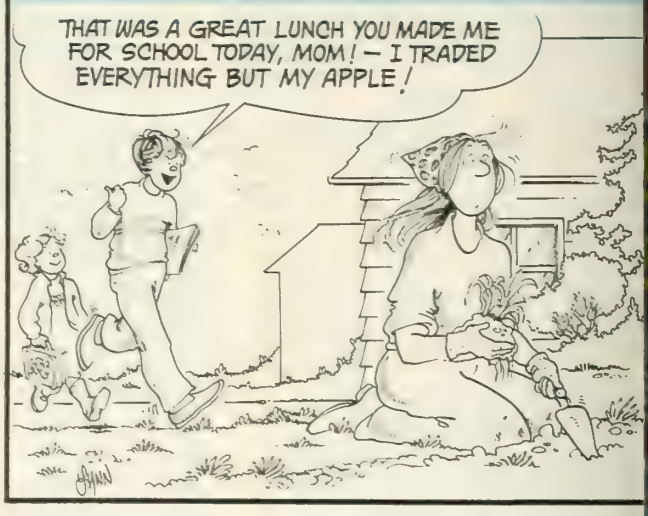
***Maltigo*** *(mahl' tih go) n. Confusion upon exiting a mall and not remembering which direction you entered by.*

***Purcilious*** *(per sil' ee us) adj. Manner in which a man holds his wife's pocketbook in public, as if it contains odious matter.*

From UNEXPLAINED SNIGLETS OF THE UNVERSE. Copyright © 1986 by Not the Network Company, Inc. Reprinted with permission of Macmillan Publishing Company.

CONGRATULATIONS TO LYNN JOHNSTON FOR WINNING THE PRESTIGIOUS REUBEN AWARD FOR OUTSTANDING CARTOONIST OF THE YEAR. SHE IS THE FIRST WOMAN EVER NOMINATED FOR THIS HONOR.

**FOR BETTER OR FOR WORSE**
**By Lynn Johnston**




From the 1987 FOR BETTER OR FOR WORSE CALENDAR, by Lynn Johnston. Copyright © 1985 Universal Press Syndicate, published by Andrews, McMeel & Parker. Reprinted by permission.

# COMING ATTRACTIONS

**OCTOBER**


Ross Whitaker

### HOW NOT TO LOOK AND FEEL TIRED

Do you envy women who always seem to have boundless energy? Well, you won't have to anymore—here are the health and beauty secrets that will make you one of the lucky mega-watt people!

### BODY-TESTED CLOTHES

Camouflage your figure flaws with the newest styles that make every body look terrific

### HEART ATTACK–PROOF YOUR HUSBAND

Expert advice from a top woman doctor: new preventive tips and diagnostic information that just might save your husband's life. Not to be missed!

### HAIR ALL ABOUT IT

Join our search for the perfect hairstyle, with all the latest on hair dos and don'ts

### TEENAGE SEXUALITY

How to help your kids say no. A special report that could make a difference in their lives

### DESSERT-LOVER'S DREAM

Three desserts . . . why not? With delicate portions you can sample all your favorites

### THE SECRET PROBLEM THAT DESTROYS MARRIAGES

How psychologically abusive husbands get that way, and what wives should do about it

**Plus: How to decorate with accessories, new chicken dishes, and more! On sale September 16**

October 1986

3 9042 01546884 3

...W NOT TO LOOK TI...

8-page beauty, health and fashion g...

...50
...ber
...986
...ies,
...me

# Journal

...EFANIE POWERS



"I'm single, but my mom wants me to have a baby!"

Exclusive

...W TO HEART
...TACK-PROOF
...UR HUSBAND

...E SEARCH FOR THE
...RFECT HAIRSTYLE

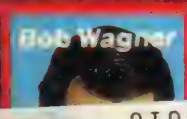
...PER FALL FOOD
Deluxe desserts
New ways with chicken
Main-dish classics

...GH SCHOOL SEX:
...LPING KIDS TO SAY NO

...E SECRET PROBLEM
...AT DESTROYS MARRIAGES

CAROL BURNETT TELLS HER OWN HEART-WRENCHING LIFE STORY

...lor



Bob Wagner

This

BURLINGAME CA 94010
480 PRIMROSE RD
BURLINGAME PUB LIB
JUN87 ED 02521 02
91-BRLPRM-4809952 07EAG
**********CAR-RT-SORT**CR46

BURLINGAME
SEP 17 1986
LIBRARY

...ECIAL CONTEST: Win a family vacation at Disney World!

# FOREIGN INTRIGUE

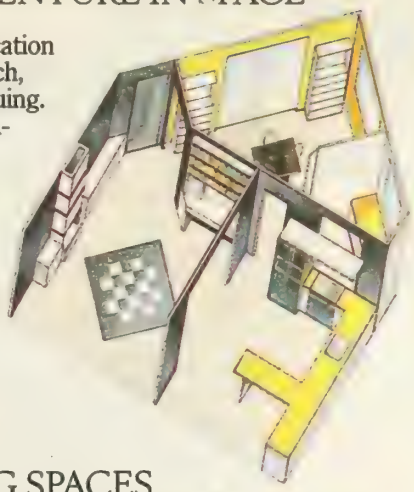
## THE EUROSTYLE KITCHEN SUITE



# AN ARMSTRONG ADVENTURE IN SPACE

When European polish and sophistication meet an all-American split-level ranch, the result is, to say the least, intriguing.

The ranch's predictable kitchen-and-separate-formal-dining-room layout has been transformed. Now, instead of the expected spaces, you have a cozy den with fireplace, family room, entertainment center, home-work and computer area, formal and informal dining room, and a place to enjoy family and company while you cook. In other words, a kitchen suite.





## THREE UNIQUE LIVING SPACES UNITED BY A DESIGNER SOLARIAN® II FLOOR.

The look is sleek and glamorous. And it's the Armstrong Solarian floor that makes it all work. Installed on an angle, the bold squares of the Solarian floor accentuate the suite's diagonal walls. The floor's glossy, no-wax shine is the perfect foundation for the Eurostyle look. But, most important, it's the Armstrong Solarian floor flowing throughout and uniting all the spaces that makes this suite come together so beautifully.








**To see more:** For a free color "Eurostyle Kitchen Suite" booklet with many photos, floor plans, and product information, call the toll-free, Armstrong Consumer Line: 1 800 233-3823, ask for Dept. 6AFLH. Or send coupon to:

Armstrong, Dept. 6AFLH, P.O. Box 3001, Lancaster, PA 17604

Armstrong

so nice to come home to™

Name _____

Street _____

City _____ State _____

Zip _____ Tel. (___) _____

LADIES' HOME Journal®

**MYRNA BLYTH**
EDITOR-IN-CHIEF

**Tamara Schneider**
ART DIRECTOR

**Jan Goodwin**
EXECUTIVE EDITOR

**Mary Mohler**
MANAGING EDITOR

ARTICLES
**Margery D. Rosen, Beth Weinhouse, Roberta Anne Grant,** senior editors
PAMELA S. GUTHRIE, DIANE SALVATORE, ERIC SHERMAN, associate editors
PATRICIA FEATHER JEANNE CURRY

BOOKS AND FICTION
**Mary Lou Mullen,** editor
SOFIA MARCHANT

BEAUTY AND FASHION
**Lois Joy Johnson,** editor
MARJORIE WRIGHT
MARGARET L. O'HANA

FOOD AND EQUIPMENT
**Jan Turner Hazard,** editor
SUSAN J. SARAO
DIANE DILALO HOLTAWAY
ELIZABETH A. MARKS BEVERLY STEPHENS
MARGOT ABEL BERNICE MITTMAN

DECORATING AND DESIGN
**Marilyn Diane Glass,** editor
ROBYN GLASER
SALLY J. JONES

COPYWRITER
**Linda Glassberg**

EDITORIAL PRODUCTION
**Nina Kellin,** editor
JANE FARRELL, KAREN JACOBSON, copy editors

EDITOR-AT-LARGE
**Sondra Forsyth Enos**

PUBLIC AFFAIRS
**Margaret Hickey**

READER SERVICE
**Lietta Dwork**

ART DEPARTMENT
**Jane Wilson,** design director
**Stephanie K. Birdsong,** associate art director
**Jeffrey Saks,** associate art director

**Paul Sawyer,** graphic system manager

EDITORIAL BUSINESS MANAGER
**Marion Davies**

ASSISTANT TO THE EDITOR-IN-CHIEF
**Alberta Harbutt**

**Contributing Editors**
LAWRENCE BALTER, Ph.D.
KATHERINE BARRETT MARGARET DANBROT
DOROTHY CAMERON DISNEY
SONYA FRIEDMAN, Ph.D. CLIFF JAHR
CONSTANCE LEISURE ARNOLD PALMER
JEFF ROVIN
MICHAEL J. WEISS (WASHINGTON, D.C.)
NANCY J. WHITE

**ROBERT D. THOMAS**
PUBLISHER

A Meredith Publication
**Robert A. Burnett**
President & CEO
**Jack D. Rehm**
Executive Vice-President

# EDITOR'S JOURNAL

## THE NEW BABY

*By Myrna Blyth*



***BEAMING, LEFT TO RIGHT: MYRNA, MARY LOU, CHARLOTTE, SOFIA***

What makes a magazine's ed tor feel great? Lots and lo of things. For one, finding o that her magazine's sales a exceptionally good. And I've been hearing lot about the *Journal*'s unusually good sal lately. Thank *you* very, very much. Reading really tip-top *Journal* article can make m feel terrific as well. This month I was so in pressed by the good sense and straightfo ward advice in Dr. Barbara Edelstein's ar cle, "How to Heart Attack–Proof Your Husband," that I just had to call and than her for the piece. Though lots of magazines promote features by calling the lifesaving, this article (page 42) genuinely *is*. Please be sure to read it for yo own sake and the sake of your husband, father, brother—all the men you love.

What else can make me feel good? I'm always impressed when an editor sets hard task for herself and meets the challenge. When looking over this fall's ne curvy clothes with Beauty and Fashion Editor Lois Johnson, I wondered whethe real women with less-than-perfect shapes could slither into the new sexy silho ettes. "I think they can," Lois declared. "I bet if we test these clothes on re women—making sure we show them how to hide figure flaws and play up the figure pluses–these new styles will look great." Guess what? Lois was absolute right. (See our feature, "Body-Tested Clothes," page 128.) As Lois says, "You ca wear the latest even if your figure's not the greatest." (And she really did say i

I'm pleased as well that the *Journal* this month is the magazine able to give yo an exclusive first look at Carol Burnett's blockbuster autobiography. Not at a like most superstar books, Carol's story is beautifully written (and by Caro searingly and painfully honest. Book Editor Mary Lou Mullen bought the righ to the book for the *Journal* just before she left for maternity leave. While Ma Lou was away, Associate Book Editor Sofia Marchant cut the book for publicatio with lots and lots of input from Carol. And the book department's activities brin me to my final point. What also makes a magazine's editor feel great is sharin the very personal joys of her staff. Over the last few months, in between talkin books and fiction business, Mary Lou and I naturally discussed her pregnancy. O June 23, Mary Lou's husband, art dealer Nicholas Hall, called to tell us tha eight-pound-three-ounce Charlotte Vaughan Hall had been born. About six week later Mary Lou brought her in for us all to admire. Of course, all work stoppe while we cooed and clucked and told tales of our own babies. I'm delighted tha Mary Lou has such a beautiful, healthy baby. And I bet she'll be a *Journal* reade in about twenty years!

© 1986 Meredith Corporation, Inc. All rights reserved. "Never Underestimate the Power of a Woman" is a trademark of Meredith Corporation, I registered at U.S. Patent Office. Title "Ladies' Home Journal" registered at U.S. Patent Office and foreign countries.

Ladies' Home Journal ® (ISSN 0023 7124) October 1986, Vol.CIII, No.10. Published monthly by Meredith Corporation, Inc., 3 Park Avenue, N York, NY 10016. Back-issue copies available. Subscription prices U.S. and Possessions, 1 yr. $19.95; Canada, 1 yr. $27.95; all other countri $27.95. Second Class postage paid at New York, NY, and at additional mailing offices. Authorized as second-class matter at Post Of Department, Ottawa, Canada, and for payment of postage in cash. **POSTMASTERS: Send address changes to Ladies' Home Journal, P Box 10895, Des Moines, IA 50336-0895.**

**Send all subscription correspondence and change of address (include latest mailing label and allow 8 weeks for chang to P.O. Box 10895, Des Moines, IA 50336-0895.**

Robert D. Thomas, SVP/Publisher
Robert Kelly, Advertising Director
James C. Whitelaw, New York Manager
Frederick W. Becker III, Eastern Manager
Mary Morgan, Prime Showcase
Jack Sackley, Midwestern Manager
Paul Bode, West Coast Manager
Sharon Rogers, San Francisco Manager
Terry Giella, Sales Administration Manager

Myrna Blyth, SVP/Editor
Jeremy Grayzel, SVP/Operations
Dean Pieters, VP/Development
Carole Mandel, SVP/Circulation Director
Mitch Lurin, VP/Marketing Services
Esther Laufer, VP/Promotion Director
John W. Condit, VP/Manufacturing
Michael C. Senior, Newsstand Sales Director
Michael I. Cook, Business Manager

The Journal cann process unsolicit manuscripts or material, and t Publisher assum no responsibil whatsoever for th return.

SURGEON GENERAL'S WARNING: Smoking Causes Lung Cancer, Heart Disease, Emphysema, And May Complicate Pregnancy.



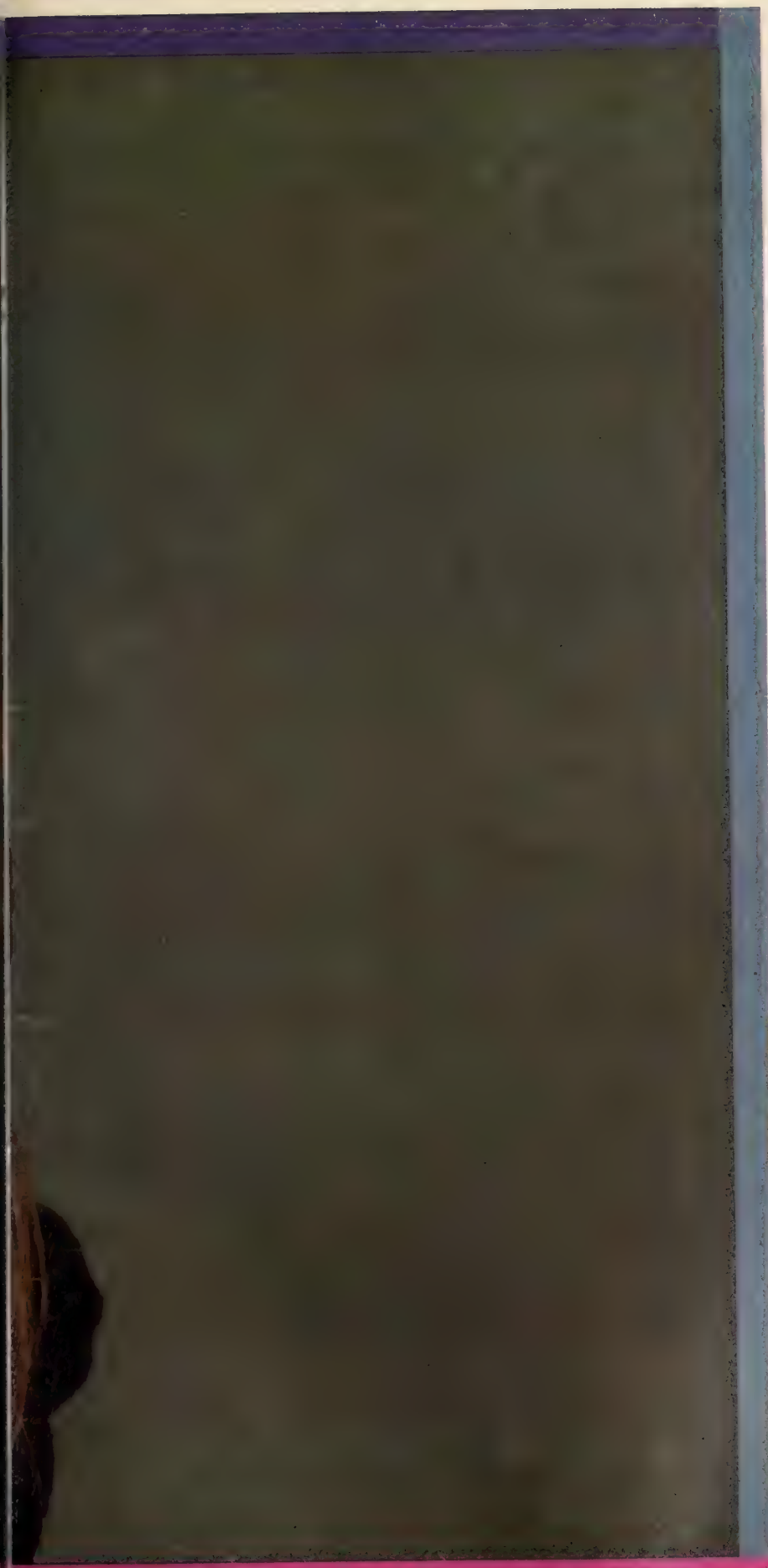

A celebration of style and taste by YVES SAINT LAURENT

# RITZ




13 mg. "tar", 1.0 mg. nicotine av. per cigarette by FTC method.


REVLON
Our Model is wearing 'Love that Red' on her lips. Ring by David Webb, Inc. © 1986 Revlon, Inc.



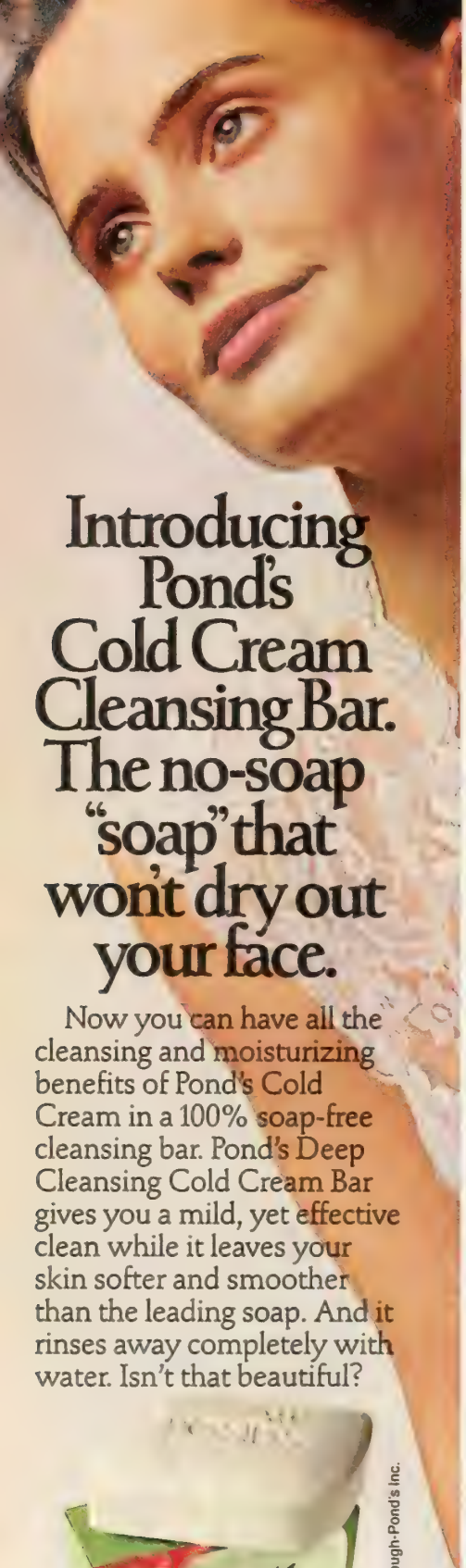
A paradox.

# Moon Drops Lipstick. Is it a long wearing lipstick that moisturizes? Or a moisturizing lipstick that wears and wears?



Yes.
You don't have to sacrifice one (wear) for the other (moisture) because of a formula that wears and moisturizes simultaneously. You'll also get an infinity of colors, a special quality of color that you could get lost in.
Moon Drops will also soften, smooth and protect your lips. Does it sound to you like the lipstick with everything?
It is.
It's Moon Drops lipstick from Revlon.

**Revlon. The difference between looking good and looking great.**



Introducing Pond's Cold Cream Cleansing Bar. The no-soap "soap" that won't dry out your face.

Now you can have all the cleansing and moisturizing benefits of Pond's Cold Cream in a 100% soap-free cleansing bar. Pond's Deep Cleansing Cold Cream Bar gives you a mild, yet effective clean while it leaves your skin softer and smoother than the leading soap. And it rinses away completely with water. Isn't that beautiful?




© 1986 Chesebrough-Pond's Inc.

No soap can do what Pond's does beautifully.



LADIES' HOME Journal®

VOL. CIII NO. 10 OCTOBER 198


# ARTICLES


2 • **EDITOR'S JOURNAL**

12 • **CAN THIS MARRIAGE BE SAVED?**
"I needed to have an affair" *By Jane Marks*

20 • **A WOMAN TODAY**
"I beat the odds"
*By Congresswoman Claudine Schneider*

28 • **STEFANIE POWERS: ON HER OWN**
She's beautiful, intelligent and highly successful. So what's missing? *By Cindy Adams*

39 • **MONEY NEWS**
*By Katherine Barrett and Richard Greene*

56 • **MEDINEWS**
Ear-piercing allergies; free medical tests; and more. *By Beth Weinhouse*






123

**ONE MORE TIME**
She's been making us laugh for decades, but her life story isn't quite as cheery. A fascinating excerpt from a bittersweet autobiography.
*By Carol Burnett*

58 • **TV STAR WARS**
A behind-the-scenes look at this season's new shows, and a heart-to-hea talk with ever-lovable Lucille Ball. *By Jeff Rovin*

86 • **THE SECRET PROBLEM THAT DESTROYS MARRIAGES**
Why some husbands psychologically abuse their wives—and what can be done about it. *By Cheryll Ostrom*

90 • **PSYCHOLOGIST'S JOURNAL**
Why you feel the way you do. *By Sonya Friedman, Ph.D.*

92 • **SHE ONLY CRIED ONCE**
The true story of a young woman's courageous battle against a terrifying illness—the Elephant Man's disease. *By Eleanor Connor Van Pelt*

96 • **FAMILY VACATION CONTEST**
Here's your opportunity to win a fun-filled trip to Walt Disney World *and* Kodak 35mm camera!

42

**HOW TO HEART ATTACK–PROOF YOUR HUSBAND**
By recognizing the warning signs and knowing the risks, you can add years to his life.
*By Barbara Fiedler Edelstein, M.D.*

98 • **NEWS FOR PARENTS**
Information about child rearing in the eighties.
*By Mary Mohler*

102 • **THE MONEYMAKERS**
Three super-success stories about women wh made their fortunes without a business degre
*By Katherine Barrett and Richard Greene*

108 • **HOME SAFE HOME**
More accidents occur in your own house tha anywhere else. Here's expert advice on keepin your family safe and sound. *By Wendy Korn*


New Golden Griddle
CAN YOU SOLVE
THIS GRIDDLE RIDDLE?
There's a new pancake syrup we're told,
That flows out in a stream of gold.
Made with real maple syrup you see,
And thick naturally.
Look deep inside the golden stream,
And the riddle answer can be seen.
New naturally thick,
with pure maple taste.
Golden Griddle
SYRUP




# The instant itch reliever

*...and a lot more*

Instantly on contact with the itch. That's how fast LANACANE® Creme Medication starts working to relieve an itch.

That's because LANACANE contains the special type of anesthetic widely used by doctors all over the world for fast and lasting relief from pain and itching. Doctors know that's the only way to really attack itching instantly.

LANACANE Creme simply shuts off the itch. On contact. Quickly and effectively.

What's more, LANACANE is not a hydrocortisone like Cortaid® and Cortizone-5, medications known to work slowly and indirectly. Hydrocortisones don't work on some of your most common itches, because they contain no pain killers at all.

LANACANE works directly on every kind of itch. From insect bites to dry skin, to personal itching. It safely relieves the pain of your irritated, inflamed skin tissue. No matter how sensitive the area. And LANACANE Creme's special antibacterial action helps speed your body's natural healing process.

LANACANE even contains Aloe to soothe and moisturize the skin.

Yet, for all that relief, ounce for ounce, LANACANE costs far less than leading hydrocortisones.

No wonder LANACANE is the world's leader in fast itch relief.

LANACANE®



116 • **THE CHILDREN OF CHERNOBYL**
What happened to the youngest victims of the world's worst nuclear accident? *LHJ* went to Russia to find out. *By Deborah Beroset*

138 • **TEENAGE SEX—A SPECIAL REPORT**
Why do three thousand girls become pregnant every day in the U.S., and what can parents do? Plus, a report by an editor who spent two weeks posing as a high school student. *By Eric Sherman*

210 • **LAST LAUGHS**

## FICTION

48 • **ELIZABETH**
Something was troubling her young daughter—why was she so afraid to go to school?
*By Norah Perez*

## GOOD LOOKS

26 • **BEAUTY JOURNAL**
A guide to eye redness; a twist for a trim midriff; the lowdown on dandruff; and more.

65 • **HOW NOT TO LOOK TIRED**
Eight pages of beauty, nutrition and health tips to keep you looking and feeling your very best.
*By Sondra Forsyth Enos and Linda Glassberg*

142 • **HAIR ALL ABOUT IT**
The mane ideas for fall, and one woman's search for the quintessential cut. *By Lois Joy Johnson*

## AT HOME

134 • **ACCESSORIES MAKE THE DIFFERENCE**
We decorated one room three different ways to show you how accessories give a room unique style. *By Marilyn Diane Glass*

## FOOD

84 • **EASY AS 1-2-3**
Pork chops in a tangy sauce, Venetian rice and a fennel-pepper salad. *By Susan Sarao*

132 • **DESSERT SAMPLERS**
An idea whose time has come: delicate portions of several desserts! *By Jan Turner Hazard*

140 • **NEW WAYS WITH CHICKEN**
With new cuts and speedy, innovative dishes America's favorite fowl is more versatile than ever

146 • **FIFTIES FOOD, EIGHTIES-STYLE**
Updated versions of all the classics—guaranteed to bring back happy memories.

158 • **RECIPE INDEX**


Uli Rose



128
**BODY-TESTED CLOTHES**
Who needs a pencil-thin, model-perfect figure, when you can look fabulous in the latest trend-setting fashions!

J. Barry O'Rourke



126
**HIGH FIBER, GREAT TASTE**
The newest facts about fiber, plus delicious recipes to keep the whole gang their healthiest.
*By Randi Blaun*


Cover: Carol Burnett, Greg Gorman/Gamma Liaison; R. Wagner, M. Sennett/Shooting Star; E. Taylor, Schacmes/Sygma; S. Powers, Rod Lewine/Shooting Star.

# The electric room freshener.

# There's no better gift to clear the air.

Just plug it in. Turn it on. And insert one of our 23 fragrance records. The Aroma Disc Player™ fragrance diffuser will release fine vapors of fragrance into the air—silently and more effectively than any other air freshener system you can buy. Period.

Naturally, the Aroma Disc Player comes with a money-back guarantee and you may cancel the records anytime you wish.

To order, use the coupon. Or to speed delivery for the Holidays call 1-800-272-DISC ext. 600. You'll find that when you give the Aroma Disc Player to yourself or to someone else, something special will be in the air.




And, the scents are all fresh, all appealing. Just like our offer. For $14.95 we'll send you the air freshener unit with three free records. Then to refresh your home throughout the year, we'll automatically send you three records every six weeks at $10.50 per shipment plus postage and handling.

Yes, I would like to order the Aroma Disc Player for $14.95 and receive three free fragrance records.
☐ Check enclosed payable to Aromance.® (Please add $2.50 for postage and handling plus state and local tax if in CA, NJ, NY, PA or WA.)
Charge to my: ☐ VISA ☐ MasterCard ☐ American Express

Card #_____ Exp. Date_____

Signature_____

Name_____

Address_____

City_____ State_____ Zip_____

Mail to: Aromance, P.O. Box 5907, Clifton, NJ 07015. 4P502




© 1986 Environmental Fragrance Technologies, Ltd. UL Approved.



Ruby

# BLAIR



Sapphire

## ENGAGING IN EVERY WAY... THE GEM DRESS WITH SIMULATED PEARL NECKLACE

*Here at last, the perfect Dress to flatter your every move...available only from* BLAIR, *this Dress can be yours for one week, free.*

*You'll love the way this timeless but thoroughly modern Dress gives you tailored sophistication by day...and captures a whirlwind of attention by night. And the showstopping details create an added touch of elegance...with graceful pleats, delicate neckline and a beautiful strand of simulated pearls.*

*Choose from a selection of five sizzling shades, all of silky smooth machine-washable polyester knit. This exclusive Dress can be yours for only* $19.85.

### 7-DAY FREE TRIAL

**YES!** Please rush my BLAIR® Gem Dress and Necklace for a week's FREE TRIAL. Then I'll send just $19.85 plus postage and handling—or return them at my expense and owe nothing.

☐ **To save even more,** I've enclosed my payment now so that BLAIR pays ALL postage and handling costs. All my money will be instantly refunded if I'm not pleased.

**TO ORDER:** Choose color wanted and write your size in the appropriate box:

Petites (5'3" & under): 6P, 8P, 10P, 12P, 14P, 16P

Misses: 8, 10, 12, 14, 16, 18, 20

Half sizes: 14½, 16½, 18½, 20½, 22½, 24½

| Ivory | Onyx | Ruby | Sapphire | Jade |
|---|---|---|---|---|
| 01 | 02 | 03 | 04 | 05 |

| | | |
|---|---|---|
| 6620 | One Gem Dress and Necklace | $19.85 |

DFS-M

☐ Mrs
☐ Miss _____
(please print clearly)

Address _____ Apt # _____

City _____ State _____ Zip _____

Home Phone No. (____) _____

Credit orders subject to approval DRB-W6

Mail today to: **BLAIR, WARREN, PA 16366**

Made in U.S.A. (Offer Good Only in Continental U.S.A.)

© NPC 1986

# "I NEEDED TO HAVE AN AFFAIR"

*Mari longed for excitement, but Ray was so predictable. How could she stay married to such a boring man? By Jane Marks*



*This case is based on information from the files of the Family Therapy Institute of Washington, D.C., a nonprofit teaching institution for advanced mental health professionals. The true story reported here is from interviews, though names and details have been changed to conceal identities. The counselor in this case was Neil P. Schiff, Ph.D., a clinical psychologist.*

## MARI'S TURN

"I certainly never meant to hurt my husband," said Mari, a slender blond of thirty, dressed in jeans and a turtleneck sweater. "But I needed a man in my life—someone who was not like Ray. I realize that Peter is not as good or as fine a person, but he has vitality and spirit, and *that* appeals to me. I used to find it all in Ray, but for years now, there has been no excitement or surprise in our life.

"We met in college and began a torrid affair almost immediately. Ray was a political science major, but he also loved music and literature, which was my major. He was handsome and kind—and passionately eager to please me. The fact that he wasn't Catholic infuriated my father, who was very devout and very domineering. Mother is so passive—I suppose that's why she's been able to put up with him.

"I learned early on that there was nothing I could ever do that would please my father, so even though he violently disapproved, I was determined to marry Ray, and between semesters in our sophomore year, we eloped.

"Ray and I supported ourselves with scholarships and odd jobs—everything from tutoring high school kids to painting houses. After we both graduated with honors, Ray took a job with a consulting firm in Washington, and I settled down to work on my long-planned novel. Ray's been at the same job all these years, and I know he must be bored. Yet with all that's going on in this city, he's never made an effort to look for a more exciting position.

"Anyway, after eight frustrating months trying to finish my first chapter, I gave up working on my book to join two friends who were launching a small monthly publication devoted to environmental issues. Within six months, though, we ran out of funds and had to fold the magazine. I also found out I was pregnant. I made a few stabs at finding other work, but by the time Justin was born, I still had had no luck. I decided to stay home.

"I adored our baby, but I couldn't help feeling terribly guilty. Ray and I had agreed to share the burden of earning a living, and there I was costing money instead of earning it.

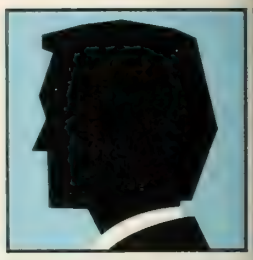
"So when Justin started nursery school, I took a part-time research job with a public-health foundation. I loved working there, but I soon realized there was a sharp distinction between professional and nonprofessional jobs, with no way to advance unless I had a graduate degree. That's when I started taking night school courses.

"However, I soon became pregnant again, so I had to put my plans on hold. With two young children, I didn't see how I could concentrate on my studies.

"After Lindsay was born, I became very depressed. She was beautiful and healthy, and I should have felt lucky, but something was wrong and I couldn't figure out what it was.

"I knew I had to do something, so I enrolled in a human-potential workshop at the university—an eight-week seminar series covering various psychological topics. After each session I felt terrific. I was so excited, and I tried to talk about some of my new insights with Ray, but he'd just sit there looking bored.

"In the months that followed, I signed up for more workshops. Ray was always nice about staying with the children on the nights or weekends that seminars were scheduled. And he never complained about the cost, either. But instead of feeling thrilled with my perfect husband, I started to feel irritated. His patience and kindness now seemed weak to me.



"I'd look at other men, and I couldn't help wishing that Ray would show some spunk. He came to one workshop with me, but I could tell he was watching me for cues about how to act, instead of being spontaneous.

"About this time, I took a job in a shop near my home that sold handcrafted items. That's how I met Peter, an artist who sold hand-painted T-shirts. He was very sexy—in a dark, sullen sort of way—and I was infatuated with him. We started meeting for lunch a few times a week. I told Ray, but he didn't seem to mind. He wasn't jealous, and that bothered me, too. I wondered if he was falling out of love with me. A few weeks later, when Peter asked us both to a party at his friend's loft, I was surprised when Ray told me, 'Go yourself.' Just to get a reaction, I said, 'Well, what if Peter seduces me?' Ray hardly blinked. 'I guess you'll do whatever you have to do,' he said.

"I thought, Boy, if you loved me, you'd put your foot down. But he never did. I was sad, but I was also angry.

"I started sleeping with Peter—we would meet at his place during lunch, and though I did feel guilty, I could not stop. I adored Peter's passion and wildness in bed, and frankly, since my husband seemed to care so little, I figured why should I stop?

"Still, I'll never forget the time Ray found poem's I had written to Peter. I blushed when Ray, all watery-eyed and stuffed up with the flu, confronted me; but instead of a big scene, Ray just touched my cheek and said, 'It doesn't worry me if you love someone else, as long as you still love me.' I felt awful, but I was incensed that Ray didn't care what I was doing.

"At least, I assumed he *(continued)*

© Philip Morris Inc. 1986

# PLAYERS LIGHTS 25's

# 5 free in every pack.

# Jackpot!




25 of the finest for the price of 20.

Kings & 100's
Regular and Menthol

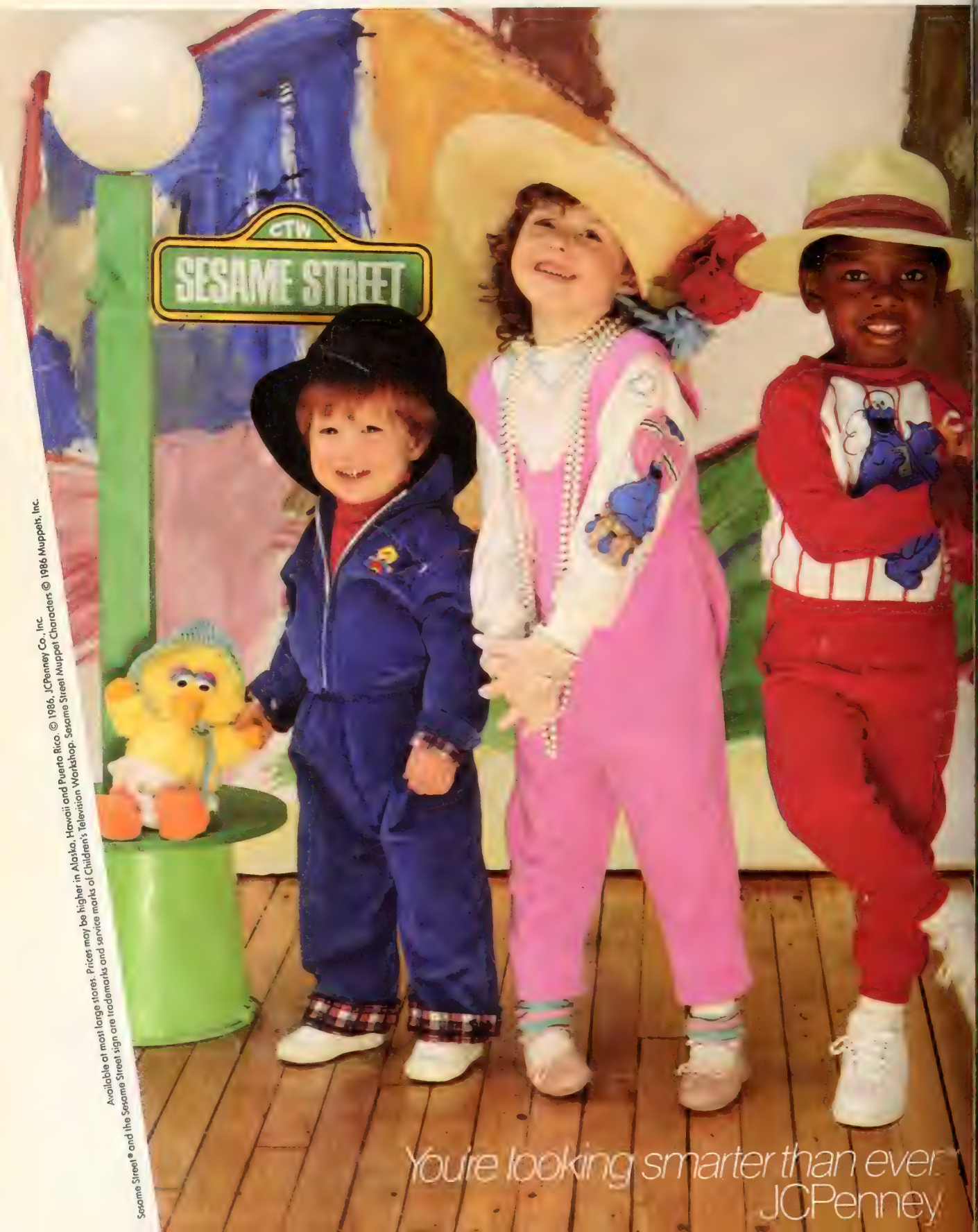
Mfr's. suggested pricing based on full-price brands.

SURGEON GENERAL'S WARNING: Smoking Causes Lung Cancer, Heart Disease, Emphysema, And May Complicate Pregnancy.

Kings: 10 mg "tar," 0.8 mg nicotine —
100's: 12 mg "tar," 0.9 mg nicotine av. per cigarette by FTC method.

# Sesame Street® Fashions. Now playing only at JCPenney.

It's a star performance. Featuring Big Bird, Bert, Ernie and the whole Sesame Street® gang in a collection of infant, toddler and pre-school apparel available only at JCPenney. Stop by and catch our act. Outfits shown from $8.99 to $15.00.




Available at most large stores. Prices may be higher in Alaska, Hawaii and Puerto Rico. © 1986, JCPenney Co., Inc.
Sesame Street® and the Sesame Street sign are trademarks and service marks of Children's Television Workshop. Sesame Street Muppet Characters © 1986 Muppets, Inc.

You're looking smarter than ever.
JCPenney



# CAN THIS MARRIAGE BE SAVED? *"I don't believe in giving someone you love an ultimatum," said Ray.*



continued

idn't—until last week, when Peter asked ıe to go to Jamaica with him. When I old Ray about the trip, he said, 'If you o, I won't want you back.' I was stunned. 'or Ray to draw limits was so rare!

"That's when I realized that maybe ıe still cared about me after all. When ıe whispered, 'Let's try to rescue this ıarriage,' I agreed. But how can we?"

## RAY'S TURN

I'll do anything to save our marriage," aid Ray, a strikingly handsome man vith an athletic build. "I'm relieved hat Mari seems to care enough to try. ihe's always had a problem with com-ıitment . . . not just to me, but to ev-rything. In the last few years, she's ıad more jobs—more 'careers'—than ıost people have in a lifetime.

"But she is also a bright, creative and ree-spirited woman, which is why I ould never love anyone else and why 've tried to be an understanding, liber-ıted, eighties kind of husband. I don't nind doing the housework or caring for Justin and Lindsay. And I've always ıeen willing to give Mari the freedom he asks for. So why on earth does she vant to go off with someone else?

"As for me, I can't even think of liv-ng without Mari. She's been every-hing to me since we met. The first time saw her, I fell hard—Mari was beauti-ul and passionate, and she needed me. At the time, she was struggling to nake an emotional break with her par-ents and her home environment. And vho could blame her?

"I couldn't imagine having parents ike that; my own folks were both warm, stable people—Dad had been an ac-ountant for the same company for nore than thirty-five years, and he adored my mother, who was a home-naker. Nothing in our home ever ap-proached the kind of screaming con-rontations that took place in Mari's.

"The fact that our religious back-grounds were different didn't bother me at all, and as far as Mari was con-cerned, I think it was actually a plus. If she could go up against her disapprov-ing father by marrying me, then she probably figured she was—sym-bolically, at least—leaving home.

"Of course, life didn't turn out the way we planned. Mari likes to think she's being free and creative, but all she's done is spend a lot of time and money chasing some dream.

"Mari also thinks I'm treading water at my job, and she likes to berate me for being unassertive. Well, the place is rife with office politics, and it's clear the powers that be would rather hire outside consultants than listen to a staff member. I know I could do a lot better if I left, but then I wouldn't be available to take the kids when Mari goes off and looks for 'fulfillment.'

"I had hoped that motherhood would calm Mari down, but it hasn't. I've tried to overlook that I-want-to-be-shocking side of her; she always had to put up with so much disapproval that it's amazing she has any spirit left. I just figured that if I was patient, she would get this wanderlust out of her system.

"That's why I put up with her shifting enthusiasms and why I try to be calm when she orders me to 'be spontaneous.' Her reprimands reached epic proportions when she was into that phony human-potential stuff. I thought it was all boring and stupid, but Mari was so turned on by it that once again I decided to ride it out.

"However, when she started seeing this Peter person, my tolerance dissolved. He is a conceited no-talent, and I don't think he loves her at all. Still, she started dangling him in my face with taunting remarks. I was so mad—she was acting like a child—but I thought the best way to handle that was simply not to say anything.

"One day I was looking for the kids' bankbooks so I could straighten out their accounts, when I found a file that I had never seen before. It contained poems Mari had written to Peter, all about his fiery caresses.

"I confronted Mari, but carefully. I didn't see any point in yelling. I thought the infatuation would burn itself out if I showed Mari that I loved and accepted her no matter what.

"Evidently, I was wrong. The other night she came home and announced she wanted to go to Jamaica with him. That got me. I told her if she went, she should buy a one-way ticket.

"Mari was surprised, and frankly, I was, too. I don't believe in giving someone you love an ultimatum, but I can't take Mari's childish selfishness anymore. She's agreed to end her affair, but if this marriage is going to work, it has to be on equal terms."

## THE COUNSELOR'S TURN

"Over the last few months, Mari and Ray had built up so much resentment toward each other that I sensed it would be difficult for them to get through a session without arguing: Each blamed the other for destroying the relationship," said the counselor. "When I pointed out that marital problems are never one-sided, they both agreed to spend time finding out more about themselves and their own personal goals so that they could work together on improving their relationship.

"Mari was trapped in the role of naughty adolescent, always wishing for more and never satisfied with what she had. Raised in a strict, unloving household in which the only emotions ever displayed were the negative ones of her father, she was so lacking in self-esteem that she flitted from one activity to another in a vain effort to prove her worth and find happiness. Instead of looking within herself for the strength she was desperately seeking, Mari depended first on Ray, then on Peter.

"Ray, a natural caretaker, saw Mari struggling to find herself and constantly put his own needs aside to accommodate her. Since college, he had been suppressing his own interests and needs to please her. However, this only triggered a catch-22 situation: The more understanding Ray was, the more dissatisfied Mari became.

"What's more, though Mari was selfishly pursuing her own happiness at the expense of others, Ray, in an effort to be a responsible family man like his father, was losing his true self. When I suggested that perhaps he had been limiting his potential, Ray admitted that he did feel stifled but didn't know how to change. 'I have a family, and I have to think of them first,' he said.

"I explained that it was possible to be loving and dependable without sacrificing one's happiness and that one of our goals in therapy would be to help Ray find that happy medium.

"During one session, Ray acknowledged that he yearned to 'stop playing bureaucrat' and take the risk of going out on his own professionally. That prompted a discussion about what he was truly interested in. As Ray talked about the four languages he speaks fluently and his wide knowledge of opera and art, we began to explore ways for him to combine his outside interests with the kind of consulting work he did professionally. In my practice, I have found that many people already have a good idea of what they should do to change their lives, but they *(continued)*

Revlon says:
STOP, LOOK & GLIS'N



NEW Long-Lasting Glamour for Gray!
Shampoos Dullness and Yellow Out of Gray
REVLON GLIS'N Instant Haircolor Shampoo and Conditioner



Introducing NEW REVLON GLIS'N
Glamorous gray in just one minute

Now you can add glistening, sparkling highlights — and cleanse and condition your hair too — in just one minute.

GLIS'N shampoos dullness and yellow out of gray and keeps it that way. Just shampoo in — rinse out. No mess, no fuss and no cap or gloves needed.

GLIS'N is so unique it has its own patented professional formula.

Look younger, fresher, more exciting in gray than you ever thought possible. GLIS'N from REVLON. The start of something beautiful.

50¢ NEW YORK STORE COUPON




SAVE 50¢ WHEN YOU BUY REVLON REALISTIC NEW GLIS'N 50¢

The 1 minute color for gray

TO RETAILER: This coupon will be redeemed for 50¢ plus 8¢ handling when redeemed for the stated products and the terms of this offer have been complied with. Coupons will not be honored and will be void if presented through outside agencies, brokers or others not retail distributors of our merchandise, unless authorized by us. Sales tax must be paid by customer. Coupon may not be assigned, transferred or reproduced. Invoices proving sufficient stock purchases to cover coupons presented for redemption must be shown upon request. Failure to do so, may, at our option, void all coupons presented for redemption. Coupon is void if taxed, restricted or prohibited by law. Cash value 1/20 of 1¢. Offer good only in U.S.A. Any unauthorized use constitutes fraud. For payment, mail coupon to Revlon-Realistic Professional Products, Inc., P.O. Box 1085, Clinton, Iowa 52734. Offer limited to one coupon per package purchased. Only original magazine coupons valid. Coupon expires 8/31/87.

30997 108524

50¢ MFG. STORE COUPON



are so caught up in their old ways of thinking and behaving that they simply are unable to effect the changes they desire. So I asked Ray to imagine what he would most like to do. 'Work as a consultant in the arts,' he said. With that as a goal, we spent the next session outlining the various ways he could make contacts and start to look for a new position.

"The more we spoke, the more confident Ray became. He realized that what he needed to do was not impossible but quite within his grasp, and he determined to achieve it. Mari began to see that her husband was indeed a special man. 'Unlike so many Washington husbands, he's not interested only in power,' she said. 'I guess you could call him a Renaissance man.'

"In fact, though Mari had long complained about Ray's predictability, as we spoke she began to understand how much she had been responsible for his behavior. 'I needed Ray to be the grown-up,' Mari said at one point. 'I made him set the limits I should have set myself.'

"Mari realized that she needed to boost her self-confidence, but she had fallen into the habit of never sticking with one thing long enough to gain the sense of satisfaction one derives from accomplishing a task, however small. 'I'm thirty years old with two children—it's time I grew up,' Mari announced. To help Mari clarify her goals, we spoke about her interests and talents. She knew she was good at writing, she enjoyed working in an office with other people, and she had an ability to express herself in a way that inspired others. With a determination that pleased herself and Ray, she combed the want ads for a job that tapped all her resources.

"After a few weeks, Mari was offered a position as assistant to an account executive in a large public relations firm; she jumped at the chance and after only a short time received high marks from her superiors. Mari's success at work has spawned other benefits. She has found renewed joy in her children and her husband. 'When you feel good about yourself, you feel good about other people, too,' Mari noted. And just as she no longer looks outside herself for emotional satisfaction, she is no longer looking outside her marriage for sexual satisfaction.

"After a few months, Ray and Mari stopped therapy. Just last week Ray dropped me a card announcing that he is opening his own consulting firm with two associates. I was invited to their first event—a black-tie dinner dance at the Kennedy Center." **End**



5 $17.95



0539 $16.95



4622 $17.95



5488 $18.95



3491 $18.95
(Sexually Explicit)



8722 $17.95



2469 $17.95



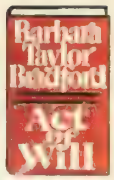
0018 $14.95



0208 $16.95

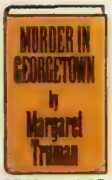


1974 $19.95



8300 $17.95


1 $15.95



0562 $16.95



1560 $19.95



2 $16.95



2188 $18.95



0117 $17.95



50 $16.95



8649 $21.95
(2 vols. count as 1 choice)



1800 $15.95

# The Literary Guild answers your questions before you join.

**Q** 4 books for $1 with membership is a great deal. What's the catch?

**A** There is no catch. You simply agree to buy 4 more books whenever you want them.

**Q** Will I be pressured to buy books?

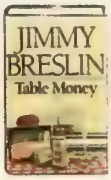
**A** No. You never have to buy a certain number of books a month, or even a year.

**Q** Will I be able to save on all the kinds of books I like to read?

**A** Absolutely. Your free Literary Guild Magazine offers best sellers and more, at up to 40% off pub. ed. prices.



2337 $18.95
(Sexually Explicit)



6841 $17.95



9225 $17.95



1883
Special Edition
(Sexually Explicit)



1875 $21.95



2493 $15.95
(Sexually Explicit)



6098 $16.95



0737 $17.95
(Sexually Explicit)



2204 $15.95



7823 $14.95
(Sexually Explicit)



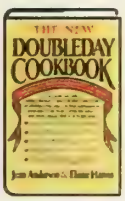
0679 $24.95



7385 $16.95



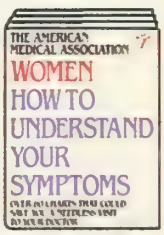
5058 $19.95



0190 $16.95



3392 $17.95



1032 $29.85
Men. Women. Children
(3 vols. count as 1 choice)
(soft cover)



2212 $19.95

# Take any 4 for only $1 with membership in The Literary Guild.

## How membership works...your way!

**You tell us the 4 books you want now** and they're yours for $1, plus shipping and handling (billed later), when membership is confirmed. We reserve the right to reject any application. However, once accepted, your books will be shipped right away.

**You must be satisfied** or return the 4 books within 10 days at our expense to cancel membership. You owe nothing.

**You keep the tote**—whether or not you remain a member.

**You choose from the free magazine** that comes to you 14 times a year. You also get up to 4 more issues with special Selections and savings.

**You have all the time you want** to buy just 4 more books at regular low Club prices to fulfill your commitment. You can resign anytime thereafter.

**You pocket the savings**—up to 40% off publishers' edition prices on full-length, hardcover Club editions, sometimes altered in size to fit our special presses.

**You say "no" to any books you don't want** by simply telling us on your Member Reply Form and returning it to us by the specified date. Or RELAX and do nothing to automatically get the Main Selections. A shipping and handling charge is added to each order.

**You always have 10 days to choose.** If you get unwanted Selections because the magazine came late, return at our expense.

**You save more.** Get even greater discounts off publishers' edition prices with the exclusive Literary Guild Bonus Plan.

**FREE ALL'ROUND TOTE with membership**



Quilted ripstop nylon. Roomy, with sturdy handles and shoulder strap.

## The Literary Guild

Dept. BS 352, Garden City, NY 11535

Please accept my application for membership in The Literary Guild and send me the 4 books whose numbers I have printed in the boxes below. Bill me only $1, plus shipping and handling. Also send my FREE Tote Bag, which is mine to keep, even if I don't remain a member. I agree to the membership plan as described in this ad and understand that I need buy only 4 more books, at regular low Club prices, whenever I want them.

NOTE: All prices quoted are for publishers' editions.

| FREE Tote No. 1255 | | | | |
|---|---|---|---|---|

Miss
Mrs.
Ms.
Mr. _____
(Please Print)

Address _____ Apt. ____

City _____ State _____ Zip _____

Telephone number (optional) _____

If under 18, parent must sign here _____

Members accepted in U.S.A. and Canada only. Canadian members will be serviced from Canada, where offer differs slightly.

The Guild offers its own complete, hardbound editions, sometimes altered in size to fit special presses and save members even more

04-GG130

# "I BEAT THE ODDS"

## *A life-and-death battle proved to me how hard I could fight for the things I believe in. By Congresswoman Claudine Schneider*

Before dashing off to work one morning about a year ago, I saw a preview of the soap opera *Capitol* on the morning news. A gorgeous woman in a full-length mink coat stepped out of a limousine and walked up the steps of the Capitol. Awaiting her were a few handsome, elegantly dressed men. As I watched this scene, I didn't know whether to laugh or cry. Was this what most people thought of Washington lawmakers?

As a member of the House of Representatives from Rhode Island—and at age thirty-nine, the youngest woman in Congress—I know that working on Capitol Hill is a lot different from what a television soap opera about Washington would have us believe. In fact, one of the first things I discovered when I was elected to office, in 1980, was that being a member of Congress is mostly a lot of hard work. Members of Congress spend their days attending countless subcommittee hearings, meeting with constituents and lobbying for our own legislation, and spend many nights on the floor of the House listening to endless rounds of debates.

Becoming a congresswoman certainly didn't change my lifestyle. I don't own chic designer outfits or have a chauffeur and a limousine. Instead, I sew many of my own clothes, drive a much-used Volkswagen and feel as comfortable in the home of one of my constituents as I do attending formal dinners at the White House. When I'm not listening to speeches in the House, I spend my nights working in my office, often until midnight. And frequently I dash through the airport on Friday nights to make the last flight home for the weekend after a late vote.

But even after a hectic day I know the job is worth it. And since I captured 68 percent of the vote in my 1984 reelection, I must be doing something right.

But my life hasn't always had such a sense of certainty. In fact, fourteen years ago, my future was indeed clouded, as I fought a life-and-death battle with cancer.

At that time, my fiancé, Eric, and I were busy planning our wedding. We had recently moved from Washington, D.C., to Rhode Island, where Eric had been offered a job as the director of the Environmental Protection Agency at the Environmental Research Lab, in Narragansett.



John Troha/Black Star

U.S. REPRESENTATIVE CLAUDINE SCHNEIDER, THE YOUNGEST WOMAN IN CONGRESS, HAS WORKED HARD TO TRIUMPH IN HER PUBLIC AND PERSONAL LIFE

One night, in the midst of a debate over where to spend our honeymoon, Eric noticed a lump on my neck. We were both concerned about it, and I went to a doctor. The doctor examined me and then asked if I was prone to getting sore throats. I told him I was.

"Don't worry," he said. "It's only a swollen lymph gland."

However, because I felt strongly that there was something else wrong with me, I went to several other docto Each doctor agreed with the first dia nosis. But several weeks later I disco ered a second lump. This time I w even more worried, and I decided to to a cancer specialist. The specialist e amined me and did a biopsy of tiss taken from the lump. After a few day called him and asked him the prognos

"You have Hodgkin's disease," he to me gravely, explaining that it was form of cancer characterized by progre sive enlargement of the lymph nodes

The room began to spin. I could believe this was happening to me. Bu was determined to beat the disease was referred to another specialist, an began a six-week course of radiati treatments. When I pressed him to t me how bad the disease was, he told m that I had only a fifty-fifty chance pulling through.

I was stunned. I was only twenty-fi years old. I hadn't even begun my li Suddenly, the situation became clear had two choices: I could fight or I cou give up. "Well, that's great," I hea myself tell the doctor, "because I'm g ing to be one of the fifty percent wh makes it!"

Eric, too, was convinced I would pu through, and he told me constant that I was going to beat the diseas Even though I had always had gre faith in myself, I hadn't realized ho much and how quickly the cancer w going to affect every aspect of my life was utterly exhausted, and I slept virt ally all the time. My memory temporar ly vanished, along with my taste bud

As I struggled with the disease, I b gan to question everything. Why m What had I accomplished in my lif What did I hope to do in the future?

Since I couldn't explain why I ha contracted Hodgkin's disease, I start putting what little energy I had in getting better. I knew that my attitu was crucial to my recovery, and I can up with a wild idea. If I concentrat hard enough, I told myself, I cou make those cancer cells go *(continue*

# YOU LUCKY DOG.




# Introducing new Lucky Dog®

BRAND DOG FOOD

The only dog food with two great tastes in one. Crunchy bone meal on the outside and the taste of real meat in the inside. Just what your dog needs and wants.

So make your dog a Lucky Dog today.







Helping pets live longer, healthier lives

© R.P. Co., 1986

# Feminine itching

## simple to relieve

### ...as easy as a headache

This instantly-soothing medication relieves external feminine itching as easily as aspirin relieves a headache.

That's good news because minor feminine itching is about as common as a headache—caused by everyday things like jogging, pantyhose, even normal perspiration.

VAGISIL® Feminine Itching Creme has been formulated with medication recognized effective by expert gynecologists. In fact, it's been used by over 4 million women who need fast relief from itching and irritation.




Of course, should irritation persist, see your doctor. But if you're like millions of other women, VAGISIL® will relieve the problem. As simply as aspirin relieves a headache.

# Feminine moisture

## end it now and stay fresher all day

Now stay drier, feel fresher all day with VAGISIL™, the first Feminine Powder with a totally unique formula to solve wetness problems. Its special moisture absorber is 25 times more effective than talc—with a natural skin-protecting emollient. Created with a leading gynecologist—100% talc-free, so safe, even its light, clean scent is hypoallergenic.




Vagisil

FEMININE POWDER & ITCHING MEDICATION

1986 COMBE Inc. Use as directed




away. With every breath, I imagined the cells traveling down and out of my body.

With the support of family, friends and my doctor, I began to feel myself slowly getting stronger. Six months after the diagnosis I walked to the end of our road to buy the Sunday paper. On the way home I started to run, and I felt the energy returning to my arms and legs. I was panting and out of breath, but I kept going, laughing and crying at the same time. Eric had been waiting for me outside our house, and when he saw me, he began cheering me on. I saw the tears in his eyes as I collapsed into his arms and thanked God for giving me back my strength.

A few weeks later, Eric and I were married. I was still recovering from my illness when I heard through the town grapevine that a Rhode Island utility had made a secret deal with the federal government to build a nuclear power plant in my community. I was furious when I also learned that the residents had never been consulted.

Immediately, I began organizing friends and neighbors to find out if the rumor was true. Once we discovered it was, we began working to stop the power plant's construction. Each day I felt stronger and stronger, and I threw my energy into this cause. After a long search, we found a lawyer who was willing to represent us, and we raised money to pay him by holding bake sales and auctions. It took five years of fighting the federal government in court, but we won the case.

While I had been busy working for our community, Eric had been approached by some of our state's Republican party members, who had asked him to run for governor in 1978. Before giving them his decision, Eric examined Rhode Island's voting data. He concluded that it would be impossible for a Republican to win in our fiercely Democratic state, so he declined. But he suggested that I run for Congress. After thinking about it, I knew I wanted to work to improve our state, so I agreed. My experience with the power plant had shown what I could do when it came to organizing people for a cause and fighting for what I believed in. The challenge of running for Congress was appealing to me.

I was faced with a tough battle, and the odds weren't good. Besides the fact that no Republican had been elected to Congress in my district since 1938, I had no money and no widespread name recognition. But I had fought tough battles before, and I was determined to do my best. I began my campaign by talking to people and listening to their concerns. I visited every factory, shopping mall and bowling alley in my district. One day, I even worked up the nerve to ask my neighbor for a contribution of one thousand dollars. I almost fainted when he wrote out the check.

By election night, I was so exhausted I felt as if I had aged forty years. I lost the campaign, but I garnered almost 49 percent of the vote, which was encouraging. So I spent the following two years preparing for the next election. During my first campaign I had sensed a terrible apathy among voters my age and I felt compelled to change that. Furthermore, my brush with death had taught me not to take anything for granted—not my health or the well being of my community.

My bumper stickers for my second campaign carried the slogan "This time, Claudine," and indeed my time had come. But even though I was confident that I could win, I wasn't prepared for the election night hoopla. I felt as if I were in a trance, shaking hands, accepting congratulations and watching my supporters cheer. I was the first woman from Rhode Island ever to be elected to the House of Representatives—and I was a Republican at that. I had beat the odds again.

Even though I knew that being a member of Congress wouldn't be easy, I welcomed the challenge. Fortunately, many of the congressmen, both older and wiser, were supportive of me. I knew some of them expected me to be in awe of my new job and responsibilities, but I wasn't. Strangely enough, once inside the House, I had a feeling of coming home. It was where I belonged.

During my three terms in Congress I've learned how much I can accomplish when it comes to serving my constituents and my country. I've continued to fight for the environment by developing a special tax that encourages the recycling of hazardous waste and introducing legislation to fund research on indoor air pollution. I've also worked hard to assure women equal access to student loan dollars and sponsored legislation that makes insurance available to middle-aged women, laid-off workers and their children. I couldn't have chosen a more rewarding career.

However, during this time, I've faced some changes in my personal life. Although Eric has always been one of my strongest political advocates, we both decided that our lives would be better apart. So, last year—after thirteen years of marriage—we divorced.

Since my illness, my life has been filled with lows and highs. But I've learned to fight for myself and for others. I've also learned that as soon as you believe you can beat the odds, the odds are in your favor. **End**

# The lowest. The not-so-lowest.




3mg




4mg 5mg 7mg

# Now Menthol is lowest.

By U.S. Gov't. testing method.

SURGEON GENERAL'S WARNING: Cigarette Smoke Contains Carbon Monoxide.

NOW. THE LOWEST OF ALL BRANDS.

Competitive tar levels reflect either the Jan. '85 FTC Report or FTC method.

SOFT PACK 100s FILTER, MENTHOL: 3 mg. "tar", 0.3 mg. nicotine av. per cigarette by FTC method.

©1986 R.J. REYNOLDS TOBACCO CO.

© 1986 CLAIROL, INC.

# "EVEN EUROPE NEVER MADE SHADES MORE BEAUTIFUL THAN LUSTROUS, LUMINOUS...

# ULTRESS"

Linda Evans



Ultress is Clairol's newest. Delicate blondes...rich auburns...browns, black.

The unique Ultress gel formula gives real control. And extra conditioner keeps hair feeling wonderful.

Try Ultress...your hair's greatest chance to look really fabulous!

BE THE BEST YOU'VE EVER BEEN!

ULTRESS®

GEL COLOURANT

By CLAIROL®



# BEAUTY JOURNAL

*Focus on eye problems, banishing dandruff, a great waist whittler, and new products*



Toru Nakamura

## Getting rid of red-eye

**When your eyes are bloodshot, relief may be just forty winks away. But eye irritation can signal something more serious than fatigue. To help you stay bright-eyed, here's a guide to common eye complaints and how to treat them.**

**1** Overuse, such as a long stint at the computer terminal, often causes redness. Treatment: cold compresses; eye drops such as Visine or Murine may help. If eyes are dry, try artificial tears.

Prevention: Close eyes half a minute for every half hour of work. Make sure work space is well lit. If you wear glasses or contacts, check prescription periodically.

**2** Foreign objects in the eye should not be removed with a finger or cotton swab. Grasp upper lashes and pull top lid over bottom. If object remains, see a doctor.

**3** Conjunctivitis, or pinkeye, that's caused by allergies can be relieved with cold compresses and eye drops. When accompanied by crusting on lashes and in corners of eyes, it's due to an infection and is highly contagious. Treatment: warm compresses and prescription antibiotic drops. Stop using eye makeup and contact lenses until infection is gone. Prevention: Replace mascara every three to six months. Use disposable makeup applicators at home and at cosmetic counters (wipe sample clean with tissue before testing). Don't lend or borrow eye makeup.

**4** Sties are cystlike inflammations on upper or lower lids caused by blocked oil glands that have become infected. Treatment: warm compresses to help open and drain area. Stubborn cases may require surgery.

**5** Other eye problems Redness plus a sensation of a speck in the eye may mean an ulcer of the cornea or the white of the eye. Swelling all around the eye or increased sensitivity to light may indicate infections. Redness and aching can be an early sign of glaucoma. In all cases, see an ophthalmologist immediately.

Our expert: Bradford J. Shingleton, M.D., clinical instructor of ophthalmology, Harvard Medical School.

## THE TWIST

For a trim midriff: 1. Lie on floor on back, legs straight, arms extended behind head, palms up. 2. Sit up, back rounded, at a forty-five-degree angle. Extend arms forward, palms down. 3. Twist arms and upper torso to the left and raise right leg six inches from floor. Hold ten seconds; return to position 1. Do ten times; repeat on other side.



Diane Teske Harris

Exercise developed by Lidija Cengic, Soho Training Center, NYC

### Giving dandruff the brush-off

Rest assured that everyone sheds dead scalp cells. It's excessive shedding, caused by heredity or possibly a scalp infection, that's such a nuisance. While there's as yet no cure for dandruff, the right shampoo can control it. (Good news: Today's formulas have fresher scents and built-in conditioners.) But since doctors cannot determine what causes a particular case of dandruff, you may have to try several shampoos to find the one that works for you. For maximum effectiveness, massage whichever shampoo you choose well into scalp and leave on five to ten minutes. Below are ingredients to look for plus suggested products. *Zinc pyrithione:* good for mild cases. Try Procter & Gamble's Head & Shoulders, Revlon's Flex Dandruff Medicated Shampoo. *Sulfur* and *salicylic acid:* sometimes found in combination; good for moderate cases. Try Westwood's Sebulex Conditioning Shampoo or Owen Labs' Ionil Plus. *Selenium sulfide:* also good for moderate cases. Try Selsun Blue. *Tar:* for stubborn cases. Try Neutrogena Therapeutic T/Gel Shampoo or Conditioner. If dandruff persists, a dermatologist can provide a prescription for hydrocortisone.

### NEW PRODUCTS

■ Avon's Tranquil Moments bath products contain aromatic oils to make you mellow while you soak. Foam bath, $9; soap, $4.50. ■ Add a temporary splash of silver or red to hair with L'Oreal Zazu Haircolorburst ($4.95) or Zazu Haircolorwash ($4.95). ■ Zap blemishes anytime with a tube of Noxema On-the-Spot Acne Medicine, $3.75.

© Lever Brothers Company 1996



*"You know that tight, dry feeling you get after you wash with soap? I didn't feel that with Dove."*
*Junell Wingate, Wayzata, Minn.*

*"When I stopped using soap and started using Dove, my face just wasn't dry anymore. I feel 20 years younger."*
*Gloria Carter, Los Angeles, Calif.*



# DOVE VS. SOAP

*"Soap made me feel like I had a mask on. Tight and pulling. Dove is 100% better than soap."*
*Carol Vines, Atlanta, Ga.*








Dove® doesn't dry like soap.
Because Dove isn't soap.

# STEFANIE POWERS
## On her own

**Brainy, beautiful and self-reliant, Stefanie Powers is a woman who has it all—except the child her mother wants her to have**

**By Cindy Adams**



Rob Levine



**Stefanie models a bright skirt and sweater from the Stefanie Collection of women's clothing for Sears**

Courtesy of Sears

"My mother sat me down one day and said, 'I want to talk to you about something.' And then she said, 'You have been a tremendous joy to me, and I would hate to think that you're going to live your life without ever having that same sort of parental experience.'" Stefanie Powers's eyes twinkle merrily. She pauses for a second in order to gain maximum attention for what's to follow. Then she goes on: "My mother said, 'I recognize that you have to work, and I recognize that you lead the life that you do . . . but why don't you just find somebody that you could have a baby with?'

"And then Mother said, 'I'll raise the baby for you. You won't have to do anything. And it won't be so hard. After all, I didn't do such a bad job with you. See, this way you can still live your life and do all the things you want, but your child will be here waiting for you.'"

The laugh that follows is so hearty and rumbling that Stefanie's mass of thick auburn hair tumbles in all directions. "I thought that was the sweetest thing in the world," says the actress. "My mom did not mean for me to get married. She just meant for me to go out and find somebody I liked who was strong, healthy and a good specimen, and have a baby with him and then leave the rest to her."

The elegant Miss Powers claps her hands in delight. "Can't you just see me walking up to some guy on the street and saying to him, '. . . er . . . ahem . . . excuse me, sir . . . are you busy?'"

Stefanie Powers is forty-three, and she looks terrific. Wearing a sophisticated single-breasted black serge pantsuit, *(continued)*

# The 4 month curl that gave us a 10 year headache.

We didn't know whether to break out a bottle of champagne or another bottle of aspirin when we finally did it. The longest-lasting maximum curl possible, minus one important thing. Damage you used to live with.

Finally, Rave® Performance Perm.

A mere decade. To give you what no one else can.



A perm that's full of glorious body and curl, curl, curl.
A perm that's 4 months of manageability.
A perm that has no odor. (It's our curls that linger, not the smell.)
A perm that's no regrets.

Why the 10 year wait?

You see, up until now, perms that curled a lot were full of harsh smelling chemicals that damaged a lot. If you knew just how much damage, you'd have waited, too.

If not us. Who?

If anyone knows about perm technology, it's Rave. In 1978, we invented the no-frizz perm. The question that kept us up for nights, 3,130 of them, was how to combine that technology with more curl.

Our competition was tough.

We experimented with the perms you used. And learned what not to do. Like give you a perm that looks good–if you don't look too close.

We searched for strong curl that looks better the closer you get to it. A perm that holds up, month after month after month.

And then one month, it happened. Rave Performance Perm!

Nice guys really do finish last.

Sure we could have given you a perm with maximum curl before the Bicentennial. Before you chose a L'Oréal or a Lilt or an Ogilvie perm. Before you went gray. But that would also mean giving you damage. And we have to look in the mirror, too.




© 1985 Chesebrough-Pond's Inc.

Rave Performance Perm.
Curls that last and last. At last.

a silky, ivory-colored blouse with a bow, low-heeled shoes and ribbed black tuxedo socks, she looks practical as well as elegant. She's had both an Emmy and a Golden Globe nomination. She's made more than thirty films and starred in three television series. She's intelligent, well traveled and philanthropic. She owns horses and a home in Beverly Hills, which she shares with cats, a dog, a parrot and a lemur. She speaks half a dozen languages. She has it all. Nearly all, anyhow.

"Every once in a while I realize there's no man in my life," says Stefanie. "Only I don't dwell on it. It's best if you don't constantly think about something you don't have. But you know, at a certain point in life you kind of wonder where you're going.

"I can't even see myself dating," she says. "I've sort of forgotten all that. I don't do well dating. I can't bear this awful small-talk stuff. The men I'm attracted to are those who don't feel they have to give me their life stories in ten minutes. Personal assuredness is very attractive to me. A man who knows who he is. The French have a wonderful expression, *D'etre bien dans sa peau*, which literally means 'To be well inside your skin.' A man who fits well inside his skin, that's an attractive man.

"When I get a dinner invitation from someone I don't know, I don't ever accept," she declares. "I've never been lonely, because I quite like being alone, and my spheres of interest are so varied that I've never been bored. I have friends all over the world. In Hong Kong, where I have an apartment, I have almost an extended family."

She was also managing pretty well in New York. The day she was doing this interview she was dining with Broadway producer Alex Cohen and his wife, Hildy Parks, who are old friends, and the next night she was booked with designer Bobbie To, who often gives her the cashmere sweaters he designs.

"Sure, it would be nice if someone was there when I got a cold or a pimple on my chin, but none of us can count on that. We only really have ourselves," says the independent star. "We cannot expect that someone's always going to take care of us. And since I've never really had it, I don't miss it."

Actually, Stefanie considers her self-sufficiency one of her strong traits, but paradoxically, it's also one she'd sometimes rather not have. "Yes, I'm so used to doing things alone that instead of telling someone who's not as quick as I am what I want, I do it myself. That shuts people off," she explains. "Rather than wait for someone to grab a bag, I'll just pick it up myself. I'll get the cab by myself. That does not make for an easy relationship with a man. This is a problem. Everybody says so."

### Dressing for success

As she speaks, Stefanie appears calm, elegant and relaxed. But quiet periods are relatively brief in the actress's life of perpetual motion. Just days earlier she'd been up-country in the bush of Nanyuki, Kenya, sitting on the edge of a primordial lake in a volcanic crater, talking to famed anthropologist Richard Leakey. Africa is a prime force in her life. It was a love she shared with the major love of her life, actor William Holden. Stefanie is one of the *(continued on page 34)*



© Coty, N.Y. 1986


I love only one man.
I wear only one fragrance.
Emeraude Pure Fragrance Mist by Coty
Rich, elegant, it creates a lasting intensity.

# Ever Since Yo
# You've Wanted



Somewhere, deep in your mind, is a child who grew up with dreams of adventure and romance.

A child who could turn a toy boat into a sailing ship. And a bathtub into the bounding main.

On a Royal Caribbean cruise, you could find yourself getting to know that child all over again.

You could spend seven, eight, ten, or even fourteen days discovering storybook islands ringed with palm trees and scented with hibiscus.

You could dance to the pulsating rhythm of steel drums. Dine on fresh pineapple and flaming babalu. Meet a neon-blue fish, face to face, in the lacy shadows of a coral reef.

Or stand high on a polished deck, with a warm breeze in your face, as your ship glides through an indigo sea that stretches all the way to the edges of your imagination.

Just see your travel agent about a Royal Caribbean cruise.

It can take you away to some of the most beautiful places on earth.

And take you back to some of the most beautiful times of your life.

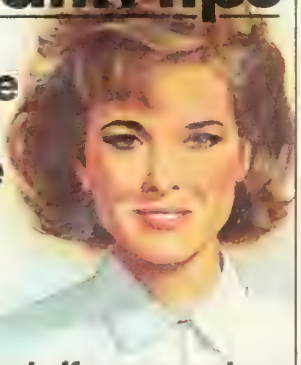
ROYAL CARIBBEAN

*Song of Norway, Song of America, Nordic Prince, Sun Viking*
*Ships of Norwegian Registry*

# u Were A Kid,
# o Take A Cruise.

Advertisement

# Health tips From Nurse Joan Kane



## What to do if someone has the flu and diarrhea.

Flu usually *means* diarrhea, and you want a medication that works fast, but gently. That's why I recommend what doctors and pharmacists recommend most. KAOPECTATE® It's the diarrhea specialist—the only leading nonprescription medication created just for diarrhea. It's so effective, it relieves diarrhea within 24 hours. And Kaopectate® is available in three convenient formulas:







Regular Liquid, Peppermint Flavored Concentrate, and even a Tablet Formula that's easy to take *and* great to have around, even when flu season is over.

## What to do if someone has itches and rashes.

Again, I recommend what doctors and pharmacists recommend most. Cortaid® It's all you need to treat eczema, dermatitis, insect bites, poison ivy, and poison oak.




So you don't need a lot of different creams or ointments. All you need is Cortaid. And it is a proven treatment. Over 40 million people have used Cortaid! And so should you to relieve all minor itches and rashes.




Upjohn

© 1986 The Upjohn Company

## STEFANIE POWERS

continued from page 30

directors of the William Holden Wildlife Foundation.

Now she is in New York to promote the Stefanie Collection, a line of career-wear clothing for Sears. Equally at home wearing a safari suit or an elegant gown, perfect makeup or heavy sunscreen (to protect her skin from the Kenya sun), Stefanie says the idea of doing clothes for Sears appealed to her because of her own shopping habits.

"I'm the world's worst shopper," she says. "I have no time. No patience. If I have to go two places to find something, I don't do it. And I'm not the kind who can invent something brilliant out of a few bits and pieces. I need to see it all put together. So I liked the idea of a boutique that would offer the convenience of everything together."

The Stefanie Collection is made up of coordinated pieces, and the actress has input into the designing. For instance, says Stefanie, "longish jackets. They give greater dominance to the upper part of the body, thereby diminishing the lower part, like the hips. Nobody can ever appear to be too thin. And longish skirts create a longer figure line. That's flattering."

The most expensive item in the collection is a seventy-five-dollar jacket. Blouses cost between thirty-six dollars and forty dollars. The outfit Stefanie is wearing is from the collection. "I'm an actress, so I'm supposed to look like a clotheshorse," she says, "but my commitments are largely elsewhere. Looking like a movie star every time I walk out the door is alien to my lifestyle—and alien to my budget. I don't really spend much on clothes. I have many other demands on the money I make."

These demands range from her support of the wildlife foundation to twenty-seven needy orphans in Italy to the environmental organizations Greenpeace and the Sierra Club and other groups the actress deems worthy. To look the part of movie star yet still be able to contribute to her pet causes, Stefanie says she relies heavily on friends.

"Fortunately, I have friends who are designers, and they have a tendency to give me lovely clothes, which is a very nice tendency. Maybe I'm a little bit of a cheapskate when it comes to clothes," she continues, "but to buy something expensive for myself . . . no, I can't."

The phone rings. Stefanie, who was born in California and is of Polish descent, speaks warmly and rapidly in French for about ten minutes and then returns to our conversation. She starts to explain that she's been working on a pilot for a new television series called *Maggie*, of which she is reportedly a part-owner. It's about a woman who is thrown into a career after her husband dies. Ava Gardner is guest-starring with Stefanie.

Ava Gardner does not have a reputation in Hollywood of being the easiest, warmest person in the world, but Stefanie is nonetheless undaunted. "That's okay," she says. "Neither do I. I have no difficulties with Ava.

"She was a bit of a hero of mine because she's rebellious, cut out of a different piece of cloth, and I was always fascinated by her," she explains. "I met her a long time ago, during a very difficult time in my life, and we had a tremendous rapport. It was about ten years ago, when I was getting divorced [from actor Gary Lockwood]. Ava and I were at a mutual friend's house, and Ava could see the state I was in. She said to me, 'You look like you need a drink,' and I said, 'I certainly do.' Ava spent that whole afternoon with me. She didn't even know me—I wasn't well known then. We took to each other instantly.

"As the time approached to do this TV pilot, I knew Ava had suffered a bad experience when she'd come to Hollywood to do *Knots Landing*. So I called her and said, 'Look, all I can promise you is that you'll look magnificent, because I will make sure that you do. No one will ever ruffle your feathers, because it's my set. And I promise you that we'll laugh a lot and have a good time.' Which we did."

Stefanie remembers one particularly humorous incident. "Both of us have naturally curly hair," she starts. "We were sitting side by side in the makeup chairs going through a scene. She played my sister-in-law, who was always straightening me out after I messed up. As we rehearsed, we kept looking up and watching our hair curl. As the moisture content and the barometer rose, so did our curls. It was ridiculous. Both of our heads were going 'boingg, boingg,' just frizzing right up. It was our first big giggle." [The pilot of *Maggie* aired over the summer and as of press time CBS said the show might be used as a replacement series.]

It's obvious that Stefanie loves her work, but the monetary benefits are not lost on her, either. "If you have a successful series, it can mean so much financial reward," she says. "You give up a great deal for it. It's a sacrifice, but the remuneration is worth it. I have the motivation of wanting to make a ton of money, so I'm a bit driven.

"Last year I only worked once," she says. "I planned to work twice, but I dropped the second picture because the script wasn't good. So I didn't make as much money as I really needed to or should have made. But still, it was more than most people make."

Stefanie *(continued on page 175)*

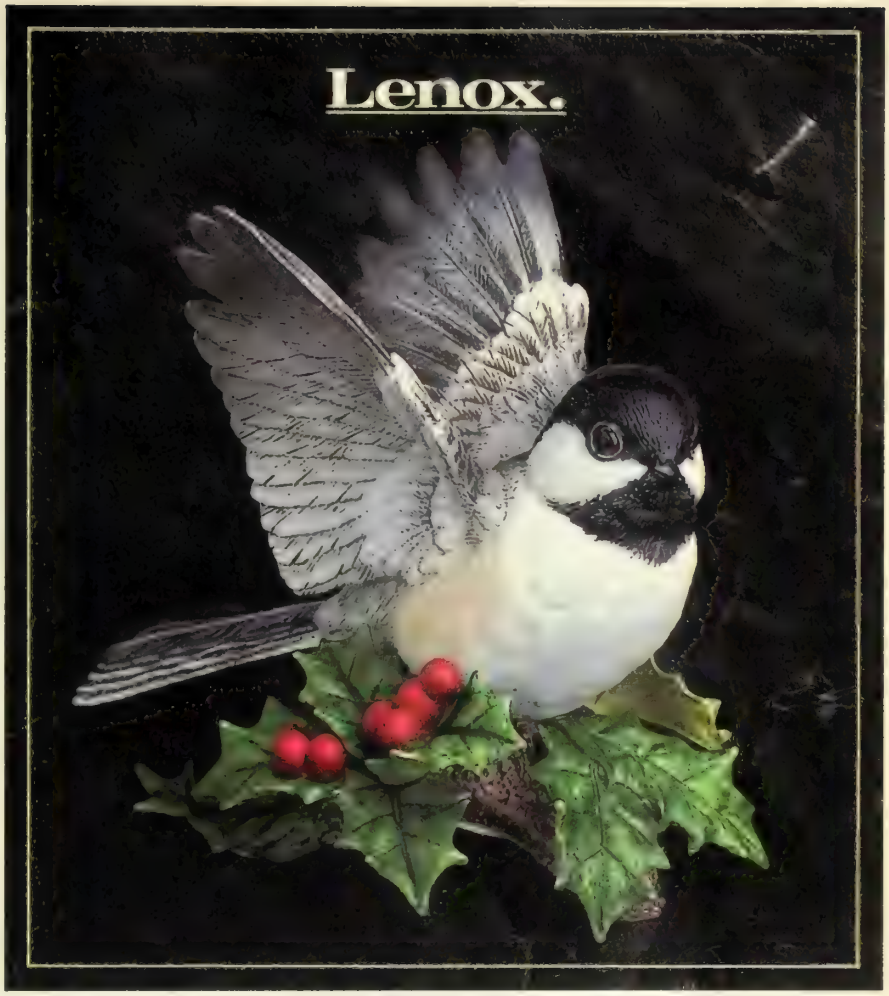
**To give, to collect, to display with pride ...**

# *Chickadee*

**The first issue in a new collection of garden bird sculptures by Lenox.**

**Intricately sculptured in fine bisque porcelain and painted by hand.**

**Available only by reservation.**




© Lenox, Inc. 1986

**Shown actual size**

The black-capped chickadee is one of the most charming garden birds in America. It brightens our day with its spirit ... its striking beauty ... and its sweet "chick-a-dee" song.

Lenox has now captured this delightful songbird in an enchanting sculpture of extraordinary detail—a work of art in fine bisque porcelain, masterfully handcrafted and painted entirely by hand.

### Meticulous Detail... Heirloom Quality

*Chickadee* is portrayed with wings gracefully outspread, as it alights on a spray of holly. Every feature is crafted with exceptional realism. The chickadee's delicate wings and tail feathers ... its distinctive black cap and bib ... its downy white breast ... its subtle shading ... the rich green leaves and bright red berries of the holly. All depicted as they are in nature.

This unusually charming sculpture will enhance the beauty of any room in your home— a dramatic interplay of color that will attract the eye ... a delightful touch of nature to warm the heart. It will be a conversation piece, attracting the admiration of all who see it. A magnificent and much-appreciated gift. And an heirloom to pass down to future generations with pride. For its quality, authenticity and fine handcraftsmanship are hallmarks of the finest porcelain sculpture.

Conceived and designed by the artists of Lenox and created exclusively under their direction by master craftsmen in Japan, each sculpture bears a *pure 24 karat gold* backstamp inscribed with its title and the distinctive Lenox® trademark—a name that has signified excellence for almost a century.

### Available Only Direct from Lenox

The important first issue in the Lenox Garden Bird Sculpture Collection, *Chickadee* is available only direct from Lenox. It will not be sold through even the most prestigious dealers or galleries. The issue price is $39, payable in convenient monthly installments of $13 with *no finance charge.* And, of course, *your satisfaction is completely guaranteed.*

Because each sculpture is individually handcrafted and orders will be accepted in strict sequence of receipt, your Reservation Application should be postmarked by November 30, 1986. Please allow 6 to 8 weeks for delivery. For your convenience on credit card orders, you may call **TOLL FREE,** 24 hours a day, 7 days a week, **1-800-228-5000.**



*Painted by hand to reveal every detail of the chickadee's intricate markings.*

# The gap.

ORDINARY UNDERGARMENT

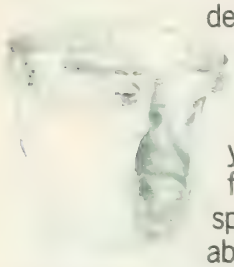
# The gather.

NEW ATTENDS UNDERGARMENT

## Introducing Attends.® The best protecting undergarment for bladder control needs.

Introducing the Attends Trim-Fitting Undergarment, with the protection and security you've been waiting for. It's the undergarment that removes the gap in protection better than any other.

The new Attends Trim-Fitting Undergarment is designed for people with a moderate problem. It's the only undergarment with elastic leg gathers that hug and form to your leg for a snug, comfortable fit. And when you combine this special Attends fit with super-absorbent layering, you have the undergarment that protects the best against leakage.





If your problem is more serious, you need the Attends Wrap-Around Brief. It's made with all the protection of the Undergarment, but with additional absorbency and a patented inner lining that actually draws wetness inside and traps it there. And, if you have any questions, you can call us toll-free at 1-800-4-ATTENDS. **Now available in drug, food and Home Health Care stores.**




Attends. Bladder control products that can close the gap between need and protection.

© P&G 1986

# MONEY NEWS

*Up-to-the-minute advice to help you manage your money*
*By Katherine Barrett and Richard Greene*



## FALL SALES

Don't rush out and buy blankets this month. If you wait until November or December, you're apt to find them on sale, according to the *Bargain Hunter's Calendar*, prepared by the Credit Union National Association. Here's the group's month-by-month guide to fall sales.

### October

- Cars
- China and glassware
- Fall/winter clothing
- Fishing equipment
- Lingerie and hosiery
- Silverware
- Storewide clearances

### November

- Appliances
- Blankets and quilts
- Lingerie
- Shoes
- Used cars
- Water heaters

### December

- Blankets and quilts
- Children's clothing
- Post-Christmas sales on cards, gifts, toys
- Used cars

## HELPLINE!

**Q**

**Following my divorce, can I still be carried on my husband's group health insurance policy?**

**A**

As long as your spouse works at a firm of at least twenty employees, the answer is yes.

You can rest easy due to a new law that went into effect in many companies July 1 and will be applicable nationwide by January. It requires that employees who are laid off be provided eighteen months of coverage, and divorced and widowed spouses be provided with thirty-six months of coverage, which must be identical to the group health insurance plan. What's more, the premium must be no more than 2 percent over the group rate.

"This new system is a vast improvement," says J. Robert Hunter, president of the National Insurance Consumer Organization. "In the past, if there was a divorce, the spouse was often out in the cold." For details, talk to the benefits manager at your former husband's company.

## WHERE DO YOUR DOLLARS GO?




The cost of necessities such as housing, food, transportation and health care depends on where you live. In Anchorage, for example, the typical household spends $5,041 annually on food and alcohol—47 percent more than the average U.S. household. In Pittsburgh, the housing costs are 20 percent lower than the national average. The chart above, based on information from the U.S. Department of Labor, shows in what cities Americans spend the least—and the most—on the four basic expenditures.

● Consumers are spending more of their food dollars away from home. Outside meals accounted for 17 percent of the total food budget in 1961–62, 28 percent in 1972–73 and 36 percent in 1983–84. ● People 75 years old and older spend 13 percent of their budget on health care. The national average is 4 percent. ● In 1983–84, consumers spent 50 percent of their money on housing and transportation, up from 47 percent in 1972–73.

## THERE'S GOLD IN THEM THAR HILLS



Karen Bell

For the first time in history, the United States is introducing its own gold bullion coins. Distribution will begin October 1, and the coins should be available in local coin shops, brokerage firms and banks by mid-October. The coins will fluctuate in price based on the value of gold (a one-ounce gold piece sold for about $366 in midsummer). Note that gold is a risky investment, however. Although gold investors had a 9.2 percent return from June 1985 to June 1986, according to the investment house of Salomon Brothers, the previous year, they lost 20.3 percent.


THE WOMEN'S

# One store has Stefanie and more



We're further into Fall with more fresh looks from the **STEFANIE** Collection, and more great **MIX AND MATCH OPTIONS** that turn a few fashion basics into twice the looks. Probably more.

Feel the blouses! Like silk to touch, but actually **EASY CARE POLYESTER.** And check out nifty details, such as **SMART EPAULETS.**

More details: Typical of Stefanie clothes, these soft, elegant pants and blazers are **FULLY LINED WITH FULLY FINISHED SEAMS.**

When's the last time you noticed a **VENTED BLAZER CUFF?** Or prices as attractive as these: Blouses, $36; Skirts, $40-45; Blazers, $70-80; Pants, $40; Dresses, $60-70.

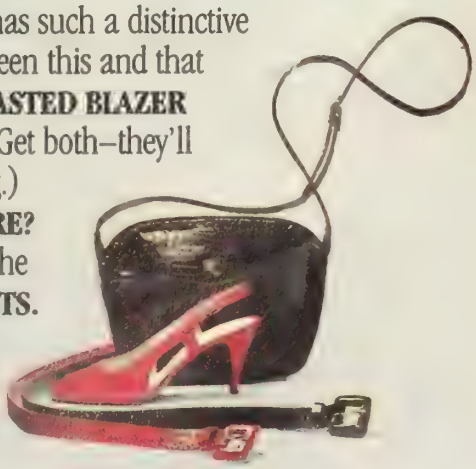


**THE SHORT RED JACKET** has such a distinctive look, how to choose between this and that **BLACK DOUBLE-BREASTED BLAZER** Stefanie's wearing? (Get both–they'll go with everything.)

**NEED WE SAY MORE?**

There's more. Be sure to see all the **STEFANIE SHOES, BAGS, AND BELTS.**

More to the point, come in. However else will you see how good Stefanie could look on you?



RE AT SEARS

there's more for your life at SEARS

Celebrating Our New Century

© Sears, Roebuck and Co., 1986. Available at most Sears retail stores.

# HOW TO HEART-ATTACK PROOF YOUR HUSBAND

*Don't turn the page! Reading this article could help you add years to your husband's life*

BY BARBARA FIEDLER EDELSTEIN, M.D.

I once knew, and admired, a fifty-year-old doctor who, unfortunately, smoked too much, weighed too much and lived under too much stress. He also had high blood pressure, which made him a prime candidate for a heart attack, even at his young age. About the only thing in his favor was an excellent family history—his father and mother had lived to be eighty-five.

This doctor was conscious of the danger he was in (one day, a colleague found him taking his own blood pressure), but he never mentioned his fears and refused to seek medical help. He cut down a little on his smoking, switched to decaffeinated coffee and began to swill antacid after meals to muffle his heartburn. These precautions, he reasoned, would be sufficient.

One morning, he picked up the paper from his mailbox, made himself a cup of decaffeinated coffee and died over it.

At the funeral, his friends were shocked, angry, self-reproachful. Why would a doctor—someone who knew better—ignore all the warning signals and refuse to get a checkup? And why hadn't one of us marched him to the nearest cardiac unit for a stress test? Why hadn't his wife picked up on the clues? Couldn't *she* have made a difference?

Perhaps. Perhaps not. The next day I ranted and raved in my office about how preventable my friend's death had been. To one patient I said, "Suppose your husband had chest pain, neck pain, jaw pain, tooth pain, arm pain, indigestion, shortness of breath and nausea. Wouldn't you march him to his doctor pronto?"

The woman turned pale and said, "My husband has all of those things."

"Well, for God's sake," I told her, "make sure he gets a cardiac workup, and make sure it includes a stress test."

That night she went home, recounted the tale of my doctor friend and urged her husband to get a checkup. He shrugged and went back to his paper. Every time she brought the matter up, he turned a deaf ear. Two months later, he was dead.

Why are men so stubborn and reckless about their health? They must know the statistics: Men die an average of seven years earlier than women, usually from heart disease or complications from high blood pressure (such as stroke or heart failure). But for every one who seeks medical help, there are two or three who deny significant warning signs.

Of the more than 900,000 Americans who die of cardiovascular disease each year, half die suddenly—and in 50 percent of *those* cases, sudden death is the first and only sign. Although some *(continued)*



Tom Arma

**Barbara Edelstein, M.D., is the author of *The Woman Doctor's Medical Guide for Women* (Morrow, 1982). Her new book, *The Underburner's Diet* (Macmillan), is due out in January. She is in private practice in Connecticut, where she lives with her husband, a gynecologist.**

© 1985-86 BRISTOL-MYERS CO.




# HOW TO RELIEVE ARTHRITIS PAIN AND INFLAMMATION

**Take Bufferin® to relieve minor arthritis pain fast.** Bufferin goes to the heart of the pain and works where you hurt to quickly relieve minor arthritis pain. So you feel better for hours.

**Take Bufferin to reduce inflammation that Tylenol can't effectively reach.** Many people with arthritis pain, swelling and stiffness don't realize that inflammation is the primary cause. And many don't know that while Tylenol works on pain, it does not effectively reduce inflammation, but Bufferin does. Taken regularly, Bufferin reduces inflammation, so after several days you begin to feel relief from the swelling and persistent pressure around joints.

Arthritis can be serious. If pain persists more than 10 days or redness is present, consult your doctor immediately.

**BUFFERIN. FOR THE PAIN AND INFLAMMATION OF ARTHRITIS.**




Use only as directed.




lesterol deposits), which block the inside of the coronary artery; the sudden formation of blood clots around the plaques; or a spasm of the blood vessel, which can happen under stress.

If the ischemia lasts for any length of time, the sensitive heart muscle becomes deprived of oxygen, and that means angina. If the lack of oxygen continues much longer, the muscle is damaged. The result is a *myocardial infarction*—a heart attack.

We now have sophisticated tests that should make it impossible to misdiagnose heart disease. But there are still an enormous number of variables.

### Knowing the risk factors

A risk factor is a personal or lifestyle characteristic that puts someone at greater risk of developing a disease. Obesity, stress and a sedentary lifestyle can contribute to the onset of heart disease. But the main risk factors for heart disease are:

- being male
- age over forty-five
- heredity
- cigarette smoking
- hypertension
- high blood levels of cholesterol
- diabetes

Let's take them one at a time.

**Males** are more likely to develop heart disease. Women are protected by hormones, at least until menopause, and are less likely to accumulate plaque on the walls of their coronary arteries.

**Age** If the male you are living with is *over forty-five*, his risk is greater. Chest pain in an otherwise healthy eighteen-year-old can be discounted as a muscle spasm, but



appear healthy, others have definite but subtle symptoms that have been overlooked, underemphasized, misdiagnosed or ignored. Why, when detection and treatment have become so sophisticated and the United States has a 40 percent drop in all deaths related to coronary-artery disease, are there still so many unnecessary cardiac fatalities? And what can you do to assure that your husband has a fair chance of survival if coronary-artery disease strikes?

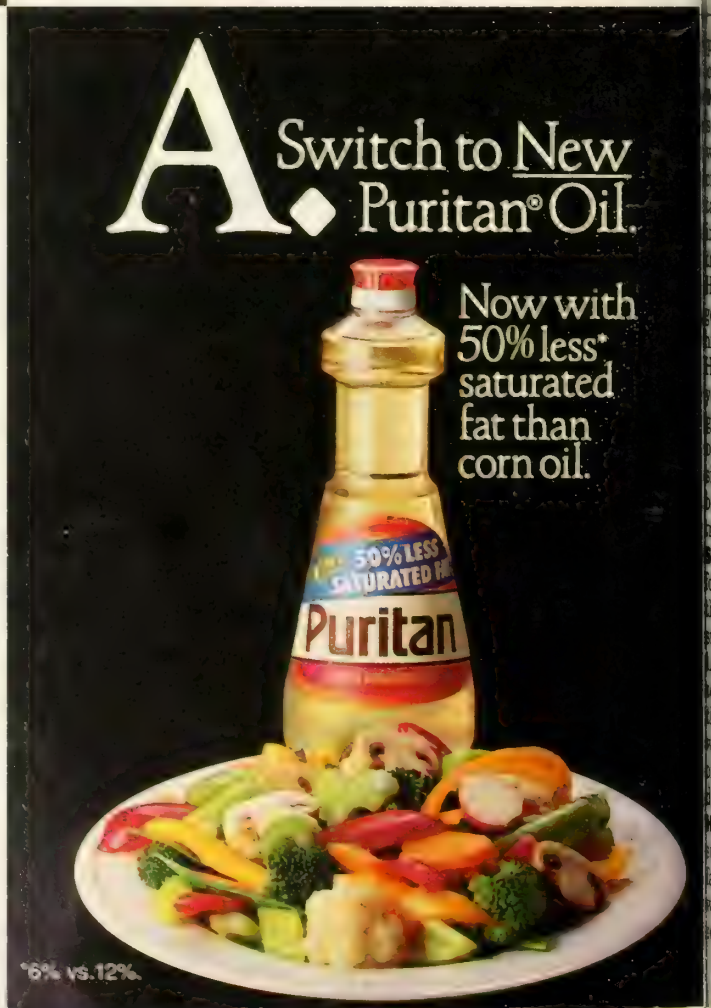
At least half of these sudden deaths might be prevented if we all developed increased cardiac awareness. I don't expect to make an instant cardiologist out of everyone, but if you want to see your mate live longer and enjoy better health, it's essential to familiarize yourself with the risk factors, signs and symptoms of heart disease.

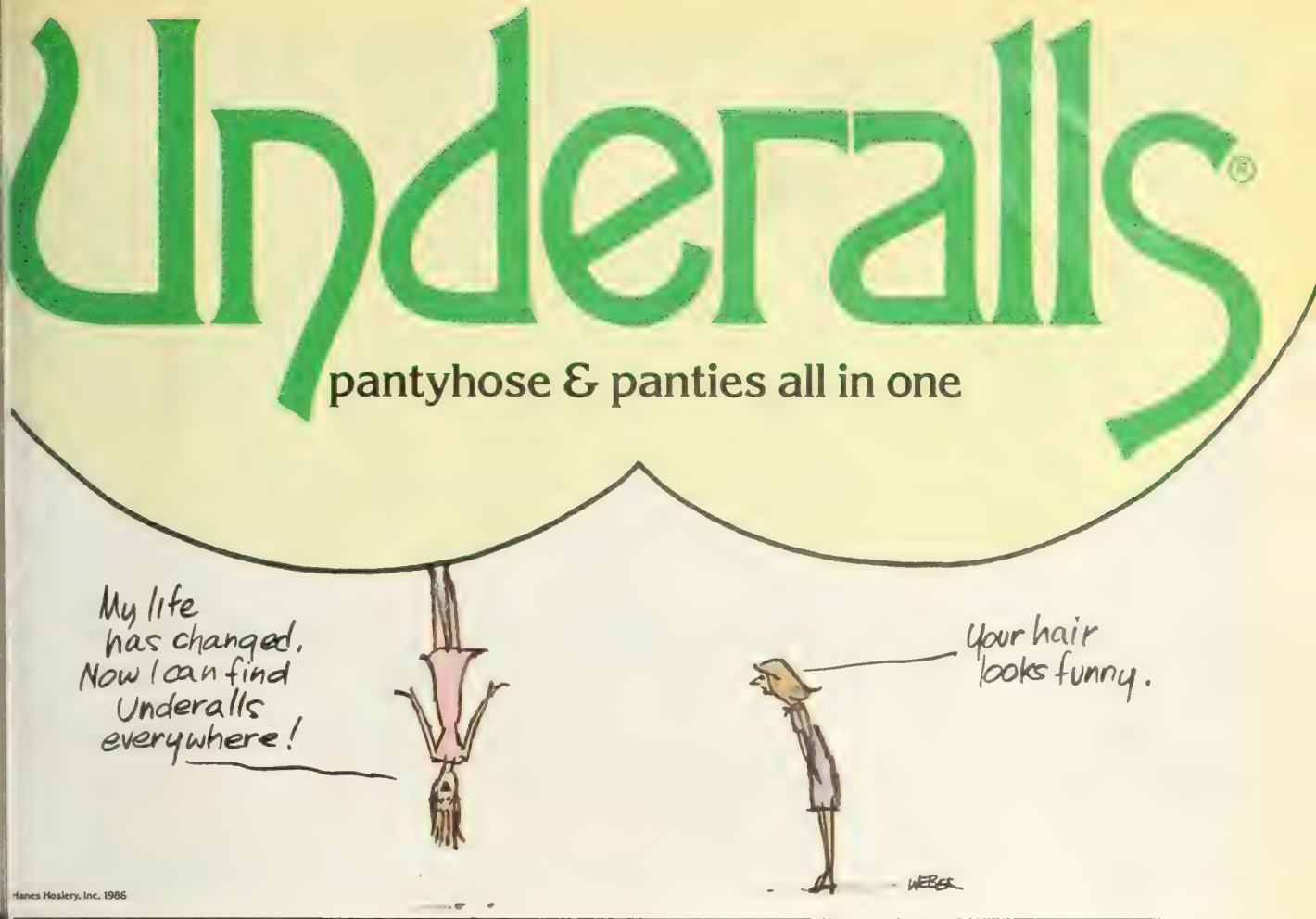
### How the heart fails

Oxygen and blood are supplied to the heart by the coronary arteries. If the blood supply is limited or the heart's need for oxygen exceeds the supply, a condition called *ischemia*, lack of oxygen, sets in and may declare itself as the type of chest pain called *angina*.

In *silent cardiac ischemia*, chest pain is not present. For the person to feel it, the ischemia must be present for a certain length of time and produce a certain amount of injury to the heart muscle. The information must then be transmitted to the brain. Sometimes an attack will occur before enough damage is done to produce pain.

Excessive exertion and emotional stress are the most common reasons for the heart to need more oxygen. What keeps the demand from being satisfied? It is usually either an accumulation of plaques (consisting mostly of cho-






ersistent chest pain of any type is ause for suspicion.

**leredity** When I was in medical chool, the first autopsy I witnessed as on a forty-two-year-old pediatri- ian who'd died of a massive heart at- ack. He'd lived the longest of any male n his family—his father had died at hirty-six; his brother at thirty-eight. [e had been determined to beat his enes: He'd given up cigarettes and igh-fat food and had taken up jogging. [is plan probably gave him a few extra ears, but that was before bypass sur- ery, so there wasn't much chance of utwitting his destiny. Many people in- ist that altering your lifestyle is the est way of prolonging life. But that's rue only if the genes are on your side.

**moking** increases the risk two to our times. The precise mechanism hat links coronary-artery disease to moking has not been firmly estab- shed, but inhaling cigarette smoke in- erferes with the delivery of oxygen to he heart, increases the tendency to- ard blood clotting, may cause spasm f the coronary arteries, and directly amages the lining of blood vessels.

**lypertension,** or high blood pres- ure, is one of the most treatable risk actors. Again, we're not sure exactly hy, but reducing high blood pressure eems to protect the coronary arteries and decrease the work load of the heart. Since blood pressure elevation has been linked to obesity, salt intake and stress, it can often be controlled through any number of nonmedical methods, among them exercise, weight and salt reduction, and biofeedback. And since blood pressure medication can lower libido in some males, doctors may recommend trying the natural, low-sodium route first.

**Cholesterol** The prevalence of heart disease in a country is directly related to the amount of fat in the national diet and hence to the blood levels of *cholesterol*. The higher the cholesterol level, the higher the incidence of *coronary atherosclerosis* (plaque formation in the coronary arteries). Although the way the body handles these fats is largely determined by heredity, diet is a major factor in controlling the levels.

If you want to get technical about it, the average American male has a *serum cholesterol* of approximately 210 milligrams, and most doctors don't pay much attention until cholesterol is above 250. However, scientists now feel that the ideal cholesterol level is below 170. In one study, in which diets were restricted and a cholesterol-lowering drug was used for five years, there was a whopping 47 percent reduction in fatal and nonfatal heart attacks.

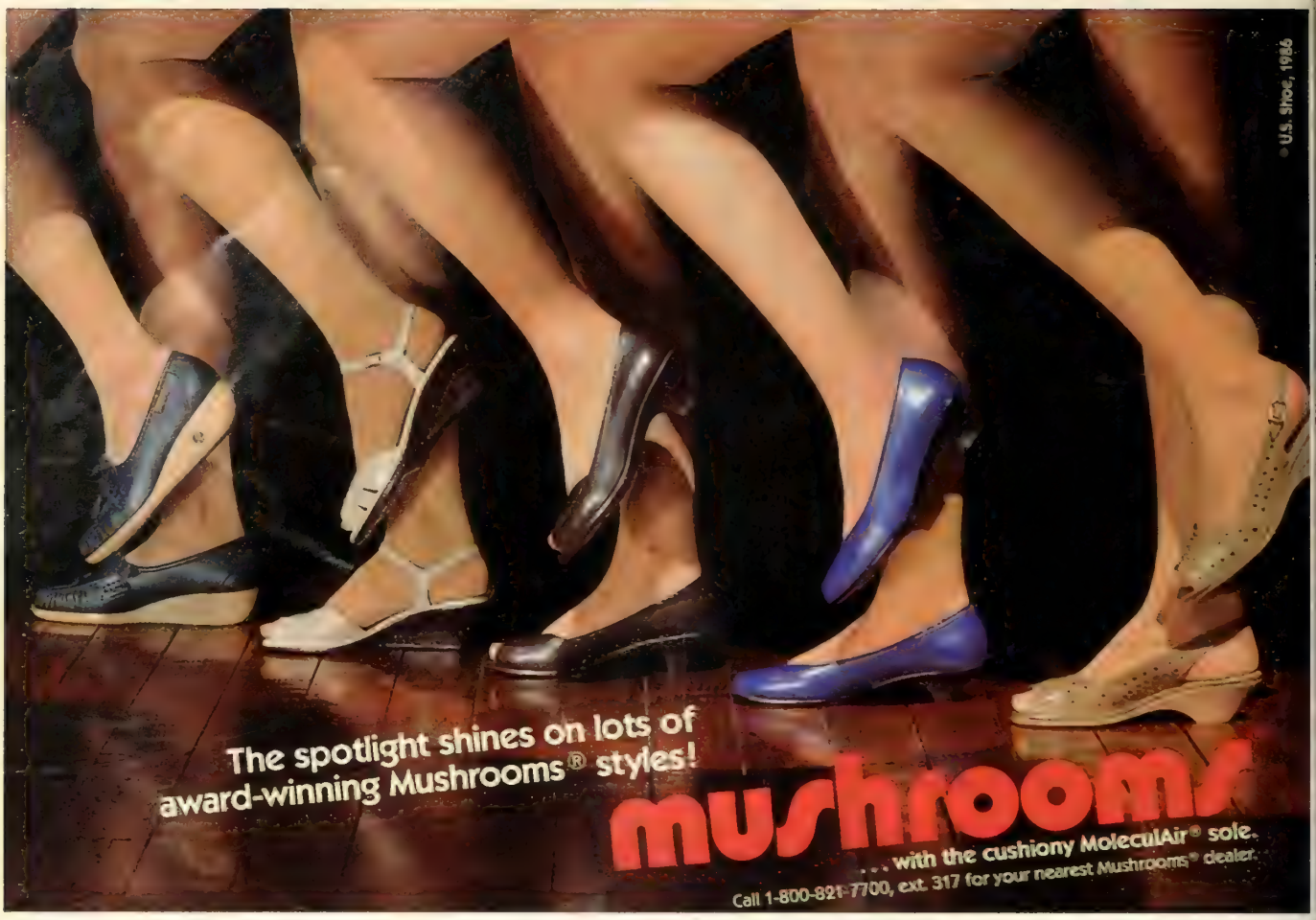
Believe me, I know the temptation to cook big gourmet dinners for your husband, but in the name of health, feed him swordfish instead of steak, olive oil and garlic instead of butter, and oatmeal instead of bacon and eggs. If he likes to play chef, buy him a Pritikin or other low-fat cookbook. Diets high in fiber (the undigestible residue in food) will also counteract some of the bad effects of fat. (See page 126.)

Exercise is perhaps the newest way we know of to modify the course of heart disease. Men who participate in vigorous sports have 60 percent less risk of a fatal heart attack, and 50 percent less risk of a nonfatal one. Moderate physical activity might have a role in preventing heart disease even when cholesterol levels are elevated.

However, if your husband is out of condition, heavy exercise is not a good idea. A middle-aged male, especially one with a lot of risk factors, should first have a stress test and then *ease* into a sensible program of exercise.

Now comes the hard part. You must convince the man in your life to modify his particular risk factors, and then you have to monitor his health while he tries.

Don't leave the work to your doctor. As a recent article in *Modern Medicine* reported, doctors, even cardiologists, can misdiagnose actual *(continued)*




## HEART ATTACK–PROOF

continued

heart attacks as well as earlier symptoms of a heart condition.

The way many of us in the medical profession learn is by studying cases after the fact. Here are four short cases for you to study. Each one makes an important point.

**Case 1** A fifty-two-year-old male with moderate chest pain had an unsatisfactory EKG. His stress test was termed borderline. He was advised to have an angiogram, whereby a dye is injected directly into the coronary arteries by a catheter passed through a blood vessel in the arm or leg. He refused because he had heard angiograms were dangerous. (They have been known to precipitate heart attacks in a small percentage of cases.) He took up walking instead. One night he had some heartburn. His wife called the doctor, who sent her out for some antacid. "Be sure to get the liquid kind," he said. "It's more effective." It wasn't effective enough to stop her husband's fatal heart attack.

The wife should have driven him to the nearest emergency room. Symptoms of severe heartburn in a middle-aged male who almost flunked a stress test are less likely to be acid indigestion than the first warning of an impending heart attack. Seek medical help.

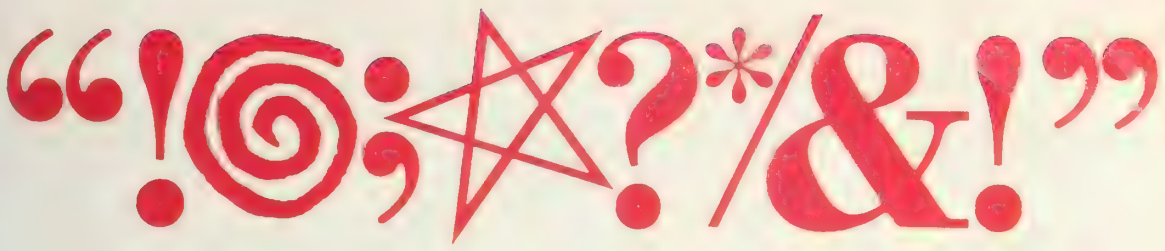
**Case 2** A fifty-four-year-old male, a heavy smoker, complained of chest pain. His doctor diagnosed it as a muscle spasm of the chest. Five years earlier, he'd had an abnormal stress test and been advised to have an angiogram. He sought a second opinion from an expert, who told him not to worry but suggested a change of lifestyle—to quit smoking, in particular. The man never did, and for the next several years he was plagued with a hacking cough. As his chest pain persisted, he sought more medical advice. His resting EKG was normal, and he was scheduled to have a stress test. In the meantime, his doctor showed him how to massage his chest to relieve his muscle spasm. He was massaging his chest when he died.

I would be wealthy if I had a dollar for every male who dropped dead after a perfectly normal resting EKG—never rely on it in a smoking male. These men should have a stress test with a thallium scan, in which a radioactive substance is injected into the vein *during* a stress test to see if any areas of the heart are not getting enough oxygen and blood. They should finally, if necessary, have an angiogram. These tests are expensive, and some doctors will tell you they aren't cost-effective. But neither is dying. It's now also possible to wear a Holter monitor—an EKG recording device strapped on your body—for twenty-four hours. This can detect silent changes during routine daily activities, changes that show if the heart isn't getting enough oxygen.

**Case 3** A fifty-eight-year-old male suffered a mild heart attack and totally changed his lifestyle—he gave up all fat and jogged several miles a day. Seven years later he was in excellent condition. One day he woke up, complained of a stiff neck and went out for a short run. He died of a heart attack en route.

When a man recovers from a heart attack, those around him tend to get complacent. They forget that the process that caused the heart attack still goes on, that the heart-attack victim can be in good condition until that one crucial vessel closes down. Granted, changing some risk factors prolongs life and certainly improves the quality of it, but in many cases, surgery or other medical treatment is needed.

Great advances have been made in the treatment of heart disease with beta- and calcium-channel-blocking drugs, coronary-artery bypass surgery and balloon angioplasty, in which a balloon is inserted to widen the artery opening and press the plaques to the side. Is surgery necessary? In high-risk patients, it slashes the death rate by more than *(continued on page 178)*




(That's Life)

A Film
About the Frailty of the
Human Condition.

BLAKE EDWARDS'

# THAT'S LIFE!

COLUMBIA PICTURES PRESENTS
JACK LEMMON JULIE ANDREWS A BLAKE EDWARDS FILM "THAT'S LIFE!"
SALLY KELLERMAN ROBERT LOGGIA JENNIFER EDWARDS ROB KNEPPER MATT LATTANZI
IRIS LEMMON CYNTHIA SIKES DANA SPARKS EMMA WALTON AND FELICIA FARR AS MADAME CARRIE
DIRECTOR OF PHOTOGRAPHY ANTHONY RICHMOND, B.S.C. MUSIC BY HENRY MANCINI EXECUTIVE PRODUCER JONATHAN D. KRANE
WRITTEN BY MILTON WEXLER & BLAKE EDWARDS PRODUCED BY TONY ADAMS DIRECTED BY BLAKE EDWARDS

PG-13 PARENTS STRONGLY CAUTIONED
Material May Be Inappropriate for Children Under 13

© 1986 COLUMBIA PICTURES INDUSTRIES, INC. ALL RIGHTS RESERVED.

OPENS SEPTEMBER 26 IN SELECT CITIES
AND OCTOBER 10 AT THEATERS NATIONWIDE.

# ELIZABETH

**Something was terribly wrong with her daughter. What could be tormenting her frightened little girl?**

**By Norah Perez**

Shelley could walk to work from the apartment on the edge of the park. She enjoyed the fresh air and exercise, the sight of the gulls lifting and dipping low above the shiny river. She had been born here, had skipped along these cracked sidewalks as a child. So when her unhappy marriage in the city ended, she had come back to the safest place she could find. The town still felt like home. Shelley knew she could rebuild her life here.

But on her way to the office on a warm October morning, she was worried. When classes had started a month ago, her daughter had been almost too excited to eat breakfast, but lately she seemed withdrawn and had been so listless today that Shelley considered keeping her home. "What is it, Lilibet? Do you feel sick?"

"No." Elizabeth looked fragile and small in her red cotton pants and striped jersey as she stood, her head ducked down, twisting her fingers together. At last she said, "Well, I don't like school."

"But you loved it last year, when *(continued)*



Bruce Plotkin


SURGEON GENERAL'S WARNING: Smoking Causes Lung Cancer, Heart Disease, Emphysema, And May Complicate Pregnancy.
The experience you seek. Kent.
KENT
KINGS

# CHOW DOWN ON ZUCCHINI FOR BETA CAROTENE.

Beta carotene can be found in a variety of foods. Zucchini contains a little. Sweet potatoes have a lot. The main thing is to make sure you get enough beta carotene in your diet. Your body converts beta carotene to vitamin A in a regulated way — making it nature's safest source of vitamin A. Beta carotene helps protect you from cell damage caused by harmful free radicals, chemicals that may come from the environment or are produced in the body. So eat foods containing beta carotene and, just to be sure, look for it in your multivitamins.

ROCHE®

**Beta carotene: one of nature's ways to vitamin A.**

RCD 4785






This is one of the Bearpersons (Waldo G., Chester G., and Barney G.).
And you can getta Gund at all fine department, toy, gift and infants' stores.
Gund, Inc., P.O. Box H, Edison, New Jersey 08818.




you were in kindergarten." No answer.

"And everyone feels a *little* strange at first. You'll get used to it. Better scoot." Shelley sent her child away on the bus, relieved that she wasn't really ill, that she wouldn't have to impose on good-hearted Min upstairs, who had her hands full with her own children. Or inconvenience Whitney Bowles.

He was already there when she arrived at the faded pink brick building on the main street. She admired the way Whit had converted it into an attractive law office two years before. Raised and educated in the city, he had worked for one of the larger firms, but eventually he had begun exploring around the country, trying one small place after another. "This was the shoe that fit," he had told Shelley. Now he ate breakfast at the local coffee shop, sailed his boat on the sparkling lake in the summer, and was building a solid reputation in town. Shelley liked his gentle beard, his hopeful eyes and the way he made it clear from the start what he expected from his new secretary.

"The last one took advantage," he explained. "Too many sudden absences and personal phone calls here. By the way, do you have children?"

"One. Elizabeth's six, but she's very independent. She won't be a problem."

"Hey, it isn't that I don't like kids," he said, and she believed him. "It's just that we have only one line, and I try to keep it open as much as possible."

"I understand," Shelley told him, and she did. She had taught her little girl how to dial the office number but impressed on her not to call unless it was a real emergency. "This job is very important to both of us, so you can help by being a good girl for me *and* for Min."

That part was easy. Elizabeth liked going up the stairs, playing with Min's two happy boys and helping out with Mason, the three-month-old baby.

"She's a real pleasure. It's like having a second pair of hands," Min told Shelley after they had made the arrangement. Min watched Elizabeth after school, and in exchange Shelley occasionally took care of Min's boys. "The kids love the games Elizabeth makes up, and those stories she tells! I think this is going to work out well for both of us." And so far it had.

That afternoon, Whit was preoccupied at closing time, but he seemed more cheerful when he asked if she would like a lift home. "Thanks, but I need that walk." From the beginning she had shown him that *she* didn't intend to take advantage.

In the upstairs apartment, Min stirred

spaghetti sauce on the stove as she jiggled the placid baby on her hip. "Elizabeth might be coming down with something. She's been quiet ever since she got here."

"Everything all right?" Shelley picked up her little girl, tested her forehead. "She feels okay, but I'll keep an eye on her."

When they got downstairs, Shelley started a salad and slipped a casserole into the oven. "So. How did it go today?" Shelley knelt, gathered her daughter close. "No better? Why, Lilibet?"

"She . . . my teacher just doesn't like me."

"Now that's the silliest thing I ever heard! Why wouldn't he like you?"

Elizabeth stood silently, clenching her small fists. Shelley knew it was hard for her daughter to tell her what was going on inside, and yet as light and fragile as Elizabeth seemed, there was a toughness there, a tenacious will to stare down trouble on her own.

"Right now you're probably a bit shy, but I know Miss Carpenter is going to like you very much when she gets to know you better. So I want you to just relax and not worry about this." She changed the subject. "Did you help with Mason today?"

"I fed him applesauce," Elizabeth said happily. "He holds my finger and won't let go. I guess that baby loves me!"

"I'm sure he does." Shelley hugged her. "And so do I."

At bedtime she read Elizabeth a story from a stack of favorites, and then the little girl, in a husky, breathless whisper, made up one of her own, leading her mother down a spangled path into a magic garden swirling with fantastic creatures, glowing extraterrestrials. During the past few months, when she had developed a fear of the dark, Elizabeth had begun inventing schemes to outwit her enemy. A stuffed rabbit with alert pink ears lay on one side of the pillow, while a mouse with vibrating whiskers guarded her on the other, and she left her sneakers in front of the closet door to trip any monster who might crawl out while she was sleeping. Even her prayers were aimed at placating the danger. She was always careful to include her father, and lately she had hesitantly mentioned another name. "And God bless Miss Carpenter."

"That's my girl." Shelley pulled the blanket snug and kissed her. "I'm sure tomorrow will be a good day for you, just wait."

They had both lived under a strain while Rick was drinking, but that was over now. *Please let my little girl be happy*, Shelley prayed before she went to sleep. She had just dozed off when she heard soft crying from the other room. Elizabeth was sitting, rocking mournfully back and forth.

"What is it, baby? Tell me."

"Miss Carpenter. Miss Carpenter—"

"I'm here; it's all right." Shelley slipped underneath the tangled covers and cuddled the exhausted girl until she dropped back into a troubled sleep. It was the beginning of Elizabeth's sad dreams; for the next few nights Shelley would waken to the sound of crying and find her daughter gasping for breath as if she were struggling to surface in some dark and sorrowful sea.





Extra Gentle Ex-Lax® gentles you back to normal. Comfortably. Overnight.

In addition to a mild laxative, Extra Gentle Ex-Lax gives you something special for comfort. The doctor-recommended stool softener most other laxatives *don't* give you.

Just one at bedtime and you can rest assured you'll get gentle relief by morning. Relief so gentle, so comfortable you'll notice the difference right away.

With Extra Gentle Ex-Lax, relief is more than just gentle. It's comfortable, too.

It's like giving nature just a gentle nudge.

A SANDOZ HEALTH CARE PRODUCT

Use only as directed. ©Ex-Lax Inc. 1986


"What's bothering you, Shelley?" At the office Whit handed Shelley a cup of steaming coffee. Since she refused to take a morning break, he often brought back coffee for her.

"Why do you keep asking that?"

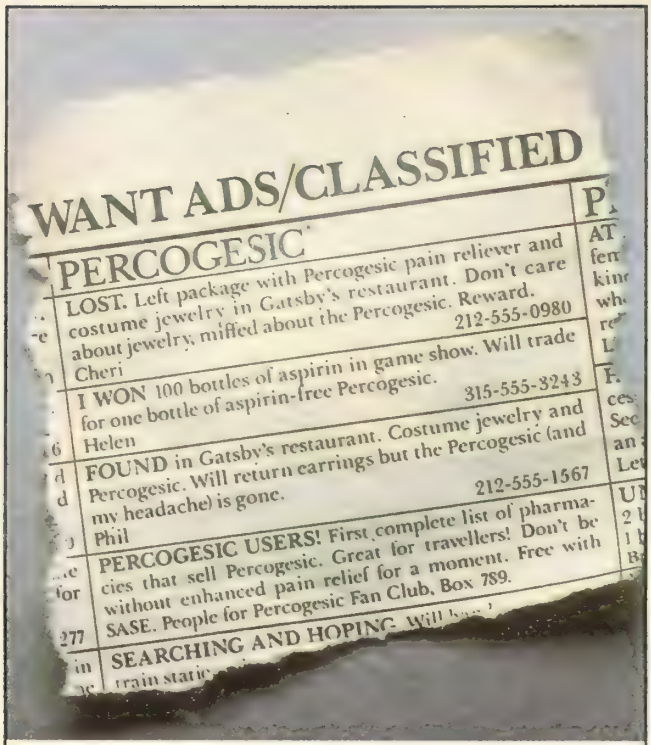
"It's just that you look so tired . . . if there's anything I can do . . ."

"Thanks, Whit. It's nothing I can't handle," she said crisply.

She was tempted to tell him about Elizabeth, but she knew it was time to discuss the problem with someone else.

Later in the day Shelley called to arrange a meeting with Miss Carpenter. The next afternoon, feeling guilty for having invented a dental appointment, she drove to the school. The fragrance of apples in the air and the sight of pumpkins scattered in the peaceful fields brought her back to the radiant country of her childhood. And she looked forward to a peaceful drive home with Elizabeth.

At the school, the young woman waiting in the sunny classroom was tall, full-bodied and attractive. "I'm so glad you've come." Her voice was soft, her handshake confident and strong. "I've been concerned about Elizabeth. Why don't you sit down?" *(continued)*




# AREN'T YOU CURIOUS ABOUT A LITTLE KNOWN PAIN RELIEVER THAT CAN INSPIRE THIS MUCH LOYALTY?

The fact is that a virtually undiscovered aspirin-free pain reliever actually inspires more loyalty than Tylenol.

So who wouldn't be curious?

The pain reliever is Percogesic.® And a recent research study found that people who use it are even more loyal, more likely to go out of their way to find it, than people who use Tylenol.

But even though Percogesic isn't well-known, the reason for its loyal followers is crystal clear.

You see, Percogesic begins with the same safe, aspirin-free ingredient as Tylenol.

But Percogesic then goes beyond—adding a second ingredient to enhance the overall relief. This gives Percogesic a unique formula, and a unique kind of relief found nowhere else. In fact, Percogesic has been proven effective in relieving pain swiftly and surely.

So exceptional is Percogesic that it is the pain reliever pharmacists have recommended most for headaches for 10 years. And it has been accepted by the American Dental Association for the relief of dental pain.

Isn't it time you stopped being curious, tried Percogesic, and started feeling better?




Tylenol is a registered trademark of McNeil Consumer Products Company

Use only as directed.

Available from your pharmacist without a prescription.

© 1986 Richardson-Vicks Inc.

## ELIZABETH

continued

"My daughter's unhappy here," Shelley began. "It's important that I find out why."

Sitting on the edge of her desk, the teacher explained that from the beginning, Elizabeth had been morose and uncommunicative and had resisted doing things in the accepted way. "I'm not certain if it's simply because she's slower than the rest, but she does look for shortcuts, an easy way out. She's a lazy learner. Assignments, for instance. She doesn't like to work things out on paper, and when I reprimand her she either stares out the window or puts her head down on the desk to shut me out. Has she told you any of this?"

"No. She won't talk much about school." Shelley described her daughter's lethargy and dreams at night. "She keeps her feelings to herself."

"Not always." Miss Carpenter smiled and picked up a folder from her desk. "This is her impression of me."

It was a sheaf of drawings of an angry face with glaring purple eyes and a hateful mouth. Shelley flushed, thinking of the vivid swoop and splash of Elizabeth's gay paintings pinned to the walls of the apartment. "I'm sorry. I don't understand it. She's never been a problem before."

"I've been wondering if perhaps something could be bothering her at home."

"My husband and I separated in June, but I honestly believe that she's been happier since we left. He wasn't much of a father," Shelley admitted. "I'm sure it upset her, but I don't think that has anything to do with this. Why, she loved school last year. Elizabeth just bloomed! Maybe . . . " Shelley took a deep breath, "we should have her transferred to another classroom."

"Then you think *I'm* the problem, that I've failed *her*?"

"Not at all. I only want what's best for her."

"So do I." Miss Carpenter leaned forward and pressed Shelley's shoulder. "And I don't think encouraging her to run away from her problems would be a kindness to her, do you? Let's see what happens if I give her extra time and attention. Perhaps I could have our school psychologist see her every day, talk to her, play with her, find out what's really going on."

"Then you think she's emotionally disturbed?"

There was a tactful pause. "What do you think?"

"If a psychologist will make her feel better about being here, then of course I'll give permission," Shelley said.

"Good. Try not to worry. I really want to win this one."

It was a dismissal. Miss Carpenter walked her to the door. "Who's in charge anyway?" she asked with a pleasant smile. "We're not going to let one little girl run the show, are we?"

Outside, the bright afternoon had clouded over. A light drizzle spattered the windshield as Shelley drove Elizabeth back toward town. Miss Carpenter had been capable and concerned, and yet the interview had somehow left Shelley with a deeply uneasy feeling.

Elizabeth, after a long silence, asked, "What did she say?"

"That she wants to be your friend, but you spend too much time staring out the window and don't do your assignments. Is that true?"

The head bobbed slowly yes.

"How do you expect to learn if you won't work?"

"I can do all those things that she wants in my head. So I do other things."

"Like what?"

"Sometimes I draw . . ."

"I saw those nasty pictures. You know very well your teacher doesn't look like that."

"Inside," the youngster murmured, "she *does*."

"I think you're being very *(continued on page 176)*

FREE! Stamped Cross Stitch Kit for joining now.

# THE NEEDLECRAFTS SOCIETY

**Now, at a modest cost, you can receive unique kits that allow you to create a wide variety of high quality, beautiful and functional needlecraft treasures.**




Imagine receiving a unique assortment of kits that allow you to create the most beautiful handcrafted designs ever – to add warmth and charm to your home. Or to give as thoughtful gifts. And there will be a wide variety of popular needlecraft techniques, including cross stitch, needlepoint, crewel, latchhook, and more. Welcome to The Needlecrafts Society!

### A New, Top Quality Needlecraft Kit Sent To You Every 4-6 Weeks

As a member of The Needlecrafts Society, you will receive a new kit approximately every 4-6 weeks, featuring a popular stitching technique and a unique and beautiful design. Most of these designs are *exclusive,* available only to Society members.

Your complete kits will include the finest made, top quality materials–proper sized needles for each project…flawless, accurately gauged poly-cotton canvases… all-cotton embroidery floss, plus 100% Persian wool yarn, rich in exciting colors. Moreover, each kit will contain the Society's thorough, step-by-step instructions.

### Call Toll Free For Personal Assistance

As a member, you will be assigned a toll free number to call–should you wish help with any project. You will also be eligible to take advantage of additional, exclusive offers from the Society, featuring beautiful, privately-commissioned designs for a variety of crafts, great accessories, and frames at special, money-saving prices.




**FREE!** This Stamped Cross Stitch Sampler Kit for joining now.

As a new member, you will receive this classic Sampler Kit to add a touch of old-fashioned tradition to your home decor. Makes an attractive display or a welcomed gift.

### Modest Cost

One of the big membership benefits is the low price you pay for such high quality. Typical Society needlecraft kits cost from $9 to $19. *And, there is no risk or obligation.* If you are not delighted with any kit you receive, simply return it within thirty days for a full refund. And you may discontinue your membership at any time.

### Send No Money Now

To join The Needlecrafts Society, simply complete and return the Membership Application. Enclose no money now. You will be billed at the time of your first shipment.

Frames and matting are not included in kits, but will be offered separately as accessories.

Membership Application 153

The Needlecrafts Society
47 Richards Avenue
Norwalk, Conn. 06857

No Payment Required.
Simply Mail
this Application.

Please enroll me in The Needlecrafts Society. Every 4-6 weeks, I will receive a new and complete needlecraft kit, typically costing $9 to $19 each*. I need send no money now. Bill me at the time of my first shipment. I understand that I may return any kit within thirty days for a full refund and that either party may cancel this membership agreement at any time. As a new member, I will receive a Stamped Cross Stitch Sampler Kit as a free gift.

☐ As a convenience, please charge my first kit, and each subsequent kit, at the time of shipment, to my credit card below:
☐ VISA ☐ MasterCard

Credit Card No. _____ Expiration Date _____

Signature _____

Name _____
PLEASE PRINT CLEARLY

Address _____

City _____

State/Zip _____

*Plus $1.50 for shipping and handling.
Allow 8-12 weeks for initial shipment.

*Designs shown are for illustrative purposes only.*

# MEDINEWS

*The latest scientific research and medical findings to keep your family its healthiest. By Beth Weinhouse*

## 3 FREE MEDICAL TESTS

**COLORECTAL CANCER SCREENING** Last year, 32,000 *LHJ* readers took advantage of a free nationwide screening for colorectal cancer. This year, the testing, sponsored by Medicine Shoppe pharmacies and the AMC Cancer Research Center, takes place on October 9–11.

The test, which comes with complete instructions, is taken at home and mailed to a laboratory for analysis. Notification of results is by mail. This test is recommended for adults aged forty and over.

To participate in the screening, visit a Medicine Shoppe pharmacy (there are more than 650 nationwide) on October 9, 10 or 11 to pick up a test kit. If there is no Medicine Shoppe near you, write for a test kit (send your request by December 15): Medicine Shoppe International/AMC National CRC 1986, P.O. Box 27325, St. Louis, MO 63141. Please enclose two 22-cent stamps for each kit, and allow at least four weeks for delivery.

**HOME EYE TEST FOR ADULTS** The National Society to Prevent Blindness (NSPB) has devised a home test to detect eye and vision problems. The test includes four parts, which can point out macular degeneration (a condition in which the center of the retina degenerates, distorting vision), glaucoma risk or problems with near and distance vision. NSPB cautions that the at-home test should not take the place of regular professional eye examinations.

For a copy of the test, send $1 to cover postage and handling to: National Society to Prevent Blindness, 79 Madison Avenue, New York, NY 10016.

**OVER-THE-PHONE HEARING TEST** For a quick and easy way to find out if something is wrong with your hearing, pick up your telephone. In 42 states, for the cost of a local call, you can get an over-the-phone hearing test sponsored by a local clinic or hospital. Make the call from a quiet place, and be sure you have a good connection, since the test involves counting the number of tones you hear in each ear.

To obtain the phone number for the testing line nearest you, call the Occupational Hearing Services in Media, PA, at 800-222-EARS between 9 A.M. and 6 P.M. Eastern time. (Pennsylvania residents call 800-345-EARS.)

## DANGEROUS DIRT



Attention, indoor gardeners: If you use potting soil when caring for your houseplants, be sure to wear rubber gloves when you handle it. The United States Forest Service warns that a fungal infection called sporotrichosis can enter the body through a cut or other break in the skin.

The disease affects the lymph system and is characterized by a small, painless blister that forms within one to four weeks after exposure. The blister may open, become raw, and gradually enlarge, and the lymph glands in the armpit or elbow may become enlarged and sore. Left untreated, sporotrichosis can cause skin scarring, and possibly permanent damage to the lymph system and the lungs.

## DOUCHING: A PREGNANCY RISK FACTOR?

**A study reported in *American Journal of Obstetrics and Gynecology* has found that women who douche may be at an increased risk for ectopic (tubal) pregnancy. The study found that women who douched at least twice weekly ran double the risk of women who never douched. Women who used commercial douche solutions were at the highest risk. Unless a woman is douching under doctor's orders—for instance, to combat a vaginal infection—it is probably wise for any woman trying to conceive to forgo this practice.**



## EAR-PIERCING ALLERGIES

Even if you've never had an allergy to metals before, having your ears pierced can initiate one, according to Alexander Fisher, M.D., clinical professor of dermatology at New York University Medical Center. Fisher, speaking at a recent conference of the American Academy of Dermatology, explained that an allergy to metal can begin after a trauma to the skin.

Nickel is usually responsible. If the needle used to pierce the ear is nickel-plated, it can cause a reaction in the earlobe, which then sensitizes the entire body. Afterward, an allergic person will develop a rash anytime she wears jewelry containing nickel . . . and this includes many gold (especially white gold), silver and platinum objects, as well as many items of costume jewelry.

To prevent a nickel allergy, make sure your ears are pierced with a stainless steel needle. While your ears are healing, wear only earrings with stainless steel posts.

If you know or suspect that you have an allergy to nickel, wear stainless steel jewelry, and jewelry made of such metals as brass and copper, which do not contain nickel.

# Today's hottest diet food.



If the thought of six ounces of cottage cheese, a cup of yogurt or another green salad with dressing leaves you cold, here's one diet food you're sure to warm up to:

The potato.

Because a medium-sized potato* has only about 110 calories—fewer than any of the foods mentioned above. Even with a pat of butter, it's still under 150.

Plus, a potato is 99.9% fat free. And 100% cholesterol free.

And baked, boiled or fried, a potato has a variety of nutrients your body needs. Like Vitamin C, iron, fiber and hard-to-find Vitamin $B_6$.

So if you're looking for a delicious new way to count calories, consider the potato.

The hottest diet food going.

## Potatoes. America's Favorite Vegetable.

*150 grams, round type, boiled in skin. Source: "Nutrition Labeling. Tools For Its Use," USDA Bulletin No. 382 © 1986 The Potato Board

# TV STAR WARS

*Are the Vice guys tougher than J.R.? Will Bob Wagner and Liz Taylor light up the small screen? Here's a look at the fall TV season, plus a chat with ever-lovable Lucy. By Jeff Rovin*

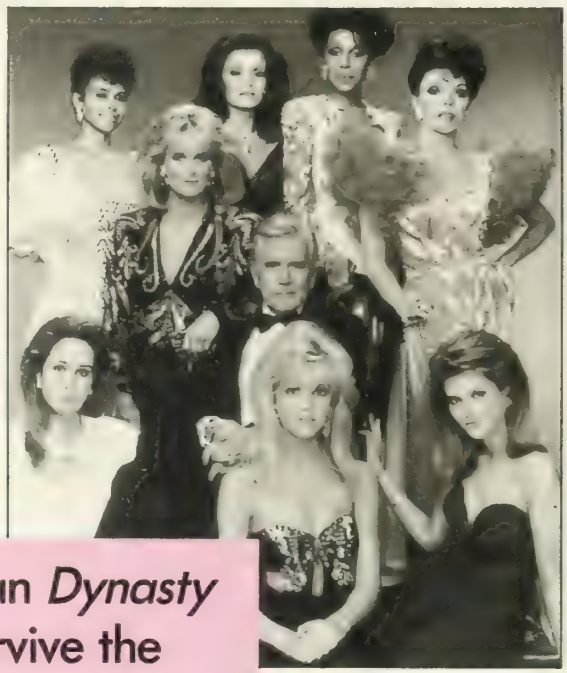
Don Johnson and Philip Michael Thomas as Miami detectives busting drug dealers in Tokyo and London.

Elizabeth Taylor and Robert Wagner lost in each other's arms.

Lucille Ball falling into a vat of ice cream.

If your home life has been a bit dull, don't worry: These extravaganzas and much more will be coming into your home this season via your TV set. Devastated by the explosion in cable, satellite dishes and videotapes, the networks are serving up more excitement and star power than ever before to grab your attention.

Here is some of what you'll be seeing once the new season bolts from the starting gate—the series, the movies and the specials—along with a behind-the-scenes look at some of the hurdles the networks have overcome to bring them to you.



Copyright © 1985 ABC, Inc.

**Can *Dynasty* survive the battle of the prime-time soap operas?**

### Miami beached (well, almost)

For all his street smarts as Sonny Crockett, dapper Don Johnson nearly blew it for himself going into the new season.

Just before *Miami Vice* cameras were ready to roll in June, Johnson walked off the show and refused to appear until his salary was renegotiated from $35,000 to $100,000 an episode—a fee that would have put him on a par with Tom Selleck, who earns nearly $3 million a season on *Magnum, P.I.* While the cast, crew and guest star Willie Nelson killed time (with Nelson feeling especially awkward, since he had agreed to appear on *Vice* solely at Johnson's request), Johnson hid out at the Parker-Meridien Hotel, in New York City, under the Sonny Burnett pseudonym that his character uses in the show. He was there with his on-again-off-again girlfriend, Patti D'Arbanville, and their son, Jesse.

Producers usually take a hard line and replace stars who try to renegotiate contracts—as John Schneider of *The Dukes of Hazzard*, Suzanne Somers of *Three's Company* and many others have learned the hard way. Even though Johnson is *Miami Vice*, the producers had no choice but to find someone else to drive the Ferrari. They quickly narrowed the choice to heartthrob Mark Harmon, formerly of *St. Elsewhere*, and rugged screen and stage star Treat Williams. At the same time, they got tough with Johnson in another way. Johnson has long wanted to be a rock singer, and a couple of months ago, he finished cutting an album for Epic Records titled *Heartbeat*. In addition to *(continued)*



Alan Berliner/Visages

**Will Magnum have to hang up his aloha shirts forever?**



Copyright © 1986 ABC, Inc.

*We all love Lucy, but will we love her new series? The comedian hopes to rule the airwaves again*



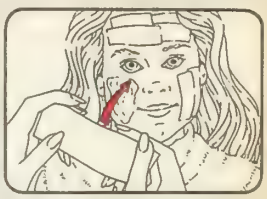
# How to turn your angel into a tiger with Karo Syrup.

**You can create a lot of fun faces this Halloween. It's easy with Karo® Syrup and a little imagination.**

Just mix 3 Tbsp corn starch and 1 Tbsp flour. Gradually stir in 3/4 cup Karo light corn syrup and 1/4 cup water. Set aside 1/4 cup of mixture. Divide the remaining mixture into 3 small cups adding 1/2 tsp food color for each desired color.




**1.** Apply the untinted mixture to face. Avoid eyelids and the area around eyes.



**2.** Cover with one-ply white tissue. Apply more untinted mixture. Let dry 15 minutes.



**3.** Mix red and yellow food color to make orange mixture; paint on cheeks, forehead.



**4.** Mix red and green to make black. Add tiger markings. Wash off with water.



**For a devil:** Repeat Steps 1&2 above. Then use black mixture for a moustache and eyebrows, red for devilish cheeks.



**For a clown:** Repeat Steps 1&2 above. Then paint colorful mouth, cheeks and eyebrows.




© 1986 Best Foods, CPC International, Inc.

asking for $20 million in damages, the producers of *Miami Vice* sought to bar the album's release.

That move got Johnson's attention, and a week after the walkout began he condescended to come back to work—"settling" for a mere $65,000 per episode. But the producers had learned a lesson, and from now on handsome young detectives will be featured regularly on the show, so that a hunk or two will always be on hand should Johnson ever take another unscheduled vacation. (Harmon is said to have been offered a recurring role, which he turned down in favor of two motion pictures.) For his part, Johnson responds to the threat of competition with an overt warning: "If another actor came in and tried to upstage one of us, he wouldn't last thirty seconds." Meaning that if the producers bring in a potential replacement, they'd better be prepared to use him.

Now that everything is settled (for the moment, at least), the producers are relieved to have Johnson back. This season, *Miami Vice* is going up against CBS's perennial powerhouse *Dallas* in the Friday evening nine o'clock slot. The Sunbelt shootout (Florida vs. Texas) is expected to be far more hazardous for *Miami Vice*, not only because *Dallas* remains enormously popular and has a few surprises in store but also because the *Miami Vice* time slot is being changed.



Charles William Bush/Shooting Star



Visages

**Who'll fill *Miami Vice*'s linen jackets: Mark Harmon or Don Johnson?**

Nevertheless, both *Dallas* and *Miami Vice* will be undergoing a considerable face-lift. Johnson is sporting a much shorter, darker, spikier coif, and his clothes are no longer pastel-colored. He'll still wear his Versace jackets, but the hues will vary between bright primary colors and earth tones; he will even wear black pants on occasion. He and Philip Michael Thomas will also be going abroad to battle vice. When they're back in Miami, they'll be driving a snappy new Ferrari Testarosa. Their old Ferrari blows up early in the season.



Charles William Bush/Shooting Star

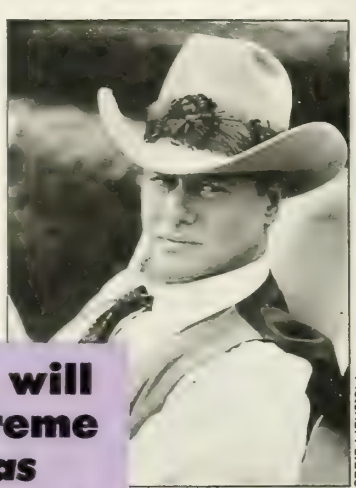


Stephen Ferry/Gamma-Liaison

**Will our TV sets sizzle when Robert Wagner and Elizabeth Taylor team up for a new TV movie?**

### The nighttime soaps: washed up?

Over at *Dallas*, the big news is the return of Patrick Duffy as J.R. Ewing's brother Bobby. Duffy had wanted to leave after seven seasons to pursue other acting opportunities. Bobby was run over in an auto accident at the end of the 1984–85 season, and his loss cost *Dallas* a good deal of what executive producer Leonard Katzman calls "the heart of the show's appeal, which is the interplay between the Ewings." The show, which had averaged number two in the ratings, dropped to number six. As it happened, Duffy's solo ventures were disappointing, and he returned to the show at the request of Larry Hagman. Says Duffy, "Larry plied me with liquor and Mexican food, put me in his Jacuzzi—what am I going to do? It took me about seven seconds to say I was coming back." His presence should certainly help recapture some of *Dallas*'s lost audience.



Pictorial Parade

**Which city will reign supreme when *Dallas* competes with *Miami Vice* on Friday nights?**

The need to bring Bobby back is typical of a problem faced by many nighttime soap operas. Katzman explains, "Familiarity sets in, and the characters become predictable. Yet when you shake things up *too* much and lose a major character, you can lose the essence of what made the show so appealing."

Over at ABC, husband and wife Bob and Eileen Pollock are the supervising producers on both *Dynasty* and its spinoff, *The Colbys*, and they agree that their medium has limitations. "When a melodramatic character like Alexis or J.R. has been on for a few years," says Bob, "it's extremely difficult not to have *(continued)*

# Dare to be More.




© 1985 R. J. REYNOLDS TOBACCO CO.

SURGEON GENERAL'S WARNING: Smoking By Pregnant Women May Result in Fetal Injury, Premature Birth, And Low Birth Weight.

17 mg. "tar", 1.3 mg. nicotine av. per cigarette by FTC method.

them become self-parodies. In the case of Alexis, you have to rein her in—make her driven and wrongheaded, but not evil in the way that might have worked earlier."

Eileen adds, "Unfortunately, in humanizing her, you run the risk of sacrificing some of the bitchiness that made her so interesting in the first place."

### Magnum, R.I.P.

As much as the soaps face challenges, the action shows—and *Magnum, P.I.* in particular—are in considerably more jeopardy. *Magnum* is now entering its seventh season, and like the entire action format, it is definitely waning.

Stephen Cannell, producer of such shows as *The A-Team* and *Stingray*, says that the problems of doing action as opposed to soap melodrama are "more formidable, because you're dealing with mercenaries or detectives. There's a new client every week, and after a few years you start running out of people to place in danger and ways to place them in danger. How many ways can you photograph a car flipping over before it all wears thin?"

And in spite of the fact that Tom Selleck remains tremendously popular with the public, his series has fallen in the ratings four years in a row and last season was decimated by *The Cosby Show*. While it will fare a bit better this year against the also-fading *Dynasty* on Wednesday nights, supervising producer Chas. Floyd Johnson admits, "There is the feeling that the series has had its day in the sun, that this is our last year."

Still, no one's quite willing to give up the ghost without a fight. To help keep things interesting, CBS will cross-pollinate *Magnum* with the runaway hit *Murder, She Wrote*. Early in the season, Jessica (Angela Lansbury) will come to the rescue when Magnum appears to have been involved in a crime, and the case will be solved on her popular Sunday-evening series when Magnum comes to *her* rescue. There will also be a crossover with *The Equalizer*, as Magnum and McCall (Edward Woodward) follow the same clues in a case.

Meanwhile, off-camera, it looks as if the three-year romance between the forty-one-year-old Selleck and twenty-eight-year-old British actress and dancer Jillie Mack will lead to marriage, and *Magnum*'s producers couldn't be happier for the added attention it will focus on the show and its star. Though Selleck refuses to comment about their plans ("I don't talk about my private life, because then it wouldn't be private"), Jillie has confirmed that they'll wed. Sources on the set report that if the couple marry soon, Magnum may also take a bride—played by Ms. Mack—on the show.

### Lucy's back: Will the audience have a ball?

Among the sitcoms, by far the biggest question mark of the new season is *Life with Lucy*, which marks Lucille Ball's return to network television. The half-hour show will air on Saturday nights at eight o'clock. Remarkably, the actress will once again be doing the pratfalls and slapstick that were her trademarks in other series. The difference, of course, is that she had just turned forty when *I Love Lucy* first aired, and now she's seventy-five.

Lucy dismisses all doubts with a wave of her hand. "I do my bend-overs and my barre work and my swimming. I don't jog, but I'm a walker. I ride a bicycle. I'm not out there every day for five hours, but I take care of myself and keep my weight down. I enjoy being fit." Besides, she quips, she wouldn't want to do comedy where she didn't "knock the top hat off the boss."

On paper, all seems well enough. The comedian will play grandmother Lucy Barker, who goes to work in her husband's hardware store when he *(continued on page 168)*



*Important New Vitamin Facts from an Independent Hospital Survey:*

# OF 105 MULTIVITAMIN/MINERAL SUPPLEMENTS STUDIED, ONLY ONE TYPE WAS FOUND "APPROPRIATE."

***Better-balanced, advanced formula Unicap M. More "appropriate" to help rebalance unbalanced meals the way nutritionists recommend.***

*Are all vitamin/mineral supplements the same? Not so, say nutritionists who conducted an independent survey within the Department of Food and Nutritional Services at a leading hospital.*

*According to them, among the 105 multivitamin/mineral supplements studied, only 16 were judged "appropriate" for most vitamin users. And that's the kind whose formulation provides neither too much (above 200%), nor too little (below 50%) of the U.S. RDA of its essential vitamins and certain minerals. Such as advanced formula Unicap M.*

*It's why the hospital's nutritionists consider Unicap M a better-balanced vitamin, better to help you rebalance unbalanced meals. Unicap M, for most vitamin users, the "appropriate" choice.*




*Potency guaranteed. Sugar free. Sodium free.*

*The Better-Balanced Vitamin from* **Upjohn**




*Unicap. The official vitamin of the National Hockey League.*

**Nutrition Insurance Update — No. 1:**

# THE AMERICAN FOOD SUPPLY IS THE WORLD'S BEST. YET, THE AMERICAN DIET IS OUT OF BALANCE.

## HERE'S HOW TO REBALANCE IT.

American grocery stores stock somewhere between 35,000 to 50,000 different foods. Even so, national surveys show that millions of adults are not fulfilling their nutrient requirements through the diet. For instance, from diet alone:

- 42% of men, and 45% of women are receiving less than 70% of the U.S. RDA (Recommended Dietary Allowance) of Vitamin A.
- 30% of men, and 37% of women are receiving less than 70% of the U.S. RDA of Vitamin C.
- 38% of men, and 65% of women are receiving less than 70% of the U.S. RDA of Potassium.

In addition, significant segments of the population are getting less than 70% intake of calcium, iron and magnesium, a level at which nutritionists agree may indicate a serious dietary problem. The causes vary and include skipping meals, low calorie diets and a change in food shopping habits where convenience may be a more important criterion in food selection than nutrition.

Given the above, it's important that you help maintain a well-balanced diet. A few ways to do so are to:

- Eat foods from the traditional four food groups — fruits and vegetables; grain products; meat, poultry, fish and legumes; and milk and milk products.
- Spend more time on comparative shopping, checking labels of food products about important vitamin and mineral information.
- Try not to skip meals, especially breakfast.

Further, since the goal of nutritionists is to insure optimum nutritional health — and not just the minimum — you might want to consider taking a vitamin/mineral supplement, such as Unicap M. By doing so you give yourself additional insurance for improving and maintaining the nutritional quality of the world's best food supply.

**Better-Balanced Nutritional Supplements from Upjohn.**

Designed for Health. Produced with Care.

GENERAL FOODS

©1986 General Foods Corporation




# Last year over 450,000 people ate our words.

The Setpoint Diet is appetizing to any weight-watcher. It lets you eat the foods you love. It's healthy. And it works.

Any diet can help you take weight off. But most can't keep it off. Because every time you try to cut back on calories, your metabolism slows down to defeat you.

General Foods knows that to lower your weight for good, you have to lower your setpoint. That's the weight your body will naturally fight to maintain, no matter what weight level you're trying to attain.

The Setpoint Diet works. In clinical tests where volunteers lost an average of 18 pounds in 12 weeks. And in the real world where it's a National Bestseller.

So pick up a copy wherever paperbacks are sold. It can change your setpoint. And that can change your life.

Setpoint.

## The sane diet plan from General Foods.

# How not to look tired

## Health, beauty and fashion guide

**Text by Sondra Forsyth Enos and Linda Glassberg**

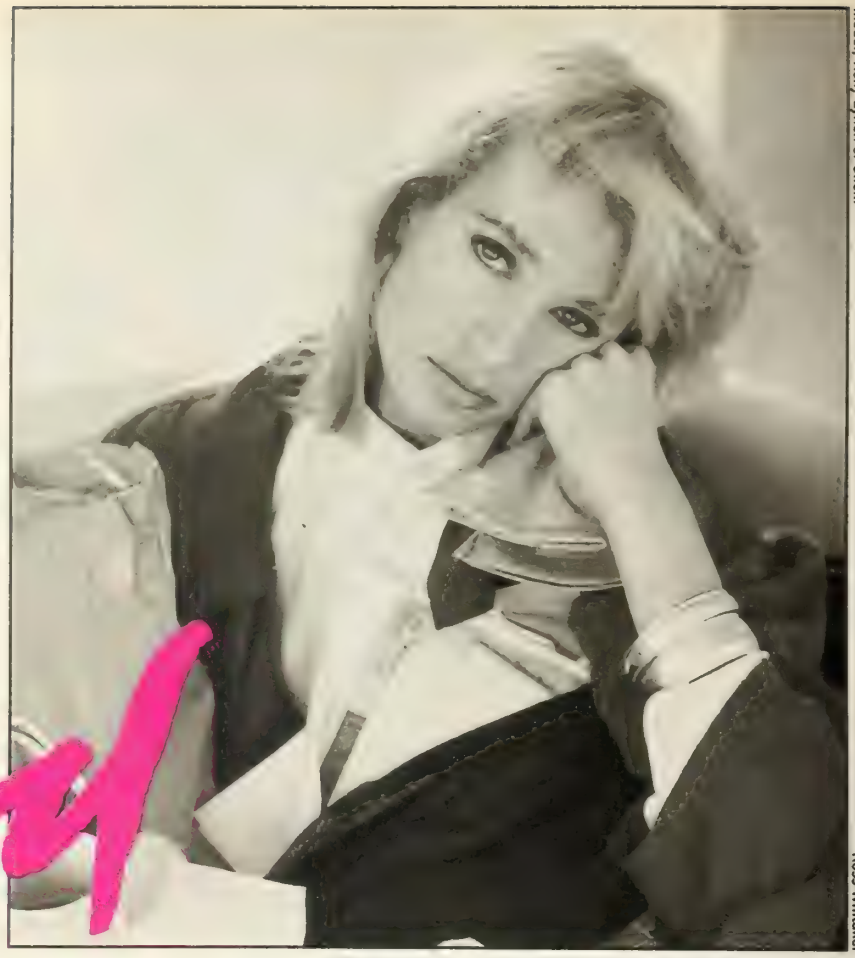


Expert medical opinions
**Why women look and feel tired**
Beauty and fashion tips
**Blah-busters to wake up your looks**
Rev-up exercises
**Energizers for the day's low points**
Psychological lifts
**How to beat emotional exhaustion**
Fatigue-fighting food
**Nutrition for peak performance**

Hair and makeup by Cris Galjour for Pipino-Buccheri Salon, NYC.
Fashion details, page 162.

Ross Whitaker

# Why women feel tired



Model, Kelly Lynch of Click.

Ross Whitaker

Each of the top physicians we spoke with emphasized that chronic fatigue can sometimes be a symptom of a physical problem such as low-level infection, anemia, hepatitis or even more serious disorders. For this reason, if you find that you're tired most of the time, you should see a doctor for a complete examination to rule out the possibility of illness. But chances are, you're not dangerously ill. Most women who often feel tired are simply prey to one or more of the following energy sappers.

## Poor nutrition

"I honestly think many women take better care of their cars than they do their bodies," says Penny Wise Budoff, M.D., best-selling author of *No More Hot Flashes and Other Good News* (Warner, 1984) and founder of the Women's Medical Center, in Bethpage, NY. "The pursuit of thinness is part of the problem. Women skip breakfast, maybe lunch, too, and then overeat when they finally sit down to a meal. This kind of eating fails to fuel your body properly, and the resulting fatigue only exacerbates any medical conditions you might already have—such as premenstrual syndrome or menopause.

Gabe Mirkin, M.D., author of *Dr. Gabe Mirkin's Fitness Clinic* (Contemporary Books, 1986), agrees that a poor diet is at the root of many women's feelings of general malaise. But he also stresses another important variable, and that is . . .

## Lack of exercise

"The fact that sedentary people have less energy than active people do is not exactly news," says Mirkin. "But it bears repeating simply because the majority of Americans still don't get enough exercise. One reason exercise makes you feel good is that it causes a rise in body temperature, which creates a state of mental alertness. You should realize, though, that about four to six hours after you exercise, your temperature will drop rather suddenly, and you *will* feel tired."

But beyond diet and exercise is a less tangible yet very significant cause of fatigue, which is . . .

## Emotional upsets

"We used to call this problem neurasthenia," says Natalie Shainess, M.D., psychiatrist and psychoanalyst, and author of *Sweet Suffering: Woman as Victim* (Bobbs, 1984). "It is a genuine feeling of physical exhaustion caused by any emotional or psychological overload such as profound sadness, worry, fear, hopelessness."

On the following pages you'll find exercise, diet and psychological "uppers" to help you when you're feeling low, plus some fashion and beauty tips to make you look better and brighter. ▶




Dial Corporation, 1986

**Fashion and beauty**

# uppers

Why tell the world that you're pooped? Here are surefire tips to freshen your face and put a spring in your step. Why? Because, darling, when you *look* marvelous, you *feel* marvelous.



Model, Kelly Lynch of Click

## White and bright

**Photographers and models know that white is the most flattering clothing color. It reflects on your face to minimize lines, even out skin tones. Now—add a dazzling colored scarf. Pow!**

## Fresh face

**A facial masque is a great way to rev up circulation. Moisturize to nourish and revitalize dry skin. For a quick pickup, mist face with mineral water.**

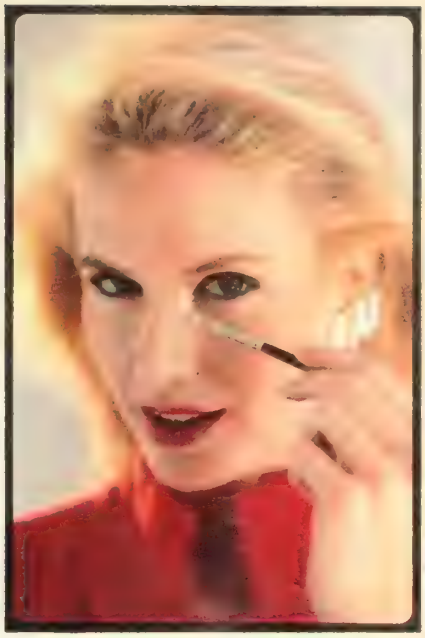
## Secret strategy

**A super beauty boost—wear something whimsical . . . crazy socks, stacks of shiny bangles or a brilliant turquoise bra!**









Ross Whitaker

## Brush up

**Recharge your hair for a sleek, confident look that says you're wide awake and raring to go. Smooth in mousse or gel and sweep hair up and away, or into a tailored ponytail. The result is a refreshing off-the-face lift.**

## Makeup

**Light up with sheer powder in palest pink or peach to cut wrinkle-emphasizing shine. Dust over foundation and blush for a radiant glow.**

## Cover up

**The first place that reveals fatigue is the delicate under-eye area. Dab concealer at inner corners. Pat to blend, then powder lightly.**




## Clothes encounters

- **When you're feeling down, don your favorite outfit—you know, the one *everyone* says you look great in—and add terrific accents: a bold scarf, sparkling jewels.**
- **Wear wide-awake colors—purple, pink, rose, and the color experts' choice, turquoise.**
- **Fire up basic blacks and neutrals with eye-opening accessories—try traffic-stopping red stockings and belt.**
- **Wear shoulder pads—they confer instant authority and make you look crisp and professional.**
- **Stick to low-heeled shoes for maximum comfort—be kind to tired feet!**
- **Gold jewelry warms up skin, makes you look rosy-hued and rested.**

Hair and makeup by Cris Galjour for Pipino-Buccheri Salon, NYC. Model, Kelly Lynch of Click.

# Exercise uppers

When you're feeling frazzled, remember that exercise is truly the best energizer of all. There may be times during the day when your body needs an extra boost but you don't have time for a strenuous workout. We've got the solution! The following exercises were developed exclusively for the *Journal* by Gary Guerriero, director of East Side Sports Medicine Center, in New York City. They'll help you feel terrific all day long! Before beginning this or any exercise program, consult your doctor.

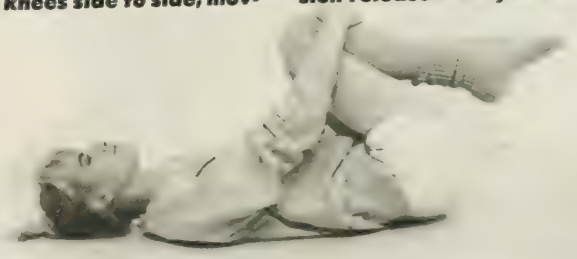
All photos: model, Kelly Lynch of Click

## Good-morning motivators

**Two stretches to get you going before you get out of bed. Specifically for your lower back and hips, these provide a peaceful way to face the day.**

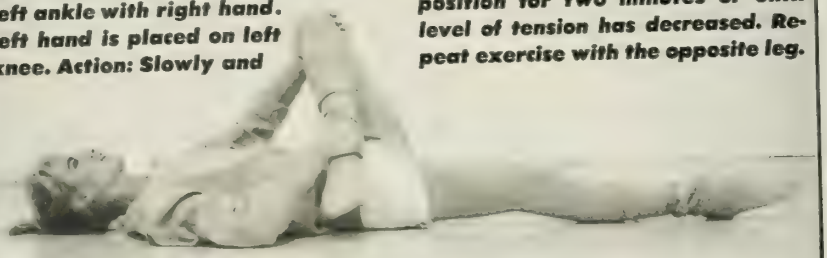
### BABY ROCK

***Starting position: Lying flat on your back, draw knees to chest and hold knees with arms. Action: gently rock knees side to side, moving in small rhythmic motions, for two to three minutes. You should feel your spine lengthen and tension release from your lower back.***



### HIP STRETCH

***Starting position: Lying flat on your back, bend your left knee and place left heel on right thigh. Grasp left ankle with right hand. Left hand is placed on left knee. Action: Slowly and gently pull left heel up thigh with the right hand until a minimal to moderate tension develops. Hold position for two minutes or until level of tension has decreased. Repeat exercise with the opposite leg.***



## After-lunch energizers

**You worked hard all morning, and now it's time to face a long afternoon. Instead of reaching for a candy bar or another cup of coffee, try our in-the-office invigorators: They'll renew your strength so you'll feel *grrreat* for that three o'clock meeting!**

### WALL PUSH

***Start: Stand erect, about three feet from the wall. Lean forward, placing hands on wall at shoulder height, in a push-up position. Action: Bend elbows, lowering head and chest toward wall and allowing heels to rise off the ground (your forehead should gently touch wall), then push back to starting position. Repeat exercise fifteen times, rest ten seconds, then repeat entire sequence. This will strengthen arms and pectoral muscles.***



### RUN-IN-PLACE

***Get your blood pumping! Starting position: Stand erect and make hands into fists. Place right foot twelve inches in front of left, bend knees slightly. The left arm is flexed behind the body, the right arm is flexed in front of the body. Action: Move up and down rhythmically in a bouncing motion, swinging left arm forward, right back. Repeat drill fifteen times, then put left foot in front of right and do fifteen times more.***



# IF YOUR MAXI DOESN'T LOOK LIKE THIS, YOU COULD BE HAVING A FEW TOO MANY ACCIDENTS.



*Introducing Always® Plus. It has wings! Little flaps called Panty Protectors that wrap around, stick to the underside, and protect you better where you've always wanted better protection. On the sides.*

*And the special Dri-Weave covering helps keep wetness away from you. So new Always Plus is cleaner and drier, and you're better protected than with any other maxi—super or otherwise.*



INTRODUCING always plus

*An extra long pad for super protection.*




*A long pad for super protection in a thinner design.*







*A regular length pad with extra protection.*

*Better protection than any other maxi.*

© P&G 1986

# Exercise uppers

## Pre-dinner pick-ups

**You're back home and faced with a thousand things to do—feed the family, walk the dog—but you're feeling listless and totally tuckered out. What to do? Revitalize your entire body with the two exercises below. They're super quick and easy and guaranteed to energize you so you can be wide awake to enjoy the last few hours of the day!**

### JUMP UP!

***Starting position: Place a belt on the floor. Stand erect, bend knees slightly, feet shoulder width apart. Action: Jump back and forth over belt as quickly as possible. Do fifteen repetitions, rest fifteen seconds, repeat.***



### DEEP-BREATHING BEND AND STRETCH

***Starting position: Stand erect with feet shoulder width apart, knees slightly bent, arms relaxed at sides. Action: Bend trunk forward, swinging arms forward and criss-crossing them in front of body. Straighten up slowly, inhaling as you move, sweeping arms apart and reaching for the ceiling. Exhale and move downward to bent position again. Repeat ten times, rest ten seconds, repeat ten more times.***



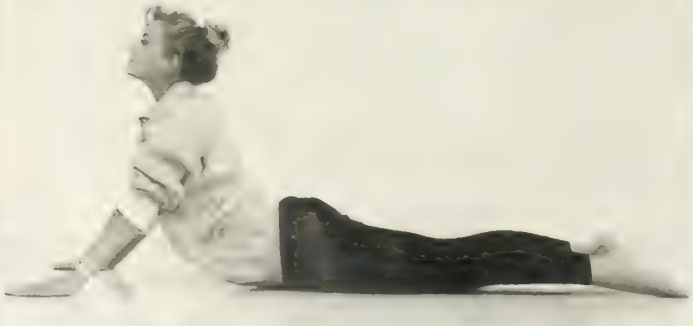


## Pre-slumber tranquilizers

**Always stretch out your muscles before crawling under the covers. These exercises can be done on the floor—or in bed. They're great for the lower back and increasing overall flexibility. The first one is also good for releasing tension from the thorax.**

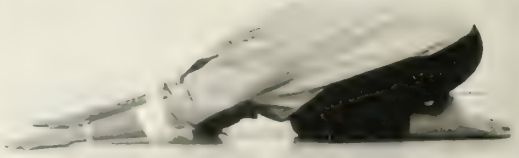
### PRESS-UPS

***Starting position: Lying on your stomach with your legs together, arms bent with hands resting palms down beside the shoulders, chin two to three inches from the floor. Action: Pressing with your hands, arch body up and back, hold for two counts, lower body slowly and repeat five times. Be sure to keep your hips on the floor (or bed) at all times.***



### PRAYING STRETCH

***Starting position: Kneel, sitting gently back on your heels, arms at sides with hands resting palms down, fingers facing forward on the floor, head two to three inches from the floor. Action: Slowly reach forward with both hands, concentrating on long, deep breaths, stretching and flattening your torso and letting all tension flow out of your body. Hold for thirty seconds, return to starting position and rest for ten seconds. Repeat stretch.***



Ross Whitaker

# HALSTON III™

A total look that glimmers with silver. Because there's nothing more beautiful than a confident woman. Cardigan $65. Turtleneck $48. Skirt $45.



Available at most large stores. Prices higher in Alaska, Hawaii and Puerto Rico. © 1986, JCPenney Co. Inc.

*You're looking smarter than ever.*™

JCPenney

## Psychological uppers



Model, Kelly Lynch of Click

Ross Whitaker

No matter how much sleep you get and no matter how well you eat, if your spirits are low, you're going to feel tired. Actually, when you're blue, you may even sleep *more* than usual and still not feel rested. The solution? Obviously, serious depression requires professional help. But chances are, you've just got plain old garden-variety blues for one of the following reasons.

■ *You're doing too much.* Really, there *is* a limit to what you can handle. Barbara Sher, author of *Wishcraft* (Ballantine, 1983) and founder of Success Teams, says that she counsels many women who are in genuinely unfair situations either at work or at home, or both. "Maybe the boss is piling work on you. Or perhaps your husband leaves all the housework to you, even though you both have jobs." Sher goes on to say that unless you stand up for yourself and correct the problems, you harbor unexpressed anger, which is more exhausting than the physical work you're doing. "But you don't have to be angry. Just take a little time for yourself. Be a rascal for once. If your husband isn't pulling his weight around the house, just go on strike one weekend so he *has* to wash his own socks—or wear them dirty. Do not let an imbalance at work or at home get the best of you."

■ *You're expecting too much of yourself.* Sher says that many women are handling superhuman schedules but blame themselves for not doing enough. "Ignore that voice in your head that is scolding you," she advises. "It's not your real conscience. Try listing all the things you have done, and done well, and then congratulate yourself for being remarkable. This is a truly therapeutic little exercise."

■ *Something is really wrong with your life.* If your life is not right in some way, change it. That may be easier said than done, but Dr. Shainess insists that you must not be timid about going after the life you really deserve. "A job you hate, a bad marriage, any intolerable circumstances, are debilitating," she says. "You should not give in to fear. You have one life to live."

■ *You're burned out.* You love your work and your family, but somehow you've simply had it with everything. What now? "Do something totally different from your usual routine," suggests Barbara Sher. "If you're a word person, take a drawing class, even if you're terrible at it. This may seem like one more thing to do in a busy schedule, but I can guarantee that it will release you from your exhaustion."

### Two instant ways to recharge anytime

**Research shows that fragrance can trigger intense emotional reactions. For example, splashing on a lemon scent that you associate with relaxation and good times can make you feel less tired.**

**■ Never underestimate the power of daydreaming. Far-away fantasies are anything but a waste of time. They are the source of creative inspiration and can help you discover solutions to your problems and define your goals. They are also fun! So close your eyes, forget the bills and the deadlines for a few minutes, and indulge in a journey of the imagination. In no time you'll feel rejuvenated and ready to get going again!**



# Now you can be positive.

### Easy-to-read Colorstick

Only Advance has an easy-to-read Colorstick that shows your results clearly. A color change to blue, as shown above, means you're pregnant. No color change, as shown below, means you're not.

### Fast results

Advance gives you fast results. It cuts down waiting time to a mere thirty minutes. Some home pregnancy tests make you wait one to two hours. Advance also lets you test yourself as early as three days after a missed period.




### Accurate results

Advance is the same kind of pregnancy test that is used in hospitals. What's more, Advance is simple to use, and it is easy to read. So you can feel extra-confident with the results of your test.

### Toll-free number

If you have any questions about the test, simply call the toll-free number included in each kit. A specially trained registered nurse will be ready with answers.

**Advance® Pregnancy Test.**
**The easy way to know for sure.**

# Even if it's negative.



Advanced Care Products © OPC 1986

# Nutritional uppers



Ross Whitaker

Okay, so doctors agree that poor nutrition drags women down. What, then, is the *right* way for women to eat for maximum energy—*without* putting on extra weight? We asked three nutrition experts: Laura Stein, author of *The Bloomingdale's Eat Healthy Diet* (St. Martin's Press, 1986); and Sonja L. Connor, M.S., R.D., and William E. Connor, M.D., authors of *The New American Diet* (Simon & Schuster, 1986). Here's what they said:

■ Complex carbohydrates—vegetables, whole grains, some fruits—should be the mainstay of your peak-vitality eating regimen. These foods are the most efficient, cleanest-burning fuel for your body.

■ Cut down on protein. You do need some every day, of course, but not more than about 44 grams. Translation: Three ounces of lean fish plus a glass of skim milk and a container of plain yogurt.

■ Eat whole fruits instead of drinking juice. The fiber in the fruit naturally slows down the digestive process and lessens the impact of the fructose, or fruit sugar.

■ Don't use simple carbohydrates—sugary foods like cookies and doughnuts—to give yourself an energy jolt. You'll pay with a sudden slump not long afterward because your body goes to work producing insulin to absorb the sugar, and then the blood is low on glucose and you feel tired all over again.

■ Go easy on the caffeine. The rush you get when you down a couple of cups of coffee comes from an excessive release of adrenalin, and when its effects wear off, you feel worse than ever.

■ Forget the chocolate bar as well. Chocolate contains a caffeinelike substance called theobromine and causes the same start-and-stop problems that coffee does.

■ Eat at least three times a day. Even better, if you can trust yourself not to overeat, have four to six small, evenly spaced meals. This way, you will have a constant fuel supply but never too much to digest all at once.

■ Fatty foods are definitely out. They're hard to digest, making you unnecessarily sluggish. A fast-food lunch of a hamburger and french fries is a bad idea on a busy day.

■ Hide the salt shaker. Sodium promotes water retention, making you feel bloated and heavy.

## A nutritious diet for all-day energy

**Laura Stein suggests the following for a low-fat, high-carbohydrate, super-energizing day:**
BREAKFAST **Citrus fruit (orange or ½ grapefruit or tangerine), ¾ cup hot or cold cereal with 4 ounces skim milk.** LUNCH **A whole wheat pita pocket stuffed with shredded cabbage, lettuce, peppers or chopped vegetables and tomato slices. Flavor with lemon juice and mustard. Serve with salad and vegetable soup if you feel hungry.** DINNER **Tuna-stuffed potato (use tuna packed in water), salad, steamed vegetables.** SNACK **Raw and cooked vegetables as desired, ½ apple cut up and mixed with plain, low-fat yogurt.**




# The 6 o'clock News

*Go gently into the night*
*with silky mushrooms,*
*vine-sweet tomatoes,*
*tender beans and*
*artichokes in abundance.*
*It's salad made succulent*
*with today's food in cans.*



*Food in Cans · Something Wonderful Right Away*

*Copyright ©1986 Canned Food Information Council*

elersdorf Inc Norwalk, CT 06856-5529 © 1986
DF●●●●






Nivea. For over seventy years, it's been appreciated by more women and men than any other moisturizer.

# EASY AS 1-2-3

## SUPER QUICK MEALS

*Pork chops with a tangy sauce, rice studded with peas and raisins, and a salad of sweet fennel and red pepper. By Susan Sarao*



Irvin Blitz

**MENU FOR FOUR**

***PORK CHOPS WITH BALSAMIC VINEGAR**

***VENETIAN-STYLE RICE PILAF**

***FENNEL RED PEPPER SALAD**

**RIPE PEARS AND WALNUTS**

***Recipe given**

### VENETIAN-STYLE RICE PILAF

**Venetians love *risi e bisi*—rice and peas. We've added golden raisins for a touch of sweetness.**

In medium saucepan melt 1 tablespoon butter or margarine over medium-high heat. Add a small minced onion and saute until translucent. Stir in ¾ cup long-grain rice and 2 tablespoons golden raisins. Add 1½ cups chicken broth, a pinch of salt and ¼ teaspoon pepper. Cover and bring to a boil; reduce heat and simmer 15 minutes, until rice is tender and liquid is absorbed. Stir in ½ cup frozen peas; cover and cook until peas are tender and pilaf is dry, about 5 minutes. Serve with pork chops.

### FENNEL–RED PEPPER SALAD

**If fennel is unavailable, very thin diagonal slices of celery are a delicious substitute.**

In medium bowl whisk together 2 tablespoons fresh lemon juice, 1 tablespoon olive oil, ½ teaspoon freshly ground pepper and ¼ teaspoon salt. Cut 1 bulb fennel in half lengthwise, then cut lengthwise into thin strips. Add to dressing. Julienne 1 red pepper; add to dressing and toss until well coated. Serve in salad bowls.

### PORK CHOPS WITH BALSAMIC VINEGAR

**These days, pork is so much leaner that cooking time is almost halved.**

Pat dry four 1-inch-thick pork rib chops (about 1¾ lbs.) with paper towels. Sprinkle with salt and pepper. In large skillet heat 1 tablespoon salad oil over high heat. Add chops and brown well, 3 minutes per side. Transfer to a warm platter and cover loosely with foil. In same skillet saute 4 large shallots, sliced thin, until softened. To skillet add ½ cup chicken broth and ¼ cup balsamic vinegar; cook over high heat until syrupy, 3 to 4 minutes, stirring to scrape up browned bits. Add 2 tablespoons butter, whisking until slightly thickened. Spoon sauce over the chops. Serve immediately.

### A-B-C-DEGLAZE

Deglazing is a flash-in-the-pan technique worth learning, to create a flavorful sauce for meat, poultry or fish. After removing cooked meat from skillet to serving plate, pour a small amount of wine, lemon juice, flavored vinegar, or broth (or any combination of those liquids) into the skillet. Cook over high heat, scraping up any browned bits with a wooden spoon. Continue cooking until the sauce is reduced and syrupy. For extra richness, remove skillet from heat and whisk in a tablespoon or two of butter. Pour sauce over the cooked meat and serve.

# FREE!




# 987 CALENDAR OF GREAT AMERICAN COOKING ON PACKAGES OF UNCLE BEN'S®

Rice

Twelve delicious, easy-to-prepare rice dishes showcasing American cooking at its best. Plus twelve detachable 7" x 5" recipe cards to use and save. The "Celebration of American Cooking" calendar comes free on specially marked 3-lb. packages of UNCLE BEN'S® CONVERTED® Brand Rice. Get yours today at participating stores while supplies last!




If you cannot find the specially marked packages, just send the proof-of-purchase seal from one 3-lb. or larger package of UNCLE BEN'S® CONVERTED® Brand Rice with your name and address plus $1.00 for shipping and handling to: Uncle Ben's Calendar Offer, Box 1752, Houston, TX 77251-1752. Allow 8 weeks for shipment. Offer good only in USA and while supplies last. © Uncle Ben's, Inc. 1986

**Uncle Ben's®** Brand Rice

It really does make a difference.®

# THE SECRET PROBLEM THAT DESTROYS MARRIAGES



*One out of three wives may suffer from psychological abuse. What happens when a husband turns into a bully? By Cheryll Ostrom*

"We'd be in the car driving home from a party or from visiting friends, and suddenly I'd realize I'd done something wrong." The smile fades from Jill's face as she recalls her four-year marriage.

"Bob never said anything. Just the way he drove told me I'd disappointed him. The punishment was always the same—no attention, no affection, until I made up for my 'mistake.' Sometimes it took days to figure out—I might have laughed too loud or talked to someone he didn't like. At first I'd plead with him to tell me so I wouldn't do it again. But he'd stare past me as if I weren't there and ask, 'Don't you know?'"

At other times, Bob humiliated Jill with "loving concern." "We went to my office dinner party—people were having drinks and talking while the buffet was being set up. I started telling a funny story about our new phone system, but Bob came over, took my wineglass away and said, 'Come on, sweetie, time for you to go home.' He put his arm around me and told everyone, 'She just can't drink on an empty stomach.' Then he 'helped' me out the door. I couldn't resist without making a scene, but I'd had only *one* glass of wine."

Jill knew that Bob hadn't wanted to go to the party, but he wouldn't let her go, alone, either. "I confronted him about it but he insisted he was only trying to keep me from making a fool of myself."

Bob's bullying of Jill is a form of psychological abuse, according *(continued)*

Tom Arma

# Introducing new Watermelon Fruit Roll-Ups.




## The only thing they'll miss is the seeds.

We've "unseeded" Mother Nature with new
atermelon Fruit Roll-Ups. Wholesome 'cause we
ake 'em with real fruit. But more fun 'cause
ey're the fruit your kids can unroll, peel and chew.
And watermelon is just one of eight great-
sting Fruit Corners® Fruit Roll-Ups. Every one an
cellent source of Vitamin C.
Fruit Roll-Ups.
e real fruit
acks that are
-seed-ingly" fun.

FRUIT CORNERS

If it comes from Fruit Corners,
it's made with real fruit.

K324 | MFR COUPON | NO EXPIRATION DATE

**Save 20¢**

when you buy one box
WATERMELON VARIETY ONLY

FRUIT CORNERS FRUIT ROLL-UPS®




**Consumer:** Limit one coupon per purchase, no other coupon may be used in conjunction with this coupon. **Retailer:** You are authorized to act as our agent and redeem this coupon at face value plus 8¢ handling, in accordance with our redemption policy, copies available upon request. Send coupons to: GMI COUPON REDEMPTION, P.O. Box 900, MPLS., MN 55460, or our authorized clearing houses.

Void if copied, and where prohibited, licensed, or regulated. Good only in U.S.A., A.P.O's, F.P.O's. Cash value 1/100 cent upon presentation for payment.

0986 A47196

5 16000 40720 1

© General Mills, Inc.




## THE SECRET PROBLEM

continued

to Patricia Hoffman, Ph.D., a psychologist at the St. Cloud State University Counseling Center, in Minnesota. Hoffman, who did the first research project in the nation on psychological abuse in marriage, defines such abuse as "behavior sufficiently threatening to a woman that she believes her capacity to work, to interact in the family or society, or to enjoy good physical or mental health has been or might be endangered." Unlike physical abuse, psychological abuse is harder for a wife to recognize and acknowledge. But experts agree that psychological abuse can take a variety of forms, including the silent treatment, verbal threats, extreme jealousy, temper tantrums and treating a woman like an object.

The number of women involved in psychologically abusive relationships is difficult to establish, but it may be as high as one in three, according to Hoffman's research. Jeanne Weigum, M.S.W., marriage counselor with the Center for Rational Living, in St. Paul, believes it's the underlying problem in most dysfunctional or difficult relationships. "Women come in for counseling feeling 'I'm unhappy,'" she explains. "But when they examine that unhappiness, it usually turns out that their husbands are practicing some form of psychological abuse."

### Confident—or domineering?

Rachel, now thirty-nine, had been married to Hank for a year when she first realized that he was psychologically abusive. "We went to stay with my brother, and after I got ready to go out, Hank scowled and ordered me to change." Rachel's eyes cloud with pain as she remembers. "He didn't like my dress and said I had on too much makeup. My brother was angry, but there was nothing he could do. I changed, and we went to dinner."

Rachel had married Hank when she was nineteen and a freshman in college. "I fell in love with his confidence," she recalls. "He was twenty-one and bragged about how he had his life under control. In reality, he worried constantly about what others thought of him. Underneath that self-assured grin was a really insecure person."

"Insecurity about one's self-worth makes an individual especially prone to denigrate others," says Mildred Daley Pagelow, Ph.D., who teaches a course in marriage and family living at California State University at Fullerton and is the author of *Family Violence* (Praeger, 1984). "No matter how high a man goes in the world, there will a ways be others who have more powe or who are capable of stripping hi of power."

This causes men like Hank to d velop "an enormous need to control says Jeanne Weigum. "It's more tha just throwing his weight around, d manding dinner or a back rub. He ma be a judge or the president of a ban but to really feel in control he needs overpower and dominate his wife."

When Rachel graduated, she got job teaching. Hank was in law schoo "He was studying day and night b complained that *my* job took too muc time away from our relationship. H told me to quit.

"I went to work as a secretary Rachel says, "but when I was promote Hank complained about that, too. I ha to quit again." Hank finally stopp complaining when Rachel took a job a receptionist.

Men like Hank "don't want a woma 'on top,' no matter how much her su cess would enrich the men ther selves," says Letty Cottin Pogrebin, a thor of *Family Politics* (McGraw-Hi 1983). Thus, many women like Rach are in jobs below their educational lev and earning ability. Pogrebin explai that women who do have successful c reers tend to leave men who abu

hem, and psychologically abused omen themselves say the confidence ained through a job is often what ives them the courage to leave.

But some women remain for years ith men who dominate and control hem. Why? "I was sure it would get etter," explains forty-seven-year-old hyllis, a vivacious redhead who spent hirteen years with a man who ordered er to hang up when she was talking on he phone, wouldn't let her see her iends and refused to allow her family nto "his" house. "I hoped the situation ould improve once he had a different b or the kids were grown. But none of hose things made a difference."

Yet Phyllis still couldn't leave. "He'd een physically abused as a child, and is stepfather kicked him out when he as just fourteen. When I even thought bout leaving, I felt guilty."

### An impossible task

uilt may be the number-one reason omen give for staying with men who buse them psychologically; they be-eve these men need them and view eaving as desertion.

Yet "the longer a woman stays and he harder she works to make the mar-iage work, the harder it is to leave," ays Ann McClenahan, Ed.D., a psy-hologist in private practice in Sioux alls, South Dakota, who has also done esearch on psychological abuse. She xplains that women in psychologically busive relationships believe their be-avior determines their husbands'—hat the marriage would improve if hey just worked harder and changed vhat they say or do. "That simply isn't rue," McClenahan says, "even if her usband tells her it is."

Hoffman says women must not lame themselves for marrying a man vho abuses them psychologically. Women aren't very critical when hey're in the first stages of love," she ays. "But even if we looked for clues in man's behavior, we'd only see them as is faults. We wouldn't see them as big roblems until we lived with him.

"Handsome charmers, for example, an turn it on and off. But initially a voman sees only the charming side nd thinks that's the way he always is." he "off" can come as a complete sur-rise, as thirty-two-year-old Donna ound out after her marriage.

"The morning after our first date, Al-en sent me a dozen roses with a note aying I was the most beautiful woman e'd ever taken to dinner and inviting ne to a play with him that night. I'd nentioned the show at dinner the night efore, and I was so impressed that he remembered. I was sure he was the Prince Charming I'd been waiting for."

Three months later Allen gave Donna a one-carat diamond, and two months after that they were married. "Suddenly, there were no more candlelight dinners or theater dates. I told myself he was just tired. But one night I asked if we could go to a movie, and Allen shouted at me to stop nagging him. "He said he was done with all the romantic garbage." Donna's dream world was shattered. "But my parents still love Allen, and my friends think he's great. They'd never believe me if I told them how he treats me.

"Allen loves to yell about how stupid I am. That really hurt at first, because I always prided myself on my intelligence. I have a college education, and Allen doesn't. But now I just don't listen. I don't care anymore."

Like Donna, many women in abusive relationships disconnect emotionally from their husbands. "If you're no longer emotionally involved," Weigum explains, "then the abuse isn't as meaningful or painful." But women who stay in such relationships run the risk of coming to believe their husbands' words are true. Hoffman's and McClenahan's research found the verbally abusive man often refuses to acknowledge his wife's strengths—if she's intelligent, he'll tell her she's stupid; if she's beautiful, he'll tell her she's ugly—whatever it takes to maintain control.

"We need to tell women it's okay to leave these men," stresses Janis Pulliam-Krager, Ph.D., a marriage counselor and director of Counseling Services of Southern California. "Those who stay give their daughters the message that bullying is acceptable male behavior." This attitude is passed on from generation to generation. A son also has an inappropriate role model when he sees his father's bullying succeed— *(continued on page 199)*


# Susan is about to contaminate her entire class with head lice.

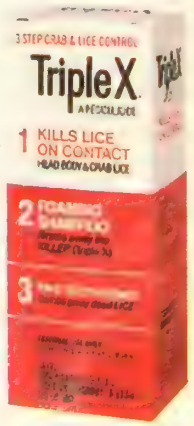
## Fortunately there's Triple X.®

Head lice are spread by personal contact or by infested items like combs, towels and hats. There'll be millions of cases this year—anyone can catch them.

Fortunately there's reliable, effective Triple X—the only 3-step treatment kit for lice. It costs less than the leading brand but works as well, with the same effective ingredients.

The unique Triple X kit consists of Triple X pediculicide to kill head lice and crabs on contact; foaming Triple X rinse-away shampoo no other brand has; and a fine tooth comb.

Triple X, with the two most effective ingredients available, without a prescription.






© 1986 Carter-Wallace, Inc.

# PSYCHOLOGIST'S JOURNAL

*Why you feel the way you do, plus the newest psychological research. By Sonya Friedman, Ph.D.*

## HOSTESS JITTERS

**Q For weeks before I give a party I get a terrible case of nerves. Even though I make elaborate preparations, I worry that everything will go wrong. Why do I get so worked up?**

A Everyone gets stage fright before a big performance. After all, when you entertain, the spotlight's on you.

But even though a small amount of anxiety may help us get motivated, too much of it can make us forgetful or careless about details. To help relieve your nervousness, begin practicing relaxation techniques. Breathe deeply for a couple of minutes and repeat the word *calm* to yourself. Then imagine every phase of the party and go over each aspect in your mind. Once you've envisioned the party the way you want it to be, make a detailed schedule a week or two ahead of time of everything that needs to be done. Cross off each item as you complete it. On the day of the party, spend an hour getting yourself ready and unwinding from the preparations. Then you'll be ready to greet your guests looking and feeling at ease.

## LOVEMAKING QUANDARY

**Q My husband enjoys making love in the morning. Even though we lock our door, I'm so nervous that our two-year-old will interrupt us that I can't enjoy myself. Why does this bother me so much?**

A All parents worry that their child might see or overhear their lovemaking and end up on a psychiatrist's couch. Actually, children are more likely to need psychiatric help if there is *no* love or affection in their home. At age two, even if your youngster were, by some chance, to wander in, she would have little real understanding of what was going on. And unless the two of you reacted to her presence in a hysterical way, she would probably take things in stride.

However, since your door is usually locked, there's little chance of your daughter's walking in. Thus, your concern probably stems from some sexual conflicts from your past. Perhaps you saw your parents making love when you were young, and their reaction frightened you or gave you the idea that they were doing something wrong. Furthermore, if they told you that sex was dirty, you may still harbor that belief.

It's important to rid yourself of the misconceptions your parents gave you and avoid passing them on to your children. To keep from worrying about your daughter's walking in on you and your husband during morning lovemaking, explain to her that whenever your bedroom door is locked it means that you and your husband want privacy. Tell her that she should respect yours the way you'll respect hers. This will help her to understand that Mommy and Daddy need to have time alone together, and it will help you to feel much more relaxed in the mornings.

## UNETHICAL COLLEAGUE

**Q I've just learned that a co-worker has been taking credit for some of my work. Why would she do this?**

A People who take credit for the work of others have low self-esteem and fear that they can't measure up to their colleagues. Moreover, this fear is so strong that they often feel no guilt and show remorse only when they're caught. If you don't speak to your colleague about what she's done, you're giving silent approval. She may then take credit for your work even more frequently.

It would be best to confront your colleague in front of another co-worker. Tell her that if her behavior continues, you will be forced to make a formal complaint to your boss. Don't let your fear of hurting others keep you from taking action.

*LHJ welcomes your questions for Psychologist's Journal. Send them to Sonya Friedman, LHJ, 3 Park Ave., New York, NY 10016. Dr. Friedman regrets that she cannot respond personally.*

## A QUICK STRESS BEATER

**If you're often under pressure and don't have time to unwind, try a new two-minute relaxation technique that can put you back in control. The technique, called Quick Release, was developed by Robert H. Phillips, Ph.D., director of the Center for Coping with Chronic Conditions, in Garden City, New York. It reduces physiological responses to stress, he says, and is a modification of a twenty- to thirty-minute procedure, known as progressive relaxation, which entails tensing and relaxing specific muscle groups. Phillips says Quick Release "is not a solution to long-term stress, but it can help a person relax enough to be able to use other coping strategies effectively."**

**To do the Quick Release: 1. Get into a comfortable position and close your eyes. 2. Inhale, and hold a single breath for approximately six seconds while tensing muscles. 3. Exhale, and let your body go limp. Continue to breathe rhythmically for approximately twenty seconds. 4. Repeat the six-second/twenty-second cycle two more times. 5. At the end of the third repetition, let the relaxation portion of the Quick Release continue for approximately one minute.**

# SURPRISE!

## ELCH'S ORCHARD® JUICE-IN-THE-BOX!



# SHE ONLY CRIED ONCE

## *A family's long struggle with a devastating illness*

*This is the story of Sidney—a bright and vivacious young woman with a pixieish sense of humor. For eighteen years, she has fought against the ravages of a mysterious and terrifying disorder called neurofibromatosis, the Elephant Man's disease. She is the bravest person I know. She is also my little girl.*



Scott Robert Goldsmith/Black Star

**The author and her daughter, Sidney, at their home in Louisville, Kentucky**

**September 1968**

On Friday, Sidney came home from her first week in junior high sparkling with excitement: She had been nominated for her first school office, and she was thrilled by the honor. By late afternoon, though, she was complaining of a headache; she fumbled with her books, a glass of milk slipped from her hand and crashed on the floor.

By Monday, her right side was completely paralyzed, her face twisted; she couldn't speak. Spinal taps, arteriograms, consultations with neurologists and neurosurgeons: The tests were negative. The diagnosis: stroke, cause unknown. We couldn't believe what we were hearing. Sidney had always been supremely healthy. She was our only child, and she was just thirteen . . . children don't have strokes!

Five weeks later, Sidney was released from the hospital. At the time, we were living in a big old two-story house in Wheeling, West Virginia. My husband, John, carried Sidney up the long flight of stairs to her room and placed her gently on the bed, where she lay helpless.

But not for long. Sidney fought back stubbornly. Insisting she could manage the stairs alone, she crawled up and down, dragging her useless arm and leg. With the same persistence, she endured months of intensive speech therapy, spending hours in front of the mirror forcing her voice to make what were once familiar sounds.

By early summer, her speech problems had disappeared; the paralysis had also released its grip, though Sidney was left with residual weakness in her right arm and leg. To strengthen them, she worked out daily on the exercise equipment her father had set up in her room. Unable to write with her right hand, she slowly but surely learned to use her left.

The following September, Sidney went back to school. Still the nagging question remained . . . why had this happened? The doctor didn't know. "Just be grateful she's made such a *(continued)*




© 1985 Lever Brothers Co.

WISK® GETS RING AROUND THE COLLAR AND YOUR WHOLE WASH CLEAN.





# LATELY, THERE'S A LOT LESS TO PINCH IN ITALY

Mamma mia! An Italian national pastime may well become a lost art.

Thanks to Fibre Trim,® Italy has fewer inches to pinch. Scores of women have slimmed with help from Fibre Trim. That's quite an accomplishment in a pasta and pizza paradise.

The Italians, and countless others, have helped make Fibre Trim Europe's number one slimming aid.

## A SLIMMING RENAISSANCE BEGINS

Natural Fibre Trim represents the birth of a new way of dieting. A natural way.

Fibre Trim is quite simply a special blend of natural food fiber that's made from grain and citrus. A blend you can use specifically for weight loss.

Taken before meals, Fibre Trim works with you body to help you feel full.

It's no panacea—just natural help that makes eating less a little more bearable.

## THE ITALIAN WAY, THE FIBRE TRIM WAY

The Italians, and the wise, a tempt nothing in a hurry.

Especially weight loss.

The Fibre Trim plan means eating less, eating right, moving around more, and gradually losi that extra weight.

Fibre Trim can become a sen sible way of life—even after you have slimmed. It's a healthy way to say "arrivederci" to excess pounds and inches, for good.




## THE EUROPEAN WAY TO SLIM. FOR GOOD.

FT-033/13704406-8/86
© 1986 Schering Corporation

## SHE ONLY CRIED ONCE

continued

arkable recovery," he said to us. nd we *were* grateful. Life returned ormal: I was teaching first grade -time, secure in the knowledge that ey was on the mend. John accepted osition as regional manager for a erage equipment manufacturer, and gh it meant extensive travel, I had uraged him to take it. Having sur- d that past year, I felt there was ing I couldn't handle.

leanwhile, Sidney, determined to e up for her lost year, seemed to be g in six different directions at once. only regret was that she had to up ice-skating, her favorite sport— right foot and ankle were too k to support her weight.

**tober 1972**

almost three years, we nearly for- about our ordeal. Sidney was grow- into a radiant teenager. Boys with hly scrubbed young faces started ap- ring at the door. She was very popu- and her father and I often joked ut trying to keep up with her hectic al schedule. Sometimes I would lis- smiling, as Sidney and her friends ussed such weighty matters as mar- e and children. Sidney wanted a De- ber wedding, complete with white et gown and white poinsettias. She ld have two children, she decided, n boys with bright red hair. Only a ht limp reminded us of her struggle.

ut by 1974, Sidney's senior year in h school, we could see subtle, nous changes in her physical condi- . Her right foot dragged when she tired. Her eyes, especially the left, med more prominent.

t school, there were missed assign- nts: She hadn't heard them. And she an to find excuses for not talking on phone to her friends. Worried about hearing, I called our family doctor. ugh he tried to calm my fears, I ldn't be put off. At my repeated ing, he arranged for Sidney to have eries of hearing tests.

The results were a shock. Tumors— rofibromas, they called them—had eloped on her auditory nerves. They e usually benign, the neurologist l us, but he urged us to make an ap- ntment with Joseph Maroon, a rosurgeon in nearby Pittsburgh.

When I returned to my classroom the owing morning, a friend, a regis- ed nurse who did volunteer work in school office, asked about Sidney. od news!" I replied. "The doctor said y're neurofibromas. They're benign isn't that wonderful?" I was so py I didn't notice that she hadn't swered me, that she had actually rted her glance.

**Thanksgiving 1974**

We had decided to wait until the holiday weekend to drive to Pittsburgh, since Sidney was well into her freshman classes at West Liberty State College, near our home. On the way to the hospital, our spirits still buoyed by that wonderful word *benign,* her father and I teased her about her new doctor, telling her we had heard he was young and very handsome. She dismissed us with a wave of her hand; in her experience, most neurosurgeons were over fifty and depressingly gloomy.

The next day, expecting to find her asleep after an exhausting round of tests, she looked up and grinned as we walked into her room. "Mom," she sighed happily, "he's gorgeous."

The joy, however, was short-lived. That evening, as we stepped off the elevator, a nurse rushed up to us. "Sidney is so upset," she said.

We ran down the hall and found her still sobbing heavily as we entered her room. Slowly we pieced together what had happened.

That afternoon, when the doctor had visited her, Sidney had insisted on knowing if he could help her. As gently as possible, he had told her that the four tumors had to be removed; the nerves would have to be cut. She would be totally deaf. (Later, Dr. Maroon told *us* that the tumors were life threatening.) But he promised to schedule the surgery for the following September, waiting as long as he dared. He was, in essence, offering her nine more months in a hearing world—nine months to store away a lifetime of sounds.

"I thought he was going to help me," she sobbed, "but he's going to take it away." We tried to console her, to tell her that her life was more important than her hearing, more important than anything. Finally she slept. That was the last time we ever saw her cry. There may have been tears, alone in her room, but never again in front of us.

**September 1975**

Those nine months were a blur. On the surface, Sidney seemed unchanged. After her initial reaction, she said very little, even to her closest friends. They were aware by now of her hearing problem, but she mentioned only that she would be going into the hospital soon.

She attended her college classes during the day and played her stereo far into the night. One day, she came home visibly upset. In a group discussion in English class, she hadn't heard a question correctly; she had given an inappropriate answer, and the class had laughed. She was humiliated.

September came. In six hours, it was over. Dr. Maroon had removed two tumors. He said the others, including a massive one *(continued on page 190)*



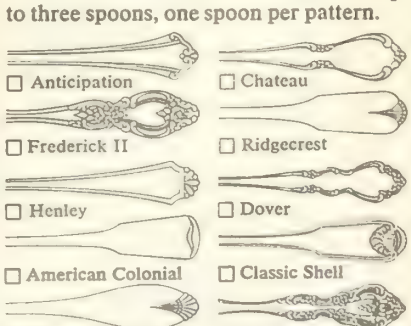


INTRODUCING ANTICIPATION

Teaspoon sample 50¢

Oneida Sample Center
P.O. Box 9777, New Brighton, MN 55197

Beautiful beginnings start with Oneida stainless. Please send me a sample stainless teaspoon in the pattern(s) I have checked. I am enclosing $.50 plus $.25 postage and handling for each spoon ordered. Offer is limited to a choice of up to three spoons, one spoon per pattern.



☐ Anticipation ☐ Chateau
☐ Frederick II ☐ Ridgecrest
☐ Henley ☐ Dover
☐ American Colonial ☐ Classic Shell
☐ Kingswood ☐ Michelangelo

Name
(Please print)
Address
City
State Zip

Add sales tax for N.Y. & Calif. Offer valid only in U.S.A. & P.R. Allow 4-6 weeks for shipment. Expires 6/30/87. LJ106

ONEIDA

# Walt Disney World®/Kodak Family Vacation Contest




15 YEARS
Walt Disney World

*Your family could win an exciting five-day vacation at Walt Disney World*

*Six lucky people will win this Kodak 35mm camera!*



*Here's your chance to win a family vacation at the Walt Disney World Resort during its fifteenth birthday celebration, plus a Kodak VR 35 model K10 camera to record your family's fun. Five runners-up will also receive cameras. So before you put away those photos from last summer's vacation, choose your best and send it to us along with an essay on the joys of family vacations. Enter before November 15.*

## Contest rules

**1.** Send one nonreturnable color photograph that shows your family enjoying a vacation. Essays must be typed double-spaced or neatly printed on one side of an 8½-by-11-inch sheet of paper and should be no longer than 100 words. Essays, as well as the back of the photograph, must include your name, complete address with ZIP code and a phone number where you can be reached during the day. Send entries to WALT DISNEY WORLD/KODAK FAMILY VACATION CONTEST, LADIES' HOME JOURNAL, 3 Park Avenue, New York, NY 10016.

**2.** Entries must be received no later than November 15, 1986, and must be signed by you as proof that the entry is yours.

**3.** Only one entry per household.

**4.** All entries must be original and cannot be returned. Photos must not have been submitted to any other contest. We reserve the right to edit and abridge essays as necessary. All rights, including rights of copyright, to prizewinning photographs and the accompanying essays will belong to and may be exercised by *Ladies' Home Journal*. As a condition of receiving a prize, a winner may be required to sign a statement confirming the rights of *LHJ* to the photograph and essay and must sign a liability release.

**5.** Photos and essays will be judged on originality, interest and appeal. The decisions of the judges will be final. Winners will be announced in a future issue. No cash payments will be made in lieu of prizes. Entrants agree to accept prizes as described below at the convenience of *Ladies' Home Journal*, Walt Disney World and Kodak. Payment of all applicable taxes is the sole responsibility of the winners.

**6.** The first-prize winner will receive a five-day, four-night Walt Disney World vacation for a family of four, to take place June 27 through July 1, 1987, and a Kodak VR 35 model K10 Camera Outfit. Included will be round-trip air transportation from the winner's hometown, accommodations at an official Walt Disney World hotel, meals and admission to the Magic Kingdom and Epcot Center. Estimated value of a Walt Disney World resort vacation, excluding airfare, is $1,190.00. Estimated value of the Kodak VR 35 model K10 Camera Outfit is $129.95. Value of per person round-trip airfare depends on winner's originating point of travel. Taxes, gratuities, liquor, room service, laundry service, telephone charges, and personal expenses are not included in the winning package. The vacation is nonrefundable and cannot be sold, traded or transferred to anyone else. Five runners-up will also receive a Kodak VR 35 model K10 Camera Outfit.

**7.** This contest is open to anyone twenty-one years of age or older, except employees of Meredith Corporation, Walt Disney World, Kodak and their promotion organizations, and their families.

**8.** No correspondence will be entered into about this contest. Entries will not be acknowledged. We are not responsible for lost, late or misdirected mail. Proof of mailing or receipt will not be accepted as proof that an entry was actually received by us.

**9.** Contest is void where prohibited by law.

**10.** Entrants accept and agree to be bound by the rules and decision of the judges.

Tyco® vs. Lego®:

# If you can't tell the difference, why pay more?




**Tyco® looks like and feels like Lego.®** Because Tyco Super Blocks are made of durable, high quality materials, too. They come in bright colors. They're made to last for years.

**Tyco® works with Lego.®** Tyco Super Blocks connect to Lego blocks. So your child can keep right on building with either one.

**Tyco® costs much less.** The big difference is that Tyco Super Blocks give you a lot more blocks for your money. With Tyco, you're getting quality **and** better value.



**TYCO®**
**SUPER BLOCKS**

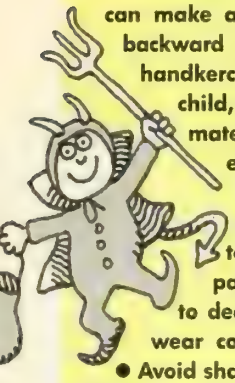
Lego® is a registered trademark of Interlego, A.G. Value comparison based on actual piece count of Tyco sets to comparable Lego® sets. Sizes and shapes in Tyco and Lego® sets vary.




*Out-of-this-world ideas for Halloween costumes and party treats, plus an interview with Mr. Rogers. By Mary Mohler*

## Halloween delights

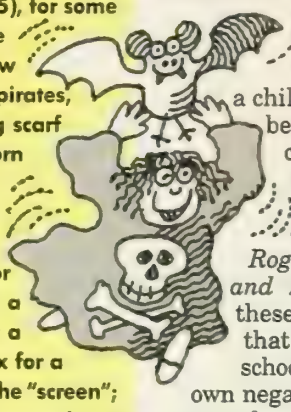
**Halloween is a big deal—second only to Christmas in excitement to a child. To help you make this holiday frightfully fun for your children, we asked Vicki Lansky, author of Practical Parenting: Tips for the School Age Years (Bantam, 1985), for some ideas. Costumes ● Do-it-yourself costumes are always more fun than the ones you buy, and more creative, too. With your old clothes and a few accessories from your closet, kids can become convincing gangsters, pirates, gypsies or hoboes. ● Old pants can be turned into knee breeches, a big scarf can make a sash, a shawl or even a hat, and a man's shirt, worn backward with the collar turned inside and a brooch pinning a handkerchief at the neck, makes a period-piece shirt.● For a small child, a one-piece sleeper makes a great costume base. The soft material is easy to dye, and lots of variations are possible. For example, add a fluffy tail and a hat with ears to make a bunny. ● Large boxes make all sorts of costumes: Cover a box with aluminum foil for a robot; use a tall, narrow box for a television-set costume, with the child's head showing on the "screen"; paint on suitable decorations. Costume safety ● Help kids use makeup to decorate their faces—masks can interfere with vision.● Don't let kids wear costumes that drag on the ground and could cause them to trip. ● Avoid sharp objects (e.g., swords, knives) that could injure children if fallen or stepped upon. ● Put strips of reflective tape on front and back of costumes. Great jack-o'-lanterns Leave the carving until the day before Halloween (pumpkins spoil fast) ● Separate the seeds and toast them: Soak seeds overnight in water and pull off the stringy pulp; dry on a cookie sheet and sprinkle with corn oil and a little salt; roast at 350°F. fifteen minutes or until golden brown. ● Save some of the seeds to plant in the spring—your kids can anticipate Halloween all summer. Terrific treats If you give out homemade food, be sure to wrap it and label it with your name, address and phone number, so parents will know who has given what. Here are some alternatives to food treats: crayons ● stickers ● balloons ● pencils ● yo-yos ● toothbrushes or toothpaste ● modeling clay.**



## Partying it up

*Want to get your imps off the streets early? One way is to have a Halloween party. Here are some ideas for party fare that kids will just gobble down. Carrot cupcakes with orange cream cheese frosting: Decorate with candy corn, or frost with witches, black cats, and so on. ● Gingerbread ghosts: Use any recipe for gingerbread men, but cut out in the shape of ghosts, witches and cats, and decorate accordingly. ● Shiny red apples —to bob for, of course ● Toasted pumpkin seeds ● Witches' brew: Any punch or cider will do; the secret to making it look authentic is to place a chunk of dry ice out of sight (and out of reach) in a dish behind the "cauldron"; pour a little hot water over the ice and it will give off a spooky mist.*

## Mr. Rogers on monsters



Ghosts and witches may be cause for screams of laughter at the Halloween party, but when the lights go out in a child's room, the monsters can become terrifyingly real. According to Fred Rogers, of *Mr. Rogers' Neighborhood*, who has recently developed a video called *Mister Rogers Talks About Dinosaurs and Monsters*, the intensity of these fears comes from the fact that preschoolers and grade-schoolers are still battling their own negative impulses. Often supernatural creatures represent whatever the child is struggling with—for example, a monster may symbolize a child's aggressive urges, and his fear of and attraction to this monster is a kind of acting out of his own inner drama.

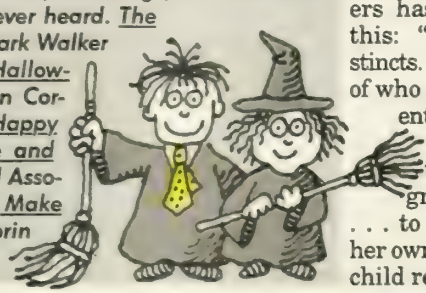
"Because the struggle is so basic," says Mr. Rogers, "it can't be dealt with on a one-shot basis."

But he does have some practical advice. Above all, he says, don't ignore or ridicule the fears. "Reassure the child, empathize with him or her, tell him again and again, 'I will be here for you, I will take care of you.'"

The hardest part, says Mr. Rogers, is to give comfort and reassurance without confirming the reality of the monsters. "It's up to parents to help a child sort out what's real. Kids may not hear it the first time around, but they nevertheless need you to articulate it." But the most important piece of advice Mr. Rogers has for parents is this: "Trust your instincts. Part of the beauty of who you are as a parent is that you know your child. And this is a parent's greatest challenge . . . to figure out what her own, special, unique child really needs."

## More Halloween ideas

*For more thrilling ideas for Halloween celebrations, try your local library or bookstore. The following books are just jam-packed with ideas for costumes, decorations, games, crafts, projects, parties and party food, treat bags, and even the worst monster jokes you've ever heard. The Great Halloween Book, by Mark Walker (Liberty Publishing, 1983); Halloween Fun, by Judith Hoffman Corwin (Julian Messner, 1983); Happy Halloween: Things to Make and Do, by Robyn Supraner (Troll Associates, 1981); Make a Witch, Make a Goblin, by Arnold Dobrin (Four Winds Press, 1977).*





# LIBBY'S GREAT PUMPKIN COOKIE. GREAT TASTE THAT'S A SMILE WIDE!

This is one big, delicious okie. It's also one wholesome okie. Because it's made with nerica's favorite pumpkin, Libby's. Sure, kids love the chocolate chip ckles. But you'll be baking real ats, made with plenty of pure, ural pumpkin and oatmeal. Try out Libby's Great Pumpkin okies on your favorite goblins. ey'll gobble them up before you a say boo!

## "GREAT PUMPKIN COOKIE" RECIPE

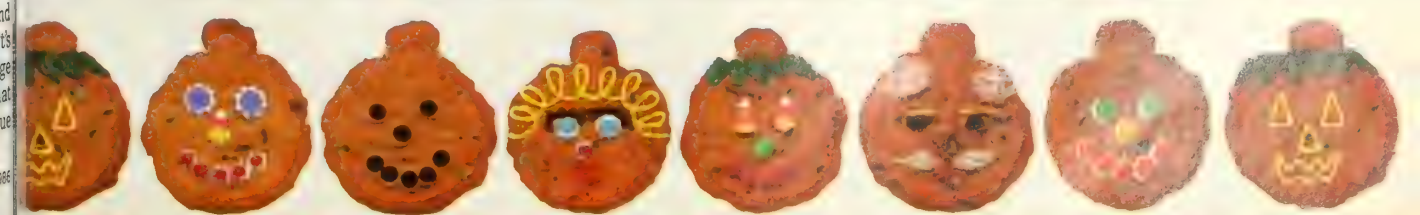
- 2 cups flour
- 1 cup quick or old-fashioned oats, uncooked
- 1 teaspoon baking soda
- 1 teaspoon ground cinnamon
- ½ teaspoon salt
- 1 cup butter or margarine, softened
- 1 cup firmly packed brown sugar
- 1 cup granulated sugar
- 1 egg, slightly beaten
- 1 teaspoon vanilla extract
- 1 cup Libby's Solid Pack Pumpkin
- 1 cup semi-sweet real chocolate morsels
- Assorted icing or peanut butter
- Assorted candies, raisins or nuts

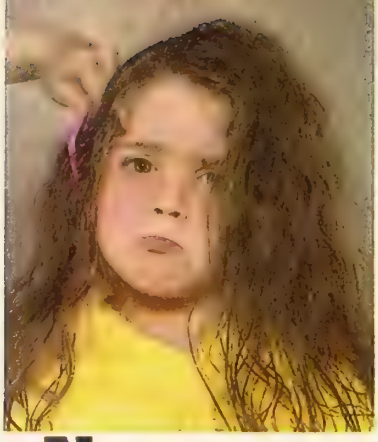
Preheat oven to 350°F. Combine flour, oats, baking soda, cinnamon and salt. Cream butter; gradually add sugars, beating until light and fluffy. Add egg and vanilla; mix well. Alternate additions of dry ingredients and pumpkin, mixing well after each addition. Stir in morsels. For each cookie, drop ¼ cup dough onto lightly greased cookie sheet; spread into pumpkin shape, using a thin metal spatula. Add a bit more dough to form stem. Bake 20 to 25 minutes, until cookies are firm and lightly browned. Remove from cookie sheets; cool on racks. Decorate, using icing or peanut butter to affix assorted candies, raisins or nuts. Yields 19 to 20 cookies.
Variation: Substitute 1 cup raisins for morsels.




**Order Libby's "Great Pumpkin Cookbook." Over 140 recipes in colorful hardcover. Only $3.95 and 2 Libby's Pumpkin Labels.**

Send check or money order, labels, name, address and zip code to Libby's Great Pumpkin Cookbook, P.O. Box 730-A, Pico Rivera, CA 90665. Offer good while supplies last. Allow 8 weeks for delivery. Offer good only in U.S.A., its territories and APO/FPO addresses. Void where restricted by law.





No more ouch...



with Johnson's no more tangles.*

- Takes out tangles easily and painlessly.
- Leaves hair cleaner, shinier, prettier, with a fresh, clean scent.

* TM



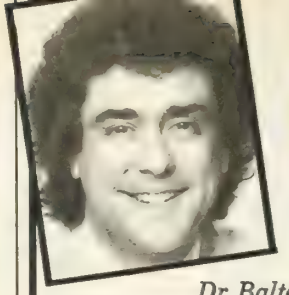

Johnson & Johnson

continued

## NEWS for PARENTS

# UNDERSTANDING KIDS

BY LAWRENCE BALTER, PH.D.



*Dr. Balter is a practicing psychologist and a professor at New York University. He also hosts a call-in radio program on WABC Talkradio for questions about child rearing and appears regularly on* The CBS Morning News. *He is the author of* Dr. Balter's Child Sense, *published by Simon and Schuster.*

**Q** *My daughter, aged seven, is begging to take piano lessons. I think she wants them only because her best friend has started. Should I let her, and how involved should I get in the matter of practicing?*

**A** In general, extracurricular activities are very good for a child. She gets exposed to enrichment far beyond what can be offered by most schools.

The fact that her friend is taking piano lessons is actually an advantage. It can provide just the right amount of motivation, and it's a good way to get a child started on something new.

Of course, deciding which activities your child should participate in can sometimes be a problem. It is, unfortunately, quite natural for a child to indicate an interest in one thing and then quickly want to leave it to become involved in something else. While you shouldn't encourage dilettantism, do try to be open to change and allow your child to experiment with different kinds of lessons. A child should not be asked to make a decision that will bind her for several years. A great deal of experience is needed to learn which activities we are good at and enjoy, and even adults make mistakes in this area.

So your child need not be stuck with piano if she's really unhappy with it. I would, however, require some minimum time commitment just to be sure it's given a fair chance. You might simply stipulate an arbitrary number of lessons—say ten—on a trial basis and then decide together whether she should continue.

Bear in mind that when a child asks for lessons, he or she may have a very unrealistic idea about the process. She may have a mental picture of Billy Joel, for instance, and imagine that she'll be playing like he does after five lessons or so. Children need to be prepared to learn that a great deal of hard work is involved in developing a skill, and that not every person becomes a star.

If your child becomes discouraged at first, try to be supportive. But if she is very much against an activity after a fair trial, don't force it. Few people succeed at something they truly dislike. Besides, if she does it for your sake, the activity will be stressful, and you must ask yourself toward what end you are insisting upon it. Avoid the temptation to label her a quitter.

Once she's settled into an activity, show an interest, but don't take over. Attend recitals, rehearsals, performances. Be willing to make suggestions and to help when asked. As far as practice goes, I'd leave that to your daughter's instructor. If she's not keeping up with her lessons, don't threaten; practicing be her responsibility. She may be enjoying the lessons and learning without the standard of excellence you have in mind.

Many parents and teachers tend toward professionalizing the activities children engage in. This often results in needless stress for the child. An extracurricular activity should be gratifying, relaxing—the goal for now should be enjoyment, not Carnegie Hall.

## PARENTING TIP

**I noticed that when my toddler brushed her teeth, she hurried to get the job done, and she wasn't cleaning her teeth properly. I purchased an inexpensive music box and added it to the bathroom decor. Now I have her wind it up and keep brushing until the music stops. She enjoys it, and her teeth are in much better shape.**
**—C. Gibson, Brooksville, Flori**

*Got a solution to a parenting problem? We'll pay $25 for each tip we use; we can't acknowledge or return ideas. Write LHJ, Box PN, 3 Park Ave., N.Y., NY 100*




# Wave goodbye to static cling. With me.

**New Snuggle® Fabric Softener Sheets.**

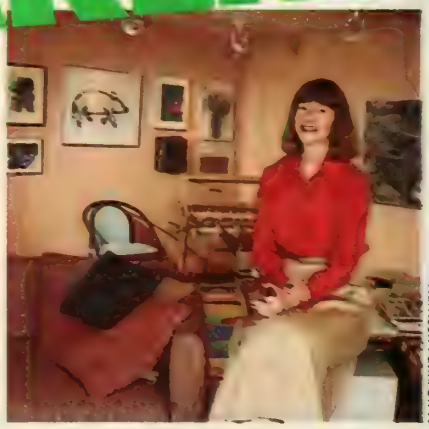
Stop static cling and make your whole wash oh-so-snuggly soft. Everything comes out of the dryer smelling cuddle-up fresh, too. Snuggly softness that's static free, try me!

**Snuggly softness that's really less expensive.**

# THE MONEYMAKERS

*No, you don't need a business education to get ahead. Here's how three women made their fortunes*

*By Katherine Barrett and Richard Greene*



Harrison Funk/SIPA



George Jardine/SIPA

**Three for the money: Joan Rich Baer (above) reaped $1.6 million in one day in the commodities market, Jennifer Glascor (left) bought her first stock in college and had made $20,000 by graduation, and Elaina Blake (below) has raked in millions by buying and selling real estate**



Alan D. Levenson/SIPA

Many of us believe that rich people are different from the rest of us—that they have a special knack or complex training to make them understand the world of high finance. It's not so with the three successful investors profiled below. Each started out with little more money or financial background than most other women. But with hard work, keen instincts and a little bit of luck, they've turned their small savings into fortunes of hundreds of thousands—even millions—of dollars.

None of these women had any financial training, but when they finally mustered the nerve to try their hand at investing, they found they *loved* it. How did these three former financial novices become such savvy investors? Here they share their experiences . . . and their secrets.

### Real estate: from secretary to millionaire

"I was married at seventeen—two days out of high school," says Elaina Blake, a cheerful auburn-haired woman. "I didn't go to college; I wasn't able to afford it. But I'm one of the fortunate people who was able to do well without it."

Elaina has done so well, in fact, that today she is a millionaire who owns two farms in her home state of Washington and numerous pieces of property in Las Vegas. Pretty good for a woman who started purchasing real estate in 1971 by buying a dilapidated $21,000 house for $2,000 down.

"That was a fortune to me at the time," she says, laughing. "I had earned most of the money by working a second job—getting up at four in the morning to type tax forms during tax season. It was a very big move for me, but I saw other people making money in real estate, and I thought, Why not me?"

This was the question Elaina asked herself every day when she was a secretary in a real estate firm in the late sixties. While she scrounged to save pennies and went home at night to a small rented apartment, she heard her bosses chatting about the boats they had bought with earnings from commissions and their own real estate investments. The salesmen at the firm didn't seem any smarter than Elaina was. Why, then, were they living the good life while she was emptying their ashtrays?

Instead of quitting, as she was tempted to do, Elaina stayed at the firm, took real estate classes, and spent day and night learning the business. She soon realized she had the skills not only to become a successful broker but to make additional money buying and selling homes on her own. By the time she had saved $2,000, she knew just the kind of property she needed to buy for her own investment purposes—one that was structurally sound but underpriced because it needed "tender loving care." It was also imperative that it be in a nice neighborhood with a good record for home sales.

For months, she scanned the newspaper ads and read cover to cover the book in her office that listed available homes. "When other people were out partying, I'd be home reading," she says. Finally, she found a run-down three-bedroom house she could buy for only $2,000 down, fix up for another $200 and a lot of elbow grease, and rent out. Her intent was to set *(continued)*



*1909, Laurie*
*wland celebrated*
*r first sale at*
*dlit's Shoe Store*
*lighting up a*
*arette.*




*Mr. Hulit quickly gave her the boot.*



You've come
a long way, baby.

© Philip Morris Inc. 1986

# VIRGINIA SLIMS

Lights: 8 mg "tar," 0.6 mg nicotine—100's: 14 mg "tar," 0.9 mg nicotine av. per cigarette, FTC Report Feb.'85. 120's: 14 mg "tar," 1.0 mg nicotine av. per cigarette by FTC method.

SURGEON GENERAL'S WARNING: Quitting Smoking Now Greatly Reduces Serious Risks to Your Health.

the rent at a price equal to her monthly mortgage payments ($250) and then to sell the house after a year, for what she hoped would be a handsome profit.

To save money, Elaina did all the repairs herself, laboring in the hot Nevada sun to reseed the lawn and touch up the paint. She was able to rent the house without a problem, and just as she had hoped, she sold it a year later for $25,000—a $4,000 profit.

With the money she made on the first house and savings from her salary, she bought two more homes for about $23,000 each. "I think that was the scariest moment for me," she recalls. "I had seven hundred dollars a month coming in from my job and about six hundred dollars going out in mortgage payments. I thought, What if I can't rent these? I'll lose everything."

But she had no trouble renting the houses. A year later she sold them for a total profit of $8,000. Over the next two years, she bought eight other houses, though she did hire professionals to do some of the scrubbing. By the late seventies, she had turned over forty houses and had made $70,000.

As with other shrewd investors, the key to Elaina's success is that she enjoys nothing more than doing her chosen work. "I am one of those people who can work seven days a week and love it," she says enthusiastically.

Buoyed by her real estate successes, Elaina decided to branch out and make what she thought was some easy money in 1982. "I made an investment in the video game business, buying the games and renting them out to local stores," she says. "But I got in at the worst time. The video game fad quickly ran its course, and the industry went downhill almost immediately. I lost several thousand dollars, and I learned that if you're doing one thing well, you should stick with it instead of looking at the gold gleaming elsewhere. You also really have to study. I didn't investigate the video games thoroughly. I understood real estate because I had studied it."

For all the obstacles she's overcome and all the money she's made, one accomplishment has been particularly satisfying—and rather ironic. Today, Elaina is president of the firm where she once cleaned ashtrays.

Here, Elaina offers a number of rules that might help others who venture into real estate:

- Know the area in which you are buying. Las Vegas has many short-term residents, so Elaina could always count on renting her properties quickly. In some cities, that isn't the case.
- Study resale records (available at any real estate office, or the county clerk's office), to find a neighborhood in which more than half the homes put up for sale in the last year were sold.
- Check the house thoroughly to make sure it has no structural problems. If you can't do the investigation yourself, hire a building inspector. A leaky roof or a flawed foundation can blow your entire profit in repairs.
- The most important consideration when buying a home is its location. The most beautiful house on a seedy block isn't nearly as good an investment as a run-down house on a secure block.

### Stocks: from hamburger to filet mignon

Jennifer L. Glascor remembers her father raving about the hamburgers at a little neighborhood restaurant called Wendy's, in their hometown of Columbus, Ohio. The owner's daughter Pam was a good friend in her class at high school, and Jennifer spent many hours in the family's home, where she got to know Wendy herself, Pam's little sister.

*Elaina Blake once cleaned out ashtrays in a real estate firm. Today, she is its president. "I'm one of those people who can work seven days a week and love it."*

Several years later, when Wendy's began expanding into a nationwide chain, Jennifer was interested in getting in on the action. Even though she was only a college freshman, she took $1,500 she had saved from summer jobs and bought one hundred shares of Wendy's stock.

"That was my first stock," says the slim, athletic thirty-one-year-old from her office in Denver. "Within a year, I had made a fourteen-hundred-dollar profit on it, and I started looking for other opportunities."

Jennifer tried branching out. She bought silver coins, dove into the volatile precious-metals market and continued to buy stock. By the time she graduated, at age twenty-one, she had amassed $20,000, having had her greatest successes investing in stocks of local companies.

With her bankroll bulging, Jennifer was like a gambler who has become hopelessly hooked. She jumped int even more new investments, convince she had the magic touch. Without care fully researching the market, she pu money in silver . . . but the price nose dived. She lost $10,000—half her in vestment savings. Looking back nearl ten years later, she remembers the ex perience ruefully. "I was just too inex perienced and too young to protect my self. But I have no regrets. I learned a important lesson: Invest only in wha you understand."

After the silver fiasco, Jennifer wen back to the types of investments tha had been so successful for her in th first place—stocks in growing compa nies based nearby. There were two ad vantages to this strategy: First, sh could easily visit the companies an see their operations. Then, too, thes fledgling businesses were still un discovered by the big Wall Street ana lysts, so Jennifer was able to buy befor investors nationwide poured money i and drove the stock price up.

When Jennifer took a job as an econ omist with Mountain Bell Telephone i Denver in 1979, she was set to invest i a new collection of local stocks. In Den ver were thousands of small companie whose stock sold for under a couple o dollars per share—so-called penn stocks. And every day, there were mor on the market. The potential seeme endless—but so did the risks. If a stoc is selling for a dollar a share, and i goes up a dollar, you've doubled you money. On the other hand, these sma companies could go out of busines overnight—leaving the investor wit nothing but a handful of worthles stock certificates.

Initially, Jennifer was lucky. She ha arrived in Denver just in the middle o a boom in these stocks, and investor were driving up prices through spe ulative frenzy. "The market in penn stocks was so hot in Denver that yo could hardly lose," she says. "Som stocks were doubling and triplin within four or five months, some withi two or three *weeks*." In her first si months in Colorado, she estimates sh doubled her $15,000 investment.

Of course, there were losses fro time to time. One Denver broker sol her on an exciting new company calle Uri-Thermex Medical Products. On h advice, she bought about 23,000 share at 13 cents each. Before Jennifer kne it, the exciting new company went un der. She lost her entire investment. ' can't find the broker today to save m life," she says. "The brokerage hous went under, too."

The experience taught her inves ment lesson number two: Don't re solely on the advice of brokers. "Ba ones don't give you the *(continued*




# Save $2 On The Fashionable Queensize Pantyhose

end in this coupon with check or oney order for $1.75 to receive your ir of Fitting Pretty® queensize ntyhose (a regular $3.75 retail lue)! It's a great price on the first ieensize pantyhose that's as fash- nable as you are!

Name _____

Address _____

City _____ State _____ Zip ____

Check one color:

☐ Barely There ☐ Gentle Brown ☐ Slate ☐ Barely Black

Your Height _____ Your Weight _____

Sorry, for queensize only. Does not fit women who weigh under 140 lbs.

Mail To: Fitting Pretty $2 Offer, P.O. Box 4749: Dept. A, Monticello, Minnesota 55365

Only one pair allowed per name or address. Duplicate requests will be voided. Offer valid with use of this form only (no photocopies allowed). Please allow 6–8 weeks for delivery. Offer good in continental U.S.A. only. Void where prohibited or restricted by law. OFFER EXPIRES: February 28, 1987



# "It's just what I've been waiting for."

"Revere, your aluminum bottom cookware has everything I want."

"It's perfectly beautiful and perfectly practical. It's the only aluminum bottom cookware with Revere's style and classic design. And the aluminum slab on the bottom is extra thick, so the heat spreads evenly and everything cooks up perfectly. Revere, you've done it again!"



REVERE WARE 1801

Revere. The choice in cookware.
Copper, stainless or aluminum bottom.
With 25-year limited warranty.


## THE MONEYMAKERS

continued

information you need," she says. "They give you only the information they happen to have. But a good broker will know your objectives and look for the vehicles that will help you. Today, I look for the broker to tell me about the fundamentals of an investment, not when to buy and sell. You have to do your own investigation."

Jennifer does her homework with a vengeance. Not only does she read a company's prospectus, she calls the firm's investor-relations representative (or, in very small firms, a high-ranking officer) to ask about changes in management style, new markets the firm might be entering, and what its estimates of future earnings are.

Today, Jennifer has begun to diversify. Her portfolio includes municipal and corporate bonds and bond funds, as well as stocks that she thinks are undervalued in fields like pharmaceuticals and chemicals. She estimates her net worth at about $220,000—a sum that can buy a lot of hamburgers.

What is her recipe for success? Here are several pointers that worked for Jennifer and can serve as guidelines for anyone interested in stocks:

- Establish a strategy *before* you invest. Set your objectives—how much money you feel comfortable investing, how much you hope to make, and at exactly what point you hope to sell—and then buy stocks that most closely suit your needs. A couple saving for retirement would want to buy an established, safe stock, for instance, while a younger person is willing to take a risk.
- Spend time choosing the right broker. If he or she seems unable or unwilling to address your needs and answer your questions, look for another.
- Investigate the company on your own. If it's an established firm, has it been consistently profitable over the last several years? Is its market growing? What is its earnings outlook?
- Don't be greedy. Novice investors often hold onto stocks too long, hoping that the price will climb unendingly. Once the stock meets your goal, sell it—before it's too late.

### Commodities: coffee beans and pork bellies

"On my best day, I made 1.6 million," says commodities trader Joan Rich Baer. "On my worst day, I lost 1.5 million. And those two days were only about a month and a half apart!"

Others might turn to jelly dealing with such large amounts, but Joan seems casual about the numbers. She never even uses the word *dollars* when she's talking about her investments. "If I did, it might affect me emotionally," she says, relaxing in her airy Manhattan cooperative, one of her two homes. "I've learned over the years never to get excited about profits, never to get disappointed about losses. Otherwise, I'd be gnashing my teeth every day over spending money like a fool."

To make it in the helter-skelter, ulcer-producing world of commodities, it takes nerves of steel, unerring instinct and the ability to bounce back from overwhelming losses. The commodities market itself works something like the stock market, except that instead of shares of a company, options—contracts for actual goods—are traded. Since the contracts are good for only a short period of time (usually a few months), trades are made at a furious pace.

For every cup of coffee you drink or loaf of bread you buy, commodities traders like Joan have probably exchanged the coffee beans and the wheat a half dozen times. And it's not only food. Contracts for precious metals, currency and animal by-products are all sold in this dizzying speculation game.

For example, Joan might buy a contract that gives her the right to purchase 100 ounces of gold at $350 an ounce. If the price of gold rises to $400 an ounce a few weeks later, the value of the contract (and, therefore, her profit) has increased by $5,000—the change in price of 100 ounces of gold. Joan can sell the contract to another trader or she can keep it a little longer and hope the price rises even higher. It's a high-stakes guessing game in which timing is crucial, because a sudden shift in the gold market can send the price spiraling down.

Such financial sophistication would surprise people who knew Joan fifteen years ago. She admits she knew nothing about finance when she married her current husband, in 1971. With a year of teachers' college and a year of nursing school, she was working as a secretary for $7,500 a year. Her only interest in commodities was how much orange juice cost at the grocery store.

Joan first became involved in commodities in 1973, when her husband Arthur Bugs Baer, began speculating in the market. Joan soon found that she had a talent for keeping the necessary charts and organizing figures in her head. Emboldened by finding these hidden skills, she worked up the nerve to take several thousand dollars left over from her divorce settlement with her first husband, borrowed enough to get her up to $10,000, and pooled her money with six other investors—all men whom her husband referred to her—for a total of $70,000.

It was a terrifying time for Joan. Rare is the

*(continued on page 180)*

# Fact:

'Scarlett," the 1978 first issue n Edwin M. Knowles' land-nark series of collector's plates nspired by the classic film Gone With the Wind, cost $21.50 when it was issued. It ecently traded at $325.00—an ncrease of 1,412% in just ight years.

# Fact:

'The Sound of Music," the first ssue in Knowles' The Sound of Music™ series inspired by the lassic film of the same name, s available now for $19.50.

ou can draw your own conclu-ions from the facts above. We at he Bradford Exchange have al-eady drawn ours. As the world's argest trading center for collector's plates, we think "The Sound of Music" could go up in value ust as dramatically as other plates in important movie-heme series from the Edwin M. Knowles China Company.

## Consider the evidence.

***t's a genuine work of art.***

The Sound of Music" is the first collec-or's plate ever created by the major merican artist T. Crnkovich. Each plate s accompanied by a Certificate of uthenticity, and the edition is strictly mited to 150 firing days.

***t's a historic work of art.***

The Sound of Music" is the first plate n the only limited-edition collector's late series ever to celebrate the beloved musical *The Sound of Music*, and the plate s officially endorsed by the Estates of ichard Rodgers and Oscar Hammer-tein II.

***nd it's likely to increase in value.***

Movie-theme plates from Knowles China raditionally rank among the most rofitable on the entire plate market. In act, the 1984 first plate in Knowles' *The ing and I*™ series has already risen in alue to an exceptional 256% of its origi-al price.

Of course, not all plates go up in value; ome go down. But our market analysts have identified "The Sound of Music" as the plate market's next likely winner. All the evidence points to a possible early sellout. So place your order for "The Sound of Music" today, while it's still available at the original issue price of $19.50—*before* it's had a chance to increase in value.

Complete the buy-order form and mail it to:

The Bradford Exchange
9345 Milwaukee Avenue
Chicago, Illinois 60648




***"The Sound of Music"*** by T. Crnkovich

1985 Knowles

First plate in *The Sound of Music*™ series from the Edwin M. Knowles China Company

*In full color on fine china.*

Diameter: 8½ inches

## Risk nothing with the Bradford Exchange 365-Day Guarantee.

At any time within *one full year* after you receive your plate, you may resell it to us if for any reason you are not completely satisfied. We will issue you a check for everything you've paid, including postage, without the necessity of a resale transaction.

1986 BGE ™designates a trademark used under license from owner Motion Picture 1965 Argyle Enterprises and Twentieth Century Fox Film Corporation. All Rights Reserved. Courtesy Williamson Music Company, publisher

577-E88005

## Buy-Order Form

Please respond by October 31, 1986

**The Bradford Exchange**
**9345 Milwaukee Avenue**
**Chicago, Illinois 60648**

YES. Please enter my buy-order for "The Sound of Music," first plate in *The Sound of Music*™ series.

Limit: one plate per customer.

☐I understand that I need SEND NO MONEY NOW. I will be billed the $19.50 issue price plus $1.94 postage & handling for a total of $21.44 upon shipment of my plate. (Illinois residents add $1.50 sales tax.)

Signature

Name (Please Print)

Address

City State Zip

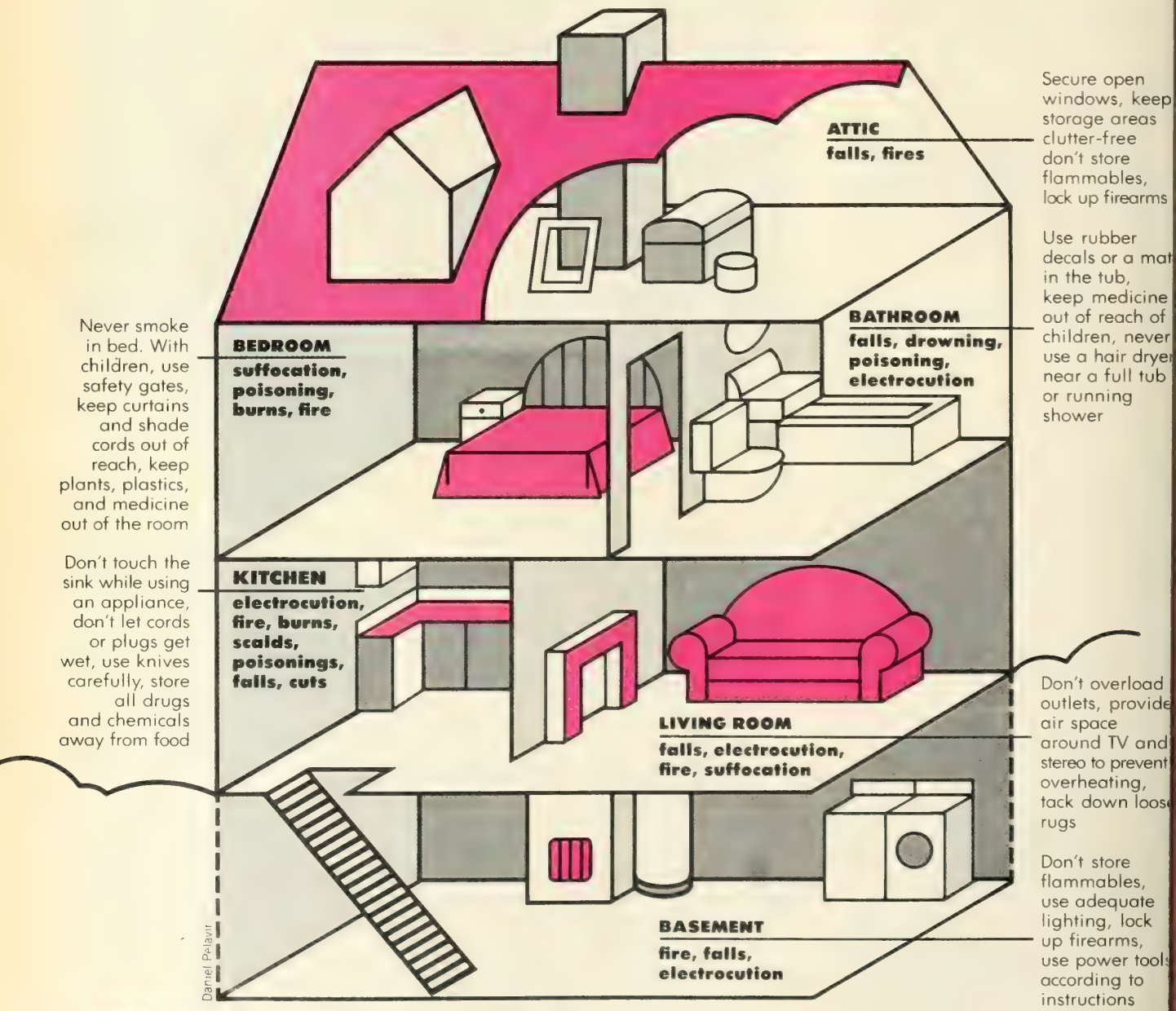
Please respond promptly. Because this is a limited edition, we can guarantee availability at issue price only until the edition is sold out. We'll ship your order in four to six weeks.

501

# Home safe home

*Your house is your haven from the world, but it may be full of potential accidents. Here, expert advice on keeping your family safe*

**BY WENDY KORN**




Although most of us think of our homes as the safest, most secure place we can be, more accidents happen at home than anywhere else. In fact, the National Safety Council reports that about twenty thousand Americans died and approximately three million suffered disabling injuries last year from accidents in the home. The most common household accidents—fires, falls and poisonings—are often preventable by using basic safety measures. So why do these accidents happen in the first place? It's probably because no one expects accidents to occur, so no steps have been taken to prevent them.

To help keep you and your family danger-free at home, we've compiled this practical all-through-the-house safety and first-aid guide. *(continued)*

# Get Sears Custom Treatment and Free Sheers or Lining*

WHEN YOU BUY ANY CUSTOM FLOOR-LENGTH DRAPERIES.



DIAL 1-800-4-CUSTOM†

Breeze into Sears for free sheer or lining fabric when you buy any custom floor-length draperies.

Save 30-50% on a wide variety of other decorative custom fabrics.

And save 50% on our Classique® one-inch horizontal blinds. All on sale September 28 to November 1.

To get the custom treatment, call 1-800-4-CUSTOM for a free in-home visit and Idea Book from one of our local decorators.

You can celebrate Sears New Century with beautiful values like these — every day.

*There's more for your life at SEARS*

Celebrating Our New Century

©Sears, Roebuck and Co., 1986. Available at most Sears retail stores.* Prices and dates apply only to the Continental United States, except Alaska. †Fabrication, hems and installation extra. (1-800-428-7866). 9:00 a.m. to 9:00 p.m. Monday through Friday, 9:00 a.m. to 6:00 p.m. Saturday, Central Daylight Time. Operator assistance in english only.

## HOME SAFE HOME

continued

According to the National Safety Council, these accidents cause more injuries and deaths in the home than any others.

**Falls** (down stairs, off a ladder, on level ground) are the leading cause of death and injury in the home. To prevent falls: Do a daily search to remove obstacles that can be tripped over. Wipe up spills immediately. Don't walk on a wet floor. Don't use scatter rugs unless they have a nonskid backing. Never use a scatter rug at the top or bottom of stairs, and teach family members to keep toys and shoes off stairs. When using a step stool or ladder, make sure it is steady, face the steps when you climb, and never stand on the top step.

Treatment for falls: If you suspect a fracture of any part of the body or any injury to the head, neck or back, call for emergency assistance and don't move the person without medical supervision.

**Fires** are the second-leading cause of death in the home, and most serious fires start during sleeping hours. According to New York City Fire Commissioner Joseph E. Spinnato, the principal killer in fires is smoke, not burns. In fact, many deaths and injuries result from the inhalation of smoke and gases produced before flames appear. "Install smoke detectors on each level in your home, close to where people sleep; test batteries weekly and replace them every six months," says Spinnato.

To safeguard against fire: Keep your home equipped with a fire extinguisher. Store flammable liquids outdoors in safety cans. Never use substances that produce flammable vapors (such as many glues, nail polish remover, rubber cement) near a source of spark or flame. Don't leave flammable materials near a stove, fireplace or furnace. Keep a protective screen around fireplaces; don't use kerosene or other flammable liquids to start or quicken an indoor fire. Be especially cautious at Christmas, when trees, lights, candles and decorations are potential fire hazards.

**Heating equipment** In 1984, heating equipment was the leading cause of home fires. Kerosene heaters are so hazardous that in many states it's illegal to use them indoors. New York City assistant fire commissioner John Mulligan suggests that kerosene heaters *never* be used in any home. Other preventive measures: Electric heaters should have tip-over shut-off switches and protective grilles. Never use a portable heater in the bathroom—risk of contact with water makes it too hazardous. Make sure fireplaces are working properly and woodburning stoves are correctly installed and maintained. Keep flammables such as draperies and furniture away from heaters.

**Kitchen fires** These fires are commonly caused by grease or a flame spreading to curtains or other flammables. Never leave the kitchen for long periods while cooking, and never leave home with an oven or range on. Keep flammable materials far from the stove and other heat sources.

**Smoking** "The leading cause of death from fires in New York, and most other places, is smoking carelessness," says Spinnato. "Most often, fires start when someone falls asleep while smoking, frequently related to drinking or drugs."

Don't smoke in bed or while lying down. Use big, deep ashtrays with wide rims. Don't empty hot ashtrays.

**Electrical fires, electrocution** According to the Consumer Product Safety Commission, the major sources of household electrical fires are ranges and ovens, household wiring, clothes dryers, appliance and extension cords, and portable heaters. The products most often involved in electrocutions are household wiring, electric power tools, and antennas.

To prevent shocks, fire and electrocution: Buy appliances with the label of Underwriters *(continued on page 114)*


# Lane Cedar Chests are now on sale at the following stores:



**ARIZONA**
E. Flagstaff—McMahan's
Flagstaff—McMahan's
Glendale—McMahan's
Globe—John's Furniture
Holbrook—McMahan's
Kingman—McMahan's
Mesa—McMahan's
Phoenix—McMahan's
Phoenix—M. D. Pruitt's Hme. Furn.*
Prescott—McMahan's
Scottsdale—Breuner's Home Fnshgs.
Yuma—McMahan's

**CALIFORNIA**
Daly City—Breuner's Home Fnshgs.
Anaheim—Wickes*
Banning—McMahan's
Barstow—McMahan's
Blythe—McMahan's
Brawley—McMahan's
Calexico—McMahan's
Campbell—Breuner's Home Fnshgs.
Carmichael—Beck's Furniture
Cathedral City—McMahan's
Chino—McMahan's
Chula Vista—McMahan's
Clovis—McMahan's
Coalinga—McMahan's
Colton—McMahan's
Corona—McMahan's
Costa Mesa—Wickes*
Daly City—Westlake Furn. Gallery
Dinuba—McMahan's
El Cajon—McMahan's
El Centro—McMahan's
Escondido—McMahan's
Fairfield—McMahan's
Fontana—McMahan's
Fremont—Breuner's Home Fnshgs.
Fremont—Dicker Furniture
Fresno—McMahan's
Gilroy—McMahan's
Gilroy—Rosso's Furniture
Grass Valley—Hedman Furniture
Hanford—McMahan's
Hayward—Maple Towne Furniture*
Hemet—McMahan's
Hollister—Black & Cooper Furn.
Imperial Beach—McMahan's
Indio—McMahan's
Lemon Grove—McMahan's
Livermore—Kamp's
Lodi—McMahan's
Los Banos—McMahan's
Madera—McMahan's
Manteca—McMahan's
Merced—McMahan's
Modesto—Breuner's Home Fnshgs.
Modesto—J. S. West & Co.
Modesto—McMahan's
National City—McMahan's
Oceanside—McMahan's
Ontario—McMahan's
Pacific Grove—McMahan's
Paso Robles—Boatman's Furn. Ctr.
Petaluma—McMahan's
Pleasant Hill—Breuner's Hme. Fnshgs.
Pomona—McMahan's
Porterville—McMahan's
Redlands—McMahan's
Reedley—McMahan's
Rialto—McMahan's
Richmond—Breuner's Home Fnshgs.
Riverside—McMahan's
Roseville—Miller Furniture Inc.
Sacramento—Breuner's Hme. Fnshgs.
Sacramento—Jon's Furniture
Salinas—Anderson Furniture Co.
Salinas—McMahan's
Salinas—Standard Furn. Co.
San Bernadino—McMahan's
San Carlos—Breuner's Home Fnshgs.
San Diego—McMahan's
San Jose—Allen's Furniture
Sanger—McMahan's
Santa Clara—Decor
Santa Cruz—McMahan's
Santa Rosa—Breuner's Home Fnshgs.
Santa Rosa—McMahan's
Seaside—McMahan's
Selma—McMahan's
Soquel—Casa Villa Furn.
Stockton—Breuner's Home Fnshgs.
Tulare—McMahan's
Turlock—McMahan's
Ukiah—McMahan's
Vallejo—Breuner's Home Fnshgs.
Van Nuys—Wickes*
Victorville—McMahan's
Visalia—McMahan's
Vista—McMahan's
Watsonville—McMahan's
West Covina—Wickes*
Yucaipa—McMahan's

**COLORADO**
Aurora—American Furniture
Brush—Von's Furniture
Denver—American Furniture
Ft. Collins—American Furniture
Ft. Collins—Larribee's Furniture
Longmont—Sindelir Furniture

**IDAHO**
Lewiston—Sylvan Furniture*

**MONTANA**
Kalispell—Dowell's Uptown Furn.
Missoula—Fashion Furniture

**NEBRASKA**
Cozad—Boerkircher Furniture Co.

**NEVADA**
Henderson—McMahan's
Las Vegas—Breuner's Home Fnshgs.
Las Vegas—McMahan's
Reno—Breuner's Home Fnshgs.

**OREGON**
Bend—M. Jacobs Fine Furniture*
Eugene—M. Jacobs Fine Furniture*
Hood River—Van Metres Furniture
Klamath Falls—Lucas & Howard Furn.*
Medford—Joseph Winan Furniture*
Roseburg—Robert's Furniture
The Dalles—Hampton Furniture

**WASHINGTON**
Lynnw'd—Bon Alderw'd Hme. Store*
Seattle—The Bon*
Seattle—The Bon Home Store*
Seattle—The Bon Northgate*
Spokane—Burgan's Furniture*
Tacoma—The Bon*

**WYOMING**
Casper—American Furniture

*Authorized Lane Cedar Chest Gallery dealer. Also available at most JCPenney stores.

# Life is full of beautiful moments. Lane makes the cedar chest that will help you cherish them forever.

Your wedding album. A pressed flower from your bouquet. Your grandmother's heirloom lace. Baby shoes. All those precious keepsakes deserve to be kept in a special place. A place like a Lane cedar chest. Lane chests are a loving tradition and have been for generations. Built by master cabinetmakers in more than 100 styles, priced from $200 to $500, Lane chests are as beautiful to look at as the memories they hold. The chest pictured is Bridgewater #3969. For a colorful brochure send 50¢ to The Lane Company, Inc., Dept. T100, Altavista, Virginia 24517-0151.





Château D'Artigny—former home of François Coty.

# INTRODUCING THE CHATEAU COLLECTION BY FRANCOIS COTY.

## Romantic fragrances that recapture the elegance of the past.

It was François Coty who, as founder of The House of Coty, created the stylish, feminine, luxurious world of fragrance as we know it today.

Now...you are invited to share in the renaissance with three individually magnificent perfumes created for today that recapture the romantic splendor of the past.

**Les Muses...reflect the many sides of you.**

**Chypre...evocative elegance for women of style.**

**La Rose Jacqueminot. a playful indulgence.**

# WITH PACQUIN, SOFT BEAUTIFUL SKIN WAS NEVER EXPENSIVE.



## AND NOW A TUBE MAKES IT BEAUTIFULLY EASY.

Over time, your skin loses more and more of the natural oils that help retain moisture. It becomes drier, and loses its elasticity.

To help replenish the moisture in your skin, you could use expensive moisturizers. Or you can use Pacquin® Dry Skin Cream.

Pacquin's rich, concentrated blend of emollients goes to work instantly to moisturize and soften and smooth dry skin. Yet it doesn't leave a greasy feeling.

Use Pacquin Dry Skin Cream—rich, luxurious and surprisingly inexpensive. So you can use it everyday, anywhere on your body. And now Pacquin comes in a handy tube, so it's easy to use and easy to carry.

Or for the skin moisturizing properties of the Aloe plant, use Pacquin Skin Cream with Aloe.

STORE COUPON

**SAVE 40¢**

On any Tube or Jar of Pacquin®

Mail Coupon to Pfizer Inc. P.O. Box 13b2 Clinton, Iowa 52734. Pfizer, Inc. has arranged for redemption at 5.5¢ plus 8¢ handling provided the terms of the offer have been met. Customer must pay sales tax if any. Limit one coupon per purchase. This coupon is redeemable by retailers only. Invoices proving sufficient purchases of Pacquin to cover coupons presented for redemption must be available upon request. Coupon void where prohibited or restricted by law. Any other use may constitute fraud. Cash redemption value 1/20¢. Pfizer Inc., New York, NY. Consumer pays any sales taxes. Reproductions are not acceptable.

74300 101792

© 1986 Pfizer Inc.

# DRĀNO® HAS THE DRAIN OPENERS TO CLEAR MORE TOUGH CLOGS.




**Only Drano offers the unique all-purpose Crystal and a convenient Liquid.**

- **All-purpose Crystal Drano is specially formulated to chew through tough clogs... food, hair, even stubborn grease clogs. That's something Liquid-plumr can't do.**
- **No other leading liquid can beat Liquid Drano for clearing tough hair clogs.**

**And, Drano won't harm your pipes. It's earned the Good Housekeeping Seal.**

A LIMITED WARRANTY TO CONSUMERS ★ Good Housekeeping PROMISES REPLACEMENT OR REFUND IF DEFECTIVE

© 1984 The Drackett Products Company


## HOME SAFE HOME

continued from page 110

Laboratories (which tests products to make sure they operate safely). Dry your hands before using, connecting or disconnecting electrical equipment; don't handle appliances with sweaty hands or while standing on a damp floor. Never overload an electrical outlet. Don't use outlet extenders. Never use an appliance with a damaged or frayed cord. Always use the correct size fuse. Never run a wire under a rug, over a nail or behind a radiator. Plug a cord into an appliance first, then into the outlet; disconnect a cord from an outlet before removing it from an appliance. Use only those extension cords that match the electrical requirements of an appliance. Check for warm electrical outlets and switches, which may indicate unsafe wiring.

If a fire starts, call the fire department immediately. Use water or a fire extinguisher for cloth, paper, wood and other solid-material fires; use only baking soda, sand or an extinguisher for fires involving gas, cooking oil and grease. For an electrical fire, don't use water unless you've unplugged the appliance. If you can't control a fire, evacuate. If clothes catch fire, drop to the ground and roll to smother the flames. For a safe escape, stay low and crawl if necessary, since smoke rises.

**Burns** Keep electrical cords and hot liquids and foods out of children's reach. Turn down your hot water heater to below 130°F. to prevent scalds. Use pot holders or oven mitts to handle hot pots and pans—don't use dish towels. Don't wear loose clothing while cooking, and tie back long hair. Place guards in front of open heaters, radiators and furnaces. Be careful when using an iron; a large percentage of burns are related to irons. Don't touch or let your clothes touch a hot heater.

Treatment for burns or scalds: For a minor burn (the skin will be red), immerse the area in cool water. For a severe burn (the skin will be white or leathery-looking), immerse the area in cool water and apply a clean, dry cloth. Get medical attention immediately. Never apply ointment or grease to a burn and don't break any blisters. Also, don't try to clean the skin or remove any material that's stuck to the skin.

**Poisoning** Children under the age of five are at the highest risk of poisoning (see the box on page 196). Adult poisonings occur from taking the wrong dose of medication or from drinking a toxic substance placed in the wrong container, such as a cleaning product stored in a soda bottle. To prevent poisonings: Keep drugs, chemicals and cleaning products in their original containers, properly labeled. Never take or give medicine in the dark. Turn on the light and wear glasses if necessary. Read dosages carefully. Mistaking a tablespoon for a teaspoon is a triple dose. Check with your doctor before taking more than one medication, as some combinations are poisonous.

Never mix cleaning products to increase potency—they may give off poisonous gas. Don't pour a chemical from a height—it may splash on your skin or into your eyes. To prevent other gas poisonings, make sure your stove works correctly and that gas or fuel heaters are properly vented. Never start a car in a closed garage.

If poison is swallowed, stay calm, but act quickly. Remove any foreign object from the victim's mouth and give him a glass of milk or water to dilute the poison. Then, *always* call the poison control center or hospital emergency room for instructions. Bring the poison with you to the phone so you can identify it correctly. If you're instructed to induce vomiting, give syrup of ipecac (buy it now for emergencies). If a chemical burns your skin, flush the area with cold water for a few minutes, wash with soap and water, rinse and call a poison control center for further instructions. If a poisonous gas such as gasoline or smoke has *(continued on page 196)*




# Wear-Dated® Upholstery Fabric...durability plus beauty!

If it's Wear-Dated® Upholstery Fabric on that sofa, you probably won't have a problem.

Why? Because that tag means quality-tested.

In fact, the fabric must pass fifteen tough tests to earn the Wear-Dated symbol and tag. We test for stain resistance, color fastness, abrasion resistance and seam strength, too.

You get a powerful warranty: Monsanto will repair or replace the fabric if it fails to give you normal wear for two full years. And now you get a toll-free phone number to call for emergency help and a slide-rule cleaning guide!

When you buy upholstered furniture ask for the furniture with this symbol.

**Wear-Dated® Upholstery Fabric. Quality-tested fabric you can trust.**




Wear-Dated® is a registered trademark of Monsanto Company 1986 WDU-n213

© Monet 1986




MONET



# DURABLE

Here's the good looks and the comfort that your kids will wear, and the durability you need. Look for the Wear-Dated® tag on sweatshirts and active-wear—your symbol of quality from Monsanto.




Wear-Dated® is a registered trademark of Monsanto Company. WDA-6-228





# LOOKING GOOD

## Sensational new ways to stay warm yet look fashionable and sexy this fall

By Constance Leisure

**HOW TO BUNDLE UP IN STYLE**



Coats are wonderful oversize this season, yet they're streamlined, and fabrics are lighter and drapable, not bulky or filled with down as they were a few seasons ago. The lighter fabrics—gabardines, cavalry twills, wool worsteds—aren't intrinsically warm. But the bigger coats can go over sweaters and jackets with ease—and that layering adds warmth because air is trapped within to retain heat. Also, look for linings in heavier fabrics such as wool or fake fur. (Special zip-out liners are another real plus.) This year more coats will have the new ultrathin insulations that provide warmth without bulk. These technologically advanced, waterproof liners have been used for years in skiwear and rugged outerwear, and now major designers such as Anne Klein, Geoffrey Beene, London Fog and Nipon are using them to winterize their high-fashion coats. "Consumers are looking for better technology and want a lightweight coat they can travel with and wear all season," says an Anne Klein spokesperson. "We've found that these new insulations enhance rather than compete with the styling of our clothes."

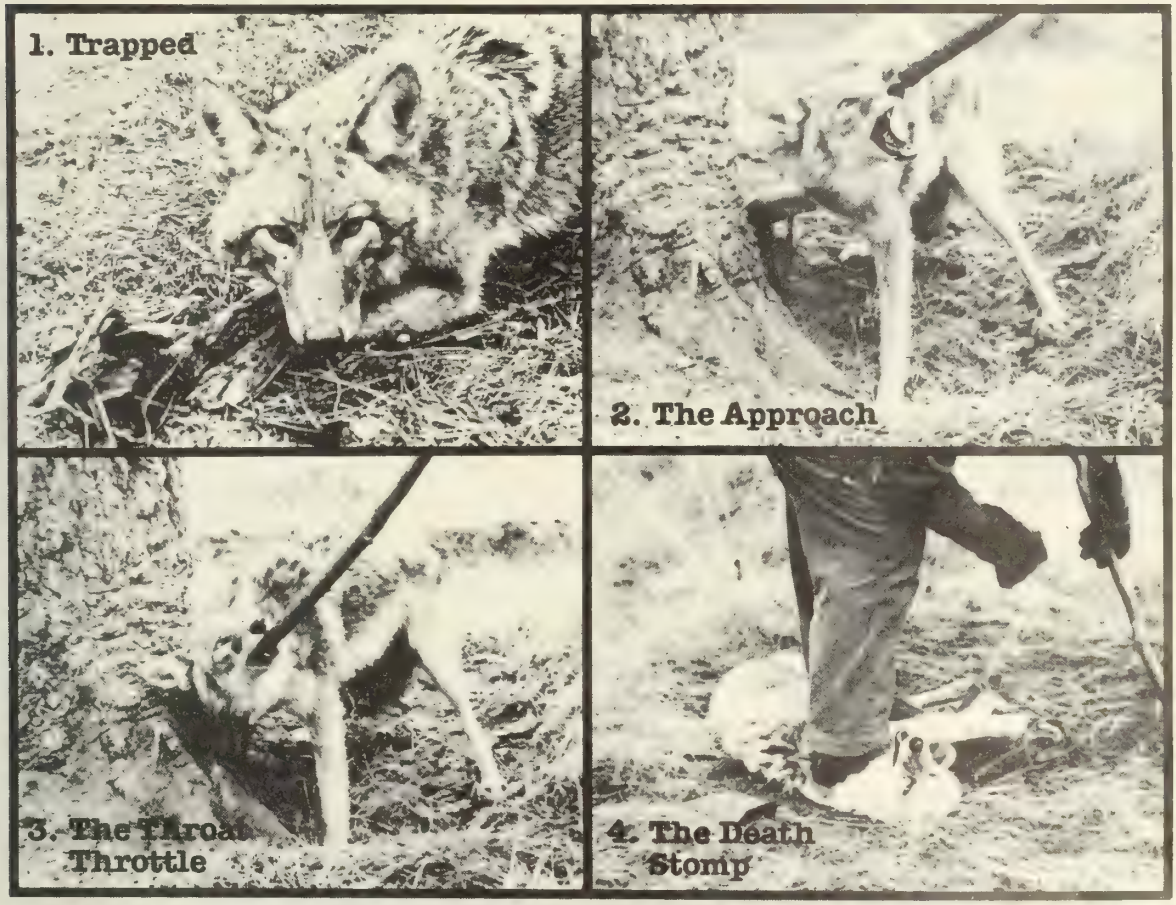
(continued)

In schools all across the country, children are being taught through a curriculum guide entitled "Project Wild," that animals are "renewable resources" to be "harvested."

"Project Wild" directs the students to the State Game Commissions, which teach the four "harvest" steps pictured below.

The Goals: To desensitize children to animal suffering.
To promote the fur trade.

"People Against Commerce in Wildlife" needs **your** help! Please join us and help stop the brainwashing of children and the exploitation of animals. We can't succeed without you.




Photos by Daniel J. Kelly

## Members of "People Against Commerce in Wildlife" include:

Bob Barker, *Chairman*

| | |
|---|---|
| Bea Arthur | Stacy Keach |
| Brigitte Bardot | George Kennedy |
| Barry Bostwick | Gavin MacLeod |
| Doris Day | Sir Yehudi Menuhin |
| Angie Dickenson | Rod McKuen |
| Sir John Gielgud | Anne Meara |
| June Havoc | Chuck Norris |
| Van Johnson | Cybill Shepherd |
| Kim Novak | Elke Sommer |

Jerry Stiller

To: Bob Barker, *Chairman* PW06
*People Against Commerce in Wildlife*
***Friends of Animals, Inc.***
One Pine Street
Neptune, New Jersey 07753

___ Yes! I want to join the campaign to get "Project Wild" out of the schools. I want to put an end to all commerce in wildlife.

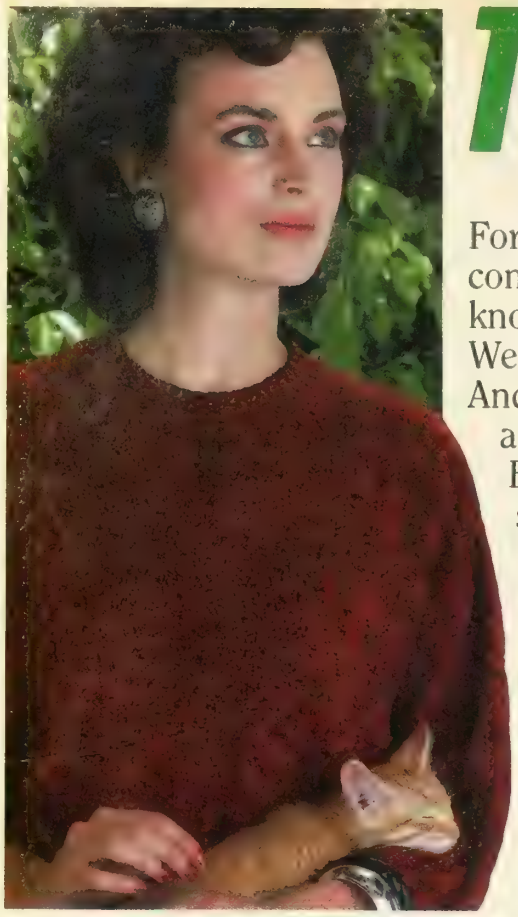
My tax-deductible contribution of $ _____ (payable to PACIW-FoA) is enclosed.

Name _____

Address _____

_____

*Contributors of $25 or more will be sent our exclusive poster "Extinct Is Forever" by famed wood-block artist, Grashow.*



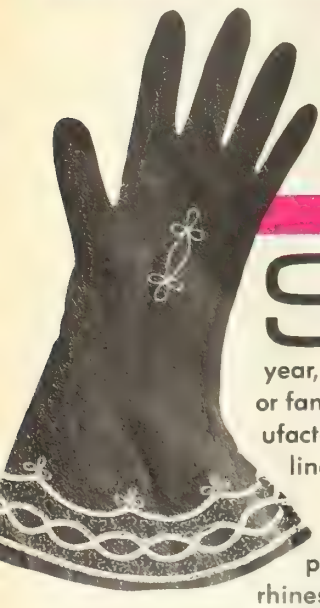
TRUST

For over 25 years, consumers like you know and trust the Wear-Dated® tag. And you look for apparel with the tag. Because that's your symbol of quality from Monsanto.




Wear-Dated® is a registered trademark of Monsanto Company. WDA-6-229


## LOOKING GOOD continued



# GLOVES WITH PIZZAZZ

Since shades for most outerwear are muted this year, gloves add interest with a flash of color and elaborate or fanciful detail. Designer Sachiko of LaCrasia, which manufactures Hubert de Givenchy gloves as well as its own fine line, says anything goes! She's using wool jersey and cashmere as well as leather, suede, lace and stretch satin. For elegant day and evening looks she uses passementerie, a silk cording that's often coupled with rhinestones or a tassel at the wrist. Decorative embroidery with jewels and pearls sparkles and glows on the backs of the hands and cuffs. Gold buttons add a Chanel look. For sporty leather looks, try the fashionable short gloves with whipstitching on outside seams, inserts of colorful plastic zippers, or elastic vents on the tops. In leathers, shades of brown are the biggest sellers now, along with tan, camel, black, gray and red.

# WHAT'S SEXY NOW

Black, black on black, silver on black, gold on black—those are the sophisticated colors for evening in short or tea-length dresses. The look this season isn't terribly bare, though shoulders are in, revealed by strapless necklines, fitted bodices with spaghetti straps and cap sleeves that can be worn off the shoulder. There are also dresses that don't show a lot of skin but do emphasize the figure, with long sleeves, fitted waists and narrow skirts. Sydney Bachman, fashion director of Bergdorf Goodman, says the overall trend is toward sleek, simple looks—long jersey tube dresses, slim body-revealing sheaths and even suits that cling in the right places. Janet Russo, the designer who is famous for bringing back old-time glamour to evening clothes, has created flamboyant, curvaceous party dresses named after movie stars. Her "Kelly" dress has a black velvet bodice with a deep V-neck and a dropped waist above a silver and black lace skirt; "Ginger"—for those who want to buck the trend toward black—is a sweepy, strawberry-pink tea-length organza with a pleated top that can be worn off the shoulder.

Fabrics to look for are velvets, sculptured velvet, silk and rayon faille, and lace. For those seeking a headier, more outrageous glamour than a little black dress can provide, gold lamé and gold moiré are both being used by top designers for dresses meant to attract a certain amount of attention.


PURE WOOL. PURE PENDLETON.®
COUNTRY CLOTHES™
A jewel of a suit: ensembled of
lean of line and warmed with
know they could only be
Pendleton. Beautifully
jacket, 135.00; back-
Sophisticates® blouse, 62.00. At fine stores.
Pendleton Woolen Mills, Portland OR 97207.
Welcome to our world.
JRE VIRGIN WOOL



VALUE

For your suits, active-wear, sweaters and sportswear, you'll get more for your money when you look for the Wear-Dated® tag. It's your symbol of quality from Monsanto.




Wear-Dated® is a registered trademark of Monsanto Company. WDA-6-230

# COOKING FOR TODAY

*Here are appetizers and hearty main dishes that are perfect for a crowd*
*By Victoria Wise*

## CHICKEN LIVER MOUSSE

**11 tablespoons butter, at room temperature, divided**
**1½ pounds chicken livers, trimmed**
**½ teaspoon fresh sage or ¼ teaspoon dried**
**½ teaspoon salt**
**¼ teaspoon white pepper**
**¼ cup brandy or cognac**
**1 small onion, chopped**
**1 small tart apple, peeled, cored and chopped**
**1 teaspoon fresh thyme leaves or ¼ teaspoon dried**

In large skillet melt 1 tablespoon butter over medium-high heat. Add livers, sage, salt and white pepper; saute until livers are browned but still pink in center, about 5 minutes. Add brandy; ignite and shake pan until flame dies down. Remove livers; set aside. In same skillet melt 2 tablespoons butter over medium-low heat. Add chopped onion, apple and thyme; saute 10 minutes or until mixture is softened. In food processor or blender puree livers and onion-apple mixture until smooth. Transfer to a medium bowl and cool to room temperature. With a wire whisk beat in remaining ½ cup butter until well combined. With a rubber spatula pack liver mousse into a 2-cup crock. Cover top surface with plastic wrap and refrigerate at least 3 hours. (*Can be made ahead. Cover and refrigerate up to 1 week.*) Makes 2 cups, 70 calories per tablespoon.

## PATE MAISON

**¾ pound sliced bacon, blanched**
**2½ pounds pork butt, cut into 1-inch cubes**

*(continued)*



# If cheese makes it good, JARLSBERG® makes it delicious!



Something Special" means cooking with
berg! And here are three great, easy-to-make
LSBERG ideas you'll want to try. Simple? Of
se. But the very special taste of JARLSBERG —
e any other cheese in the world — makes each
e unique.
d don't forget, Jarlsberg is one of America's
rite snacking cheeses.

## LIFORNIA SALAD

ps assorted torn greens (such as Green leaf
tuce, Romaine, Boston, Bibb and Chicory)
watercress
vel oranges, peeled and sliced
pefruit, peeled and sectioned
dium avocado, peeled, seeded and sliced
ps cubed Jarlsberg Cheese
p salad oil
sp. red wine vinegar
sp. chopped parsley
all clove garlic, minced
p. tarragon, crushed

rge bowl, combine first 6 ingredients. In meas-
cup, combine remaining ingredients. Blend
Pour over salad. Toss to blend. Makes 6
ngs.

## OSLO MACARONI BAKE

1 lb. ground round
2 Tbsp. butter
1 cup sliced mushrooms
1 medium onion, chopped
½ cup chopped red pepper
1 tsp. salt
⅛ tsp. pepper
¼ cup butter
¼ cup flour
2½ cups milk
2 cups shredded Jarlsberg Cheese
1 can-16 oz. tomatoes, chopped
3 cups cooked rotelle pasta
1 can-8 oz. tomato sauce

In skillet, brown beef in butter. Add next 5 ingredients. Cook, till tender; stir often. Set aside. In saucepan, melt remaining ¼ cup butter. Add flour and cook, stirring, several minutes. Remove from heat. Gradually blend in milk; cook, stirring, until thickened and smooth. Stir in 1½ cups cheese. Blend tomatoes into meat mixture. Blend pasta into sauce. Alternate layers of pasta and meat mixtures in buttered 2 qt. baking dish. Top with tomato sauce. Bake at 350°F./35 min. Top with remaining cheese. Bake 5 min. longer. Makes 6 to 8 servings.

## JARLSBERG VEGETABLE BISQUE

3 Tbsp. butter
3 Tbsp. flour
4 cups chicken broth
2 cups coarsely chopped broccoli
¾ cup chopped carrots
½ cup chopped celery
1 small onion, chopped
1 small clove garlic, minced
¼ tsp. thyme, crushed
½ tsp. salt
⅛ tsp. pepper
1 cup heavy cream
1 egg yolk
1½ cups shredded Jarlsberg Cheese

In large heavy saucepan, melt butter. Add flour and cook several minutes, stirring. Remove from heat. Gradually blend in broth. Bring to boil, stirring. Add next 8 ingredients. Cover; simmer 8 min. till vegetables are tender. Blend cream and egg. Gradually blend in several tablespoons soup. Return to soup and cook; stirring, till thickened. Blend in cheese. Serve. Makes 6 to 8 servings.

© Norseland Foods Inc., Stamford, CT 06901

½ pound pork fatback, trimmed and rinsed, cut into ½-inch cubes
2 shallots, chopped
2 garlic cloves, chopped
1 pound chicken livers
2 eggs, lightly beaten
⅓ cup white wine
½ teaspoon thyme
½ teaspoon sage
2½ teaspoons salt
1 teaspoon freshly ground pepper
1 bay leaf

Preheat oven to 325°F. Line a 9x5x3-inch (2-quart) loaf pan with bacon slices, letting ends hang over sides of pan; set aside. In meat grinder with a medium plate grind pork butt, fatback, shallots and garlic into a large bowl. Add chicken livers. Grind again with a fine plate. Add remaining ingredients except bay leaf and mix until thoroughly combined. Pack mixture into prepared loaf pan. Top with bay leaf. Fold bacon ends over top.

Place loaf pan in a 13½x9½-inch baking pan. Pour boiling water in baking pan halfway up sides of loaf pan. Bake 2½ hours or until an instant-read meat thermometer reaches 180°F. Cool on wire rack.

Cover top with wax paper. Place a cookie sheet over pâté and weight down with heavy cans. Refrigerate overnight. *(Can be made ahead. Wrap and refrigerate up to 10 days.)* To serve, run a knife around edge of pan. Invert onto cutting board or serving platter and slice. Makes 16 slices, 360 calories each.

## LISA'S GREEN CHILI

6 pounds pork butt, trimmed, cut into 1-inch cubes (reserve fat)
1 tablespoon peanut oil
2 medium onions, chopped (about 2½ cups)
2 tablespoons chopped garlic
3 to 4 jalapeño peppers, seeded and minced
1 tablespoon fresh oregano leaves or 1 teaspoon dried
2 teaspoons salt
1 teaspoon freshly ground pepper
1 can (13¾ oz.) beef broth
4 cups water
3 cans (4 oz. each) whole mild green chilies

Cut pork fat into ¼-inch pieces. In large skillet heat oil over low heat. Add fat and cook 30 minutes or until cracklings are browned and crisp. Drain on paper towels and set aside.

Pour off all but 3 tablespoons melted fat from skillet. Add onions, garlic, jalapeños and oregano; cook until onions are translucent. Transfer to a large Dutch oven. Toss pork with salt and pepper. Add to skillet in batches and sear over high heat until browned. As pork is browned, add to Dutch oven. Add beef broth to skillet, stirring to scrape up browned bits. Add to Dutch oven along with the water and chilies. Bring to a boil; skim fat, then reduce heat and simmer 2½ hours or until pork is tender. Serve with cracklings, if desired. *(Chili improves if made ahead. Cover and refrigerate up to 5 days.)* Makes 10 servings, 780 calories each.

## BREAST OF VEAL NIÇOISE

3½-pound veal breast

**Stuffing**

1 pound spinach, large stems removed, washed and cut into ½-inch pieces


Announcing the end c

Introducing Pasta Prima. An easy new way to make special pasta dishes at home.



**¾ cups fresh bread cubes (½-inch pieces)**
**¼ cup water**
**1 pound sweet Italian sausage, casings removed, crumbled**
**¼ cup pitted niçoise olives**

---

**½ teaspoon salt**
**½ teaspoon freshly ground pepper**
**2 tablespoons butter**
**2 tablespoons olive oil**
**1 small carrot, cut into 1-inch pieces**
**2 celery ribs, cut into 1-inch pieces**
**1 small onion, quartered**
**2 sprigs thyme or ¼ teaspoon dried**
**1 quart white wine**
**2 cups water**

---

ut a pocket in veal breast. Starting at ırge end, insert blade of a large sharp nife 5 inches into layer of fat between ıeat and bone. Slit along bones to ıake an opening 1 inch from opposite nd. Set aside.

*tuffing:* Preheat oven to 350°F. In large saucepan cook spinach over medium heat until just wilted. Rinse under cold water and squeeze dry. Transfer to medium bowl. In another bowl combine bread cubes with the water until moistened; squeeze dry. Add to spinach along with remaining ingredients; mix well.

Pack stuffing into pocket of veal breast; secure with skewers or twine. Sprinkle veal with the salt and pepper. In large roasting pan melt butter and oil over medium-high heat. Add veal and cook until browned on all sides, about 20 minutes. Add remaining ingredients. Bring to a boil. Cover with foil, pinching edges to seal. Bake 2 hours. Let veal stand in poaching liquid 15 minutes. Transfer meat to cutting board, remove rib bones and slice. Makes 10 servings, 680 calories each.

## PORK RILLETTES

**4 pounds pork butt, cut into 1-inch cubes**
**½ pound pork fatback, trimmed and rinsed, cut into ½-inch cubes**
**6 sprigs thyme or ½ teaspoon dried**
**1 bay leaf**
**8 garlic cloves, peeled**
**½ cup white wine**
**4½ teaspoons salt**
**2 teaspoons freshly ground pepper**
**1 pound lard, melted and cooled**

---

In large Dutch oven combine all ingredients except lard. Cover and simmer over low heat 3½ hours, stirring occasionally. Uncover and continue cooking 1 hour. Cool to room temperature. Discard bay leaf. Cover with plastic wrap and refrigerate overnight.

In large heavy-duty mixer beat mixture until pork and fatback are well combined. (Pork will have a stringy texture.) Pack rillettes into three 2-cup crocks. Pour lard on top to seal. Cover with plastic wrap and refrigerate overnight. *(Can be made ahead. Cover and refrigerate up to 3 months.)* To serve, remove lard. Let rillettes stand at room temperature 30 minutes. Makes 6 cups, 70 calories per tablespoon. **End**

---

Adapted from AMERICAN CHARCUTERIE: RECIPES FROM PIG-BY-THE-TAIL by Victoria Wise. Copyright © Victoria Wise, 1986. Reprinted by arrangement with Viking Penguin Inc.






## Picture The Louisiana Difference

In New Orleans, artists and street entertainers dot The Quarter, infusing its sultry atmosphere with color. Everywhere traditional architecture, including the oldest structure in the Mississippi Valley, Ursuline Academy, vies with the modern for attention.

Outside the city, quiet umber-toned bayous thread through a wealth of semitropical foliage. Emerald-green fields of alfalfa waltz in the breeze beneath cobalt skies. The magical setting sun sketches massive oaks in shades of sunlight and shadow.

Stop down in Louisiana. Focus on us.

Louisiana
We're Really Cookin'!™

Food Capital of the Americas™

For more information on Louisiana vacations, mail coupon to:
*Louisiana Office of Tourism/P.O. Box 94291/Dept. LHJ106*
*Baton Rouge, LA 70804-9291 or call Toll Free: 1-800-231-4730*

Name _____
Address _____
City _____
State _____ Zip _____
Telephone _____
Month I plan to visit _____


# TRAVEL TALK

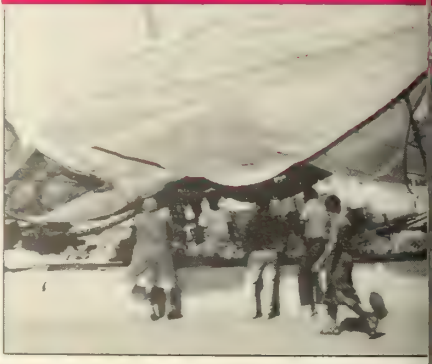
*Have an exotic adventure—plan a Caribbean vacation this winter*
*By Ron Butler*

## THE SMART TRAVELER

**Some of the world's best duty-free shopping can be found in the Caribbean, especially in the U.S. Virgin Islands, where visiting American citizens are permitted to return home with $800 worth of duty-free purchases (instead of the normal $400) and five fifths of duty-free alcohol.**

**Perfume is a particularly good buy. The leading producers of French perfume sell more than 30 percent of their lines in duty-free shops worldwide. (Many large perfume manufacturers sell as much as 50 percent of their products in duty-free shops.) Roger Albert's, a luxury-goods store on the French island of Martinique (7 Rue Victor Hugo, telephone 71-71-71), is considered to have the best perfume prices and the biggest selection in the Caribbean. The shop offers even greater discounts for customers using credit cards or traveler's checks.**

## DUTCH TREAT



Only thirty-eight miles from Venezuela, Curaçao is more European in temperament than other Caribbean islands. Its Dutch heritage is evident in its windmills, pastel-colored buildings, rugged country houses and boats gliding along narrow waterways.

The island is also a shopper's heaven, with a cosmopolitan character reflected in the incredible array of merchandise found in its elegant stores. Most shops are in the downtown area—the Punda—of Willemstad, the capital city.

Its best-known store is Spritzer and Fhurmann. Known as the Tiffany's of the Caribbean, this jewelry firm opened in 1927 and has some of the finest baubles in the world, as well as porcelain, watches, china, crystal and silver. You'll also find a good range of bargains in the Punda district, from antiques and china to hand-embroidered linens.

Not to be missed is the downtown floating market, especially early in the morning when weathered schooners from Venezuela arrive laden with mangoes, papayas, bananas and other tropical fruits and vegetables. The ships tie up along a small canal, and the produce is sold in the shade of the ships' broad, brightly colored sails. The unique floating market opens about six-thirty A.M. and winds down around siesta time—about three in the afternoon.

For additional information write Curacao Tourist Board, 400 Madison Avenue, New York, NY 10017, 212-751-8266.

# MY BEST VACATION

**Imagine yourself traveling, like a swashbuckling pirate, throughout the Caribbean, stopping to swim, fish, explore unknown terrain and loll in the sun.**

**Rambling expeditions like these are still possible with Windjammer cruises, one of the most popular Caribbean vacations for the adventurous.**

**On her journey, Karen Hart, a marketing specialist from Virginia, sailed aboard the *Flying Cloud*, a three-masted vessel. "It was glorious," she says. "We didn't have any particular course. The ship just went from island to island, and we stopped at busy ports and land that seemed uninhabited. We went ashore whenever we wanted, and we had swimming parties and cookouts."**

**The 208-foot *Flying Cloud* is one of the sailing ships used for Captain Mike Burke's Windjammer Barefoot Cruises. The trips can be booked for six to thirteen days. Prices for the six-day cruise range from $625 to $800 per person, double occupancy. Airfare to the Caribbean is extra. For more information, write: Windjammer Barefoot Cruises, P.O. Box 120, Miami, FL 33119; phone 305-373-2090 or 800-327-2600.**

## PUERTO RICO'S BRIGHT NEW LOOK



Harvey Lloyd/The Stock Market

Like a butterfly emerging from its cocoon, Puerto Rico has reclaimed its place as one of the sparkling lights of the Caribbean.

The revitalization includes more than $200 million for hotel improvements alone. For example, the venerable El San Juan Hotel and Casino, shuttered for several years, recently reopened its doors, sporting a $40 million face-lift. Its once somber lobby has been filled with light, as has the revamped casino. The hotel also has plenty of places to eat, drink and have fun, including Back Street Hong Kong (bring your chopsticks), Le Pavillon, the Palm Court, the Amadeus Disco and the Tropicoro Supper Club, where big-name talents such as Rita Moreno, Peter Allen and Suzanne Somers hold forth under a tropical overhang of jungle vines and palm fronds. Double rooms range from $190 for lower-floor accommodations to $260 for a garden lanai with spa.

And there's plenty to do outside the hotel. Old San Juan offers elegant shopping and dining amid the archways and cobblestone streets of sixteenth-century Puerto Rico. Other attractions include the Pablo Casals Museum, the Fine Arts Museum, the Museum of the Seas, and a score of historic buildings and monuments.

The El Yunque rain forest, the only tropical rain forest in the U.S. National Park System, is thirty-five miles east of San Juan. Spanning twenty-eight thousand acres in the Luquillo Mountains, it's named after Yuquiyu, the Indian spirit of such things as waterfalls, wild orchids and beautiful butterflies.

For additional information contact: The Puerto Rico Tourism Company, 1290 Avenue of the Americas, Suite 2230, New York, NY 10104; 800-223-6530 or 212-541-6630.

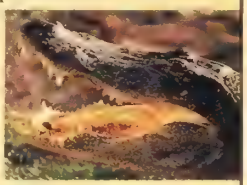







## Cruise To The Tropical Paradise Of Lake Okeechobee

Explore the Southeast's fascinating intracoastal waterway and tropical Lake Okeechobee on a fabulous 10-day one-way cruise between Savannah, GA and Fort Myers, FL. Alive with the magic of Disney World and futuristic Epcot Center, the culture and architecture of 400-year-old St. Augustine, and the resort atmosphere of warm Hilton Head island.



Let American Cruise Lines take you away for 10 spectacular days the way no one else can. Aboard the luxurious M/V SAVANNAH complete with lavish staterooms over 30% larger than you'll find anywhere and more public space per passenger than any other cruise line!



**FLY FREE**

**Right now, you can fly free to your cruise destination from selected gateway cities when you book your Okeechobee Cruise before October 31, 1986.* Call now for a free color brochure and more information on this fabulous offer 1-800-243-6755, collect in CT 345-8501. Or see your travel agent.**

***Certain restrictions apply.**

AMERICAN CRUISE LINES INC
HADDAM, CONNECTICUT 06438

Please send me your free deluxe brochure on American Cruise Lines cruises.

Name _____

Address _____

City _____ St _____ Zip _____

Phone _____

# DECORATING HOTLINE

*The newest color accents, the latest lighting, and savvy use of storage space. By Jena Hall*



Beth Weissman Co., Inc.

## HALOGEN
### a bright new light

The newest idea in lighting is halogen. First introduced in Europe for commercial projects, the halogen is a very small but powerful light bulb that requires a minuscule amount of energy compared with its incandescent counterpart. It gets its brightness from an electrically charged tungsten filament encased in a glass bulb filled with halogen gas.

The halogen bulb has several advantages over conventional bulbs. It sheds a bright, clear light and has a very long life—some are rated for 2,000 hours—making it energy efficient. What's more, the bulb housing itself is so small that it no longer dominates the design. As a result, very tiny lamps or wall fixtures can now provide an enormous amount of light. The disadvantage is that the intense heat buildup can damage the bulbs, and bulb failure can be expensive, since replacements currently cost more than $20 each.

This fall, halogen lighting will be available for the first time in conventional table lamps as well as floor lamps, wall sconces and hanging fixtures. And the styling is not limited to high-tech designs but ranges from neoclassical torches to art deco table lamps.

## VIDEO DECORATING

**Using sheets to decorate is an inexpensive way to keep up with the latest in home design and color. You can mix and match patterns to create rooms that reflect your own style. To help you get started, Martex offers a ten-minute videotape (and a booklet) called "Decorating with Sheets." Send check or money order for $9.95 to Westpoint Pepperell, Dept. LHJ, 1221 Avenue of the Americas, New York, NY 10020.**

## COLOR TRENDS

Cool colors—grays and blue-greens—that were frequently used as neutrals in the early eighties are now being eclipsed by a trend toward warmer colors. Taupe is the hottest hue of the year. The warm brown palette is now replacing its paler counterparts, though coordinating colors and accents can be either cool or warm. Popular colors for textiles, carpets and accent pieces will be mahogany, cinnabar and dark amber.

*(continued)*



# Customize your bathroom without the customary confusion.

Kohler Color Coordinates is a simple way to design a simply beautiful bathroom.

Kohler and Dal-Tile, Style-Tex, Pittsburgh Paints, J.P. Stevens, Congoleum, Broan-Nautilus and Wilsonart are color-coordinating just about everything that goes into a bathroom.

So the plumbing fixtures, tile, counter tops, floor and wall coverings, paint, bath cabinets, even the towels and bath rugs, are all in harmony. That way, you can get exactly what you want without worrying if the colors go together.

For a free brochure showing how easy it is to use color creatively, write Kohler Color Coordinates, Dept. LH, Kohler Company, Kohler, WI 53044.

KOHLER® COLOR COORDINATES™

# If you checked your tap water as carefully as you do other products, you just might change brands.

At the store, it's easy to keep track of what you're feeding your family; most products come with ingredient lists right on the side. Unfortunately, at your kitchen sink you're on your own. Tap water comes without any clue.

As a result, many people just accept their tap water without even thinking. But the truth is, tap water is a product like any other. And you do have a choice.

**"Mommy, can I have a glass of Culligan?"**

Perhaps the "brand" of tap water your family deserves is Culligan. That is, water from a Culligan Drinking Water System. A Culligan system substantially reduces many of the contaminants that could be in your tap water by up to 98%!

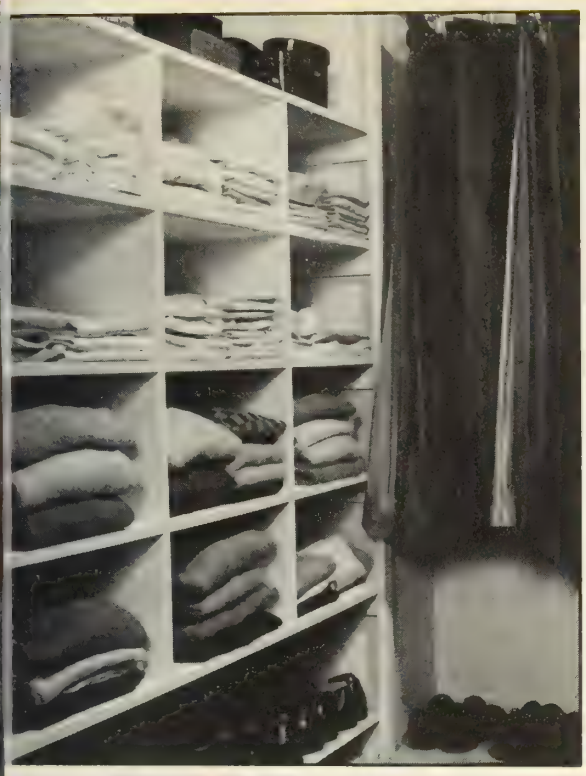
So don't overlook the one product your family may consume more than any other. Give them the number one "brand name" in tap water: Culligan. You don't even have to go to the store to do it!

Just call **1-800-447-4700** and say "Hey, Culligan man." We'll send you the free booklet "What You Should Know About the Water You Drink." (In Canada, call 1-800-268-5458.)



Culligan
Think about it.





## STORAGE WOES

**Q** Our master bedroom's closets are very small. I don't want to spend a lot of money remodeling. Is there another way I can create more storage space?

**A** After evaluating the type of storage you need, begin by reorganizing your existing space. Often, a new configuration for the poles and shelving to expand the capacity of your closet can provide a good remedy. Here are some tips for closet improvements. • Chrome rods placed thirty-six inches off the floor hold hanging skirts, blouses, shirts and folded slacks. Double the hanging capacity by placing a second rod thirty-seven inches above the lower one. If you have enough space, hang a third rod sixty inches above the floor for long items such as coats and dresses. • Line the back of the closet with pegboard, which can be painted to match the rest of the closet. A variety of hooks can hold belts and bags. • Create cubbyholes for shoes and sweaters.

If your closets are already at their capacity, consider one of the new European-inspired wall systems. They are freestanding cabinets that don't require carpentry alterations. You may want to order them through an architect or designer. Three leaders in the field are: Wernermeier, Profiles and Planum. For more information you can write to each of these companies at the New York Design Center, 200 Lexington Avenue, New York, NY 10016.


STEAMBOATIN'©
IT'S STILL THE ONLY WAY TO TRAVEL.










FREE BROCHURE
See your travel agent or call toll-free
1-800-543-1949
or write The Delta Queen Steamboat Co.
Dept. 0LH6 #30 Robin St. Wharf • New Orleans, LA 70130

1 to 12 Nights
Suites Staterooms Cabins

Name: _____
Address _____
City _____ State _____
Telephone _____ Area Code (_____) _____
Age ☐ Under 35 ☐ 36-49 ☐ 50-64 ☐ Over 65 Ocean cruises last ☐ 2 ☐ 1 ☐ 2 or more

# Family favorites.




Anjou, Bosc, Comice, Red and Yellow Bartletts, Seckels and Forelles. They're all part of the pear family, and delightful once you know them. Obviously, they're related. Who can overlook a pear shape?

But each has a character and flavor that is distinctly its own. It's hard not to have favorites, but you'll enjoy every one.

Now, at the peak of the season, is the time to become acquainted. Then you can pick a pear of one or more varieties all year round, from midsummer through winter and late spring.

If you'd like a proper introduction, send for the 16-page, full color book all about PEARS. For just $1.00, you'll learn about ripening, storing and nutrition, along with a collection of enticing recipes and use suggestions.

© 1985—Pacific Bartlett Gro

PEARS

Send $1.00 to:
Oregon Washington California Pear Bure
Dept. A3, 601 Woodlark Building
Portland, Oregon 97205


# WOMEN GETTING AHEAD

*Here's how to avoid on-the-job conflicts with your co-workers —and your boss. By Shirley Sloan Fader*

## ARE YOU A JOB PASSIONATE OR RATIONATE?

These days, 80 percent of dismissed employees are fired because they can't get along with co-workers. If you learn to relate to your colleagues, you almost guarantee your job security.

Management consultant Jean Hollands, president of Growth and Leadership Consultants, in Mountain View, California, says that one of the biggest reasons co-workers don't get along is that some people are job passionates and others are job rationates. The types are nearly opposite and often have trouble working well together. You can determine someone's approach by the way she expresses herself. Passionates tend to react with words like feel, love, hate, adore, really, forever, never, happy, wonderful, painful, share. Rationates respond with think, suppose, hope, must, should, ought, plan, build, solution, problem, perform. If you are one type, you should know how to deal effectively with the other.

*To deal with passionates:* Realize their *feelings* matter in the final decision. They develop emotional attachments to their assignments, products, customers. These must be considered in addition to the technical problems. Passionates need feedback regarding their performance. Find positive things to say first before launching into an outline of needed improvements.

*To deal with rationates:* Prepare your ideas logically. Can it work? What can go wrong? How long, why, where, when? Think in details. Don't expect emotional responses, and never try to rush a rationate.

## TUG-OF-WAR

**Q** I've just been promoted, but my present boss asked me to stay on for two extra weeks to train my successor. What do I tell my new boss, who wants me to report within three days?

**A** Never let yourself be caught between two bosses. Since you're transferring within the organization, tell your new boss you'd be happy to start working for him immediately but your old supervisor has asked you to work two more weeks to help with the transition. Whether or not your new supervisor agrees to the request, you've removed the pressure from yourself. And if your new supervisor refuses, you can tell your old boss, "I asked, but my new boss insists that I start sooner." The situation is then out of your hands, and you won't seem uncooperative to either supervisor.

Up to
**$100 REBATE**
**direct from Tarkett.**
See your Tarkett Lifetime Inlaid Flooring dealer for details.
Offer valid
October 4-November 15, 1986.

# Tarkett Announces Lifetime

INLAID FLOORING

## Technology so advanced its beauty has a life time warranty.

**Unique Color Crystal Technology Insures a Life Time of Beauty.**
Thousands of tiny, tough Color Crystals heat-set into thick lustrous vinyl, creates a depth of color and clarity of pattern unmatched by ordinary inlaid flooring. Tarkett Guardian No-Wax Wearlayer™ resists scuffing and staining and never needs waxing.




**Exclusive Tarkett Warranty Gives Life Time Protection Against Wear.**
Armstrong Designer Solarian® is only warranteed for 5 years against manufacturing defects, Tarkett Lifetime Inlaid Flooring has a life time warranty against manufacturer's defects and household wear. The most complete warranty ever offered.* A Tarkett exclusive.

**Tests Prove Tarkett Lifetime Inlaid Flooring Outwears Armstrong Designer Solarian.®**




Rigorous testing confirmed by an independent laboratory proved conclusively that long after Armstrong Designer Solarian® was worn away, the beauty of Tarkett Lifetime Inlaid Flooring was unspoiled.

**Lifetime is Today's Best Inlaid Flooring Value.**
Durability, a life time of beauty and a life time warranty. For the Tarkett dealer nearest you, call Toll-Free 1-800-FOR-TARKETT. Or see the Yellow Pages under "Flooring."

Tarkett

*The World's Most Experienced Flooring Company.*

em shown: Lifetime Linden Court," #61035
omplete details refer to the Tarkett Consumer Protection Plan

# YOU&KIRSCH



A new distinctive traverse rod in rich reflective finishes. Cirmosa® I lets you show your cleverness with colors. The rod provides distinctive accents…plays perfectly with bright, jewel-toned or subtle fabrics. Shown here in rosé, also comes in brandy, champagne, brass and black onyx. Exclusively from Kirsch. At a price you can afford. Exercise your distinctive taste at your nearby Kirsch dealer. For the name, call toll-free: 1-800-528-1407.

Kirsch®

COOPER INDUSTRIES

TEFLON II

# DISTINCTIVE

® Reg. TM. Cooper Industries, Inc./ *TEFLON Reg. TM. DuPont Co



# The guarantee that the rest of the world aims for . . . from The Company Store.

Compare our quality, our styling and our price. If you don't feel our down comforters are superior to any other comforter, call our toll free number and I will personally send a UPS truck to your home — at my expense — to pick up the comforter. No questions asked. And I'll make certain you receive an immediate refund (in full) or exchange . . . I'm that confident.

Like our guarantee, the quality of our down comforters is unmatched. Each comforter is filled with A SUPERIOR BLEND OF HAND SELECTED WHITE GOOSE AND DUCK DOWN,TCS and crafted with hand guided stitching — a skill practiced by our dedicated seamstresses in La Crosse, Wisconsin, since 1911.

I'm proud to offer these down products at a manufacturer direct price. No department store markup. No middleman markup. No expensive downtown rents. And now, The Company Store quality and the world's best guarantee . . . an unbeatable combination.

Jerry C. Gallitte
President
The Company Store




## KARO STEP DOWN COMFORTER

Absolutely exquisite — 100% Cambric Cotton — hand stitched, karo step design for uniform loft and warmth.
Style #C177—Colors: Creme, Dusty Rose, White, Light Blue, Silver or Pink

| | Dimensions | Down Fill | Value | OUR PRICE |
|---|---|---|---|---|
| Twin | 60" x 86" | 30 oz. | $225 | $120 |
| Queen/Full | 86" x 86" | 44 oz. | $300 | $160 |
| King | 102" x 86" | 50 oz. | $360 | $200 |

DELIVERY IMMEDIATE
We ship within 24 to 48 hours.



## EUROPEAN HI-LOFT DOWN COMFORTER

Hand stitched elegance — superb loft — in a superior poly/cotton.
Style #C111—Colors: Dusty Rose, White, Peach, Champagne or Light Blue

| | Dimensions | Down Fill | Value | OUR PRICE |
|---|---|---|---|---|
| Twin | 60" x 86" | 30 oz. | $220 | $115 |
| Queen/Full | 86" x 86" | 38 oz. | $270 | $145 |
| King | 102" x 86" | 44 oz. | $320 | $175 |
| Calif. King | 102" x 96" | 50 oz. | $350 | $195 |



## CLASSIC CHANNEL DOWN COMFORTER

MANUFACTURER DIRECT PRICES

Timeless design and comfort. Ultrasmooth poly/cotton . . . hand guided stitching . . . and it's reversible.
Style #C101—Solid Colors: Dusty Rose, White Peach, Light Blue or Champagne
Style #C102—Reversible Colors: Light Blue/Slate Blue, Champagne/Caramel or Peach/White

| | Dimensions | Down Fill | Value | OUR PRICE |
|---|---|---|---|---|
| Twin | (60" x 86") | 24 oz. | $150 | $69 |
| Full | (76" x 86") | 30 oz. | $230 | $89 |
| Queen | (86" x 86") | 32 oz. | $260 | $99 |
| King | 102" x 86" | 38 oz. | $260 | $129 |

# The Company Store®

TO ORDER OR TO REQUEST A FREE CATALOG CALL TOLL FREE
1-800-356-9367
Ext. F991,
or use our coupon.
(call 7 days a week)

FREE Catalog RUSH

- 26 Down Comforter Styles
- Down Pillows
- Down Outerwear
- 100% Merino Wool Mattress Pads

Date _____ ☐ Payment enclosed (check or money order)
We accept: ☐ MasterCard ☐ VISA ☐ American Express ☐ Diners Club
Acct. No. _____ Ex. Date _____
Name _____
Address _____
City/State/Zip _____
Daytime Phone (_____) _____

| ITEM | STYLE # | COLOR | SIZE | QTY | PRICE(ea.) | TOTAL |
|---|---|---|---|---|---|---|
| | | | | | | |
| | | | | | | |
| | | | | | Subtotal = | |
| | | | | | Ship., Hdlg. & Insur. -$5 per item = | |
| | | | | | *UPS 2nd Day Air = | |
| | | | | | TOTAL = | |

☐ *We ship UPS ground service unless you request otherwise here. UPS 2nd Day Air add $8.50 to your order.

**SEND TO: The Company Store, Dept. F991, 500 Company Store Road, La Crosse, WI 54601.** Our down is supplied by United Feather and Down, America's premier down processor.

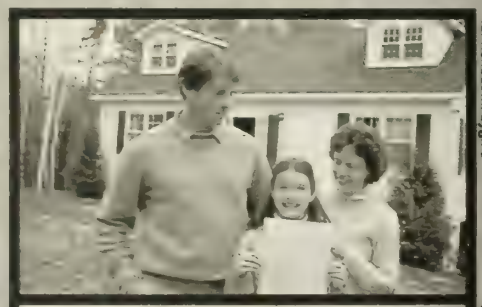
# The children of chernobyl

## & OTHER STORIES FROM INSIDE RUSSIA TODAY





Deborah Beroset



Tannenbaum/Sygma



Ted Warren



Intersection Associates

**NO ONE HAS HEARD ABOUT THE YOUNGEST VICTIMS OF RUSSIA'S TRAGIC NUCLEAR DISASTER—UNTIL NOW. BY DEBORAH BEROSET**

It was a difficult moment for fourteen-year-old Carl Dillard. He and twenty other youngsters from Maine were about to board a British Airways plane at New York's Kennedy Airport for an all-expenses-paid VIP tour of the Soviet Union. He was excited about the trip but was also aware that it would never have happened if his former classmate had not died last year. That classmate was Samantha Smith, the little girl who was thrust into the limelight after *(continued)*

Clockwise, from upper left: Unsung hero Sergei, with Russian and American teens at a youth camp. A Russian girl bids a tearful farewell to Karen Duguay of Maine. Samantha Smith with parents. Jane Smith, with ship named after her daughter. Samantha's picture, opening the Goodwill Games in Moscow.


Introducing No-Ride.™
The pretty panty guaranteed to stay in place.
Your panty will never ride up again. Maidenform guarantees it. It's No-Ride. With the unique leg trim that keeps panties where they belong. Comfortably.
Choose satiny tricot! Or soft cotton! In hipster, brief or high-leg brief. Pick from pretty pastels—all trimmed with scalloped lace.
Maidenform did it again! Comfort and fashion, too.
The No-Ride Panty by Maidenform.®
Brief shown from $5.50. Price is suggested retail. Price higher in Canada. All "Antron" III Nylon. Crotch lining: All Cotton. Exclusive of Decoration. ANTRON III DuPont registered trademark.

writing at age eleven to Soviet leader Yuri Andropov. She was killed in a plane crash at thirteen. "It was a strange feeling," said Carl. "We were looking forward to visiting Russia, but we also felt guilty." It was the first of many bittersweet moments on this extraordinary trip.

### A journey for peace

The blond, freckled teenager from Readfield, Maine, was part of a "young diplomats for peace" visit to the Soviet Union organized by the Samantha Smith Foundation. The foundation was set up by Samantha's mother, Jane. She and the group were to retrace the journey, made by Samantha with her parents in 1983, that had made the girl a celebrity in the Soviet Union as well as in this country.

I had been invited to accompany the Maranacook Community School youngsters on their memorial trip. As our plane touched down at Moscow's Sheremetyevo Airport, I had misgivings about this visit. Just how safe was it to travel inside the Soviet Union two months to the day after the world's worst nuclear accident, at Chernobyl? I knew that hundreds of millions of dollars' worth of the spring crop in Western Europe had been discarded because of contamination from fallout.

In April, when news of the disaster made headlines around the world, plans for the trip were put on hold until experts could be consulted about safety. The parents of Samantha's classmates received information packages on the risks of radiation, along with disclaimers stating that if the parents allowed a child to go, the foundation could not be held responsible for any future health problems the child incurred. In nearly all cases parents permitted their children to make the trip.

The kids from Maine were to spend five days at Artek, the showcase Young Pioneer camp on the Black Sea that had been the highlight of Samantha's trip. (The Young Pioneers are the junior branch of the Communist Party.) When we arrived at the camp, we discovered that Artek was now home to nearly two thousand young evacuees from Chernobyl. Reading about the catastrophe at the Russian power plant in the comfort of an American living room is one thing. Meeting and getting to know Russian youngsters whose lives have been changed forever by the nuclear disaster is quite another experience, far more sobering, as the Maine teenagers soon learned.

Perhaps the Chernobyl survivor who affected the Maine youngsters most was a boy who wore a medal pinned to his camp shirt, an eleven-year-old named Sergei. "I roomed with him," said Patrick Reinsborough, a tall, thoughtful, fourteen-year-old redhead. "He told me [through an interpreter] he was in the Chernobyl plant waiting to see his father, a worker there, when it blew up. He was in a room for children. The walls collapsed, and everyone was buried except him. He managed to rescue one kid, but in the process he got badly burned."

As the world learned this spring, on April 26 the accident at the Chernobyl plant set off an explosion that blasted the top off the building. Fueled by the white-hot graphite core of the reactor, flames twice the temperature of molten steel surged up more than two thousand feet. The smoke from the uncontrollable blaze rose a mile and a half high, carrying invisible but lethal forms of iodine, cesium and other dangerous radioactive emissions.

> **"ELEVEN-YEAR-OLD SERGEI WAS IN CHERNOBYL WHEN IT BLEW UP. EVERYONE WAS BURIED EXCEPT HIM. HE RESCUED ONE KID BUT WAS BURNED HIMSELF."**

In those first few terrifying minutes, many adults ran. "There were acts of courage and acts of cowardice that day. Some fled, others went back," reported Chicago physician Michael McCally, who interviewed hospitalized Chernobyl survivors in Moscow. Sergei was one of the brave ones. Somehow, in the din, dust and darkness of the Chernobyl day-care center, he found a baby. Snatching up the infant, he struggled outside and away from the flames.

When Patrick Reinsborough first met Sergei, the Russian boy's bandages had just been taken off. "His face and his hands were a mess," Patrick said. "Sergei also told me he knew kids whose parents had died at Chernobyl.

"Sergei seemed just like a normal kid," added Patrick. "Listening to him talk has certainly made me feel very anti-nuclear."

Another one of the Maine ninth graders who got to know Sergei was Roy Cowing, who said, "I was told that kids didn't make it out of the room where Sergei was—they died there."

The presence of those children had never been reported in the West, or acknowledged by the Soviet government.

### Unsung bravery

From a distance, Sergei looked no different from the other young campers in his white shirt, bright blue shorts and red kerchief. But his face, once handsome, is badly—and permanently—puckered on the left side by the burns he suffered at Chernobyl. His hands are even more disfigured; the fingers were burned almost to the bone in some places.

Chernobyl's adult heroes, such as firefighters and helicopter pilots, were lionized by the Soviet media. But Sergei's bravery, though it was quietly acknowledged with the medal he wore, has not been publicly recognized. Perhaps the boy's heroism has gone unsung because the Soviet authorities have not revealed that a child-care center on the grounds of the plant was caught in the conflagration.

Sergei's burns were not the only ones visible at Artek. I saw a number of youngsters who had patches of peeling, purply-red skin on their faces. The lesions resembled the aftermath of a severe sunburn but did not appear in the usual across-the-nose pattern. Some children also had curious-looking brown marks, resembling wood stains, on their skin. An expert on the effects of radiation and nuclear accidents later told me that such skin injuries are the result of low-level fallout. Eugene Saenger, M.D., professor of radiology at the University of Cincinnati Medical Center and a consultant to the Nuclear Regulatory Commission, said of the described skin condition, "These kinds of burns would mean the individuals had been exposed to two hundred to one thousand rads." At the low end of such exposure there is an increased long-term risk of cancer, and at the high end an 80 to 100 percent chance of death within weeks.

The youngsters should be monitored for the rest of their lives for cancer, particularly leukemia. Saenger added, "Children tend to be more susceptible to cancer of any type."

During my visit to Russia, I found that the extent of Chernobyl's life-threatening legacy is something Americans are far more aware of than the average Russian. The government-controlled media have downplayed the tragedy. For example, I was astonished when a twenty-six-year-old woman housepainter told me blithely, "The drinking water of Kiev was bad for only one week," and she said she was certain that people *(continued on page 172)*

# If you want to become pregnant...



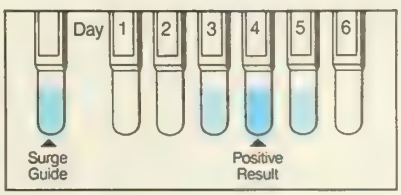
## New Ovutime® accurately pinpoints the time you can conceive

Knowing when you ovulate can increase your chance of becoming pregnant. And now, with new OVUTIME® you can predict when you're going to ovulate up to 36 hours in advance, so you can plan when you're most likely to conceive.

OVUTIME is a urine test method that physicians, laboratories and fertility clinics use. But it's *so easy*, we've made it available for you to use at home.

OVUTIME detects the hormone LH (luteinizing hormone) that triggers ovulation. LH surges (or increases) just before you ovulate, and you can detect its presence in your urine.

Simply test your urine once a day for 6 or 9 consecutive days each month with special OVUTIME Colorsticks.




The Colorstick will turn dark blue when LH surges. And only OVUTIME contains a control test called the "Surge Guide" to help ensure that your prediction is accurate. If your daily Colorstick turns a darker blue than the Surge Guide, you are likely to ovulate within the next 36 hours.

It's that easy to accurately predict ovulation...unlike the temperature method which gives you information too late for you to use.

And OVUTIME offers both a 6-day and 9-day kit to choose from, depending on the regularity of your cycle.

When you really want to become pregnant, turn to the accuracy of new OVUTIME. The test method doctors use can help change your life.




NEW
# Ovutime®
HOME OVULATION PREDICTOR TEST

Distributed by
Advanced Care Products
Division of Ortho Pharmaceutical Corporation
Raritan, New Jersey 08869

OPC 1986



**Special offer from LHJ**

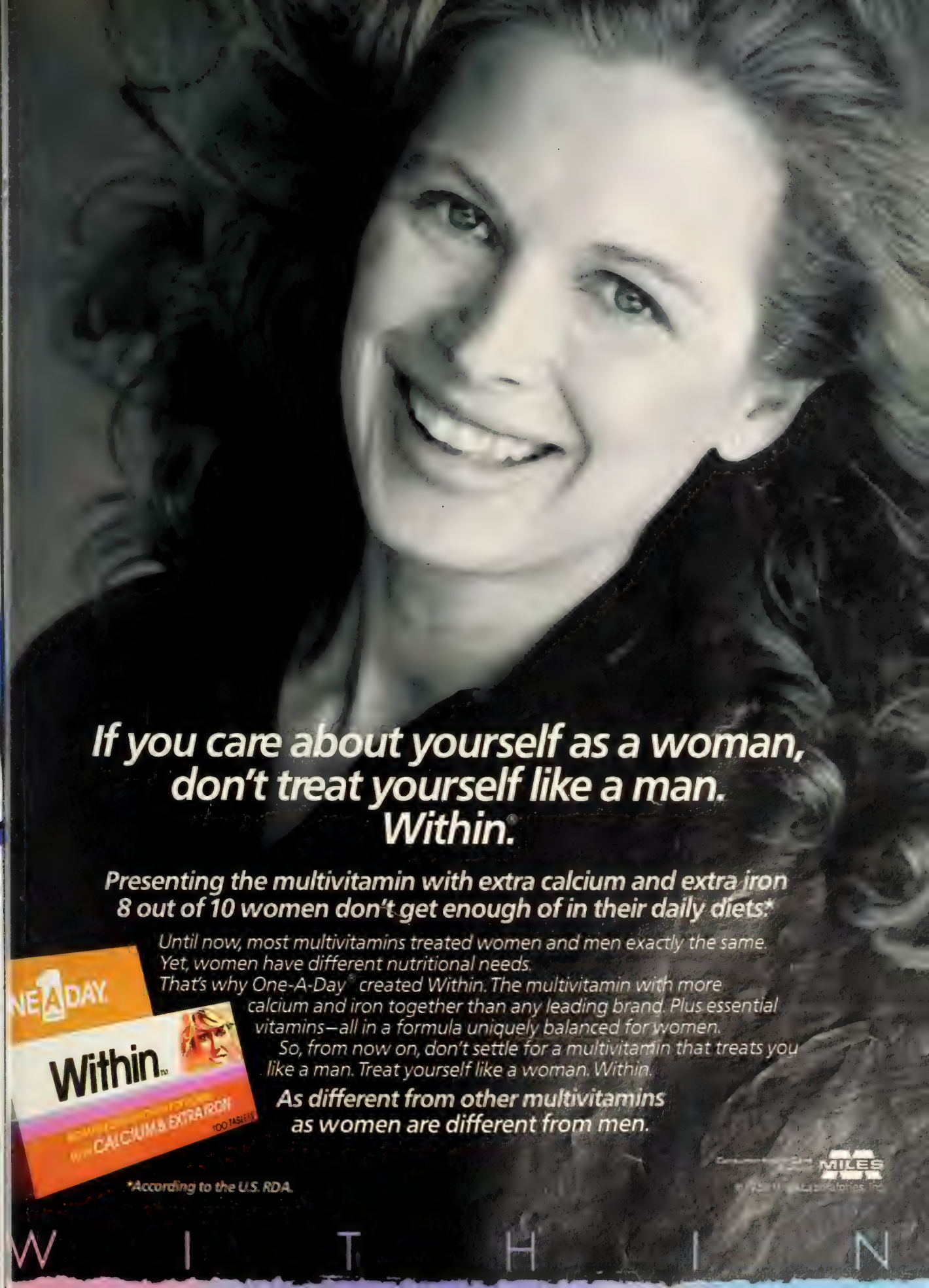
# The straight & narrow

**Dress these outfits up or down—they're great leisure gear you'll wear again and again!**

*Sleek separates to take you into autumn with ease! These stylish sweaters are long and lean. Choose bright blue with a black geometric pattern, or the black, white and turquoise stripe. Our skinny black leggings complete the look, in stirrup or straight-cut styles. The sweaters are $29.95 each; the leggings, $22.95. Purchase a set for just $49.90, and we pay the freight! To order, see page 205.*

Ross Whitaker

Hair and makeup, Pascal Lewis. Far left: socks, Electric Sok; bracelets, Janet Norem; earrings, Cathy & Marsha for Catherine Stein; shoes at I. Miller. Left: socks, Electric Sok; earrings, Ylang-Ylang; head wrap, Maeve Carr; bracelets, Cathy & Marsha for Catherine Stein.


If you care about yourself as a woman,
don't treat yourself like a man.
Within.®
Presenting the multivitamin with extra calcium and extra iron
8 out of 10 women don't get enough of in their daily diets.*
Until now, most multivitamins treated women and men exactly the same.
Yet, women have different nutritional needs.
That's why One-A-Day® created Within. The multivitamin with more
calcium and iron together than any leading brand. Plus essential
vitamins—all in a formula uniquely balanced for women.
So, from now on, don't settle for a multivitamin that treats you
like a man. Treat yourself like a woman. Within.
As different from other multivitamins
as women are different from men.
ONE A DAY
Within™
with CALCIUM & EXTRA IRON
100 TABLETS
*According to the U.S. RDA.
MILES
WITHIN

# Toe to toe



**Liquid Tide beats the socks off other liquids.**




Try Liquid Tide on some of your toughest laundry problems. You'll find it gets out what other liquids leave behind.

# ONE MORE TIME

LADIES' HOME JOURNAL
OCTOBER 1986

By Carol Burnett



*A San Antonio photographer took this picture of seven-year-old Carol Burnett. That same year, she moved with her grandmother to a seedy room in Hollywood to be near her alcoholic parents. Turn the page for the poignant story of her life, a story only she could tell*

From ONE MORE TIME, by Carol Burnett. Copyright © 1986 by Kalola Productions Inc. To be published by Random House in October.

Dear Carrie, Jody and Erin,

When you were little girls, I'm sure you recall my telling you countless stories about what it was like when I was little: "I remember as if it were yesterday . . . it was my ninth birthday, and I woke up with the chicken pox . . ."

And the three of you would roll your eyes to heaven and say, "Oh, Mom," because you had heard it a million times before. I don't blame you. It had to drive you nuts.

But now that you're older and I'm older, I felt that it was important to go through it all one more time. Actually, I'm hoping you might recognize parts of yourselves in me as I was growing up, recognitions that have nothing to do with the times ("the covered wagon days," as you always put it) but have everything to do with the feelings I think we all have in this world, no matter when we were born, feelings we should share as much as possible. So here it all is, in a letter.



Me in *Once Upon a Mattress*, my first Broadway show

I started scribbling it on hotel stationery in New York about two years ago. After a few weeks, I graduated to a rented typewriter. I amazed myself. I taught myself to type all over again. I wound up buying gallons of correction fluid. Then, when I realized that what I was writing was turning into a full-length book, I got one of those little one-page-at-a-time photocopiers.

I wrote as much as I could whenever I could, and it took a lot longer than I had expected. Not because I couldn't remember, but because I remembered so much.

Three months ago, I got a word processor! I know, none of you could believe it either. I'm proud of myself for doing it, although I almost returned it when the instructor turned out to be twelve. I'm glad I didn't, or I probably never would have finished.

And I *had* to finish.

I wanted to go though it all, one more time, to let you in on my growing pains, dreams, goofs and what-have-yous, so that maybe you could figure out just how your (continued on page 180)



Daddy at Olive View Sanitorium—the last time I saw him



Pulling my car with Nanny



My little sister, Chris, and me. I felt (and looked) like her mother



My mother. I thought she was beautiful



My sister, Chris, together with Nanny before I "kidnapped" Chris



Fiber-rich dishes with flair, clockwise from top: Lamb Ragout, Fiber-Full Fruit Salad, Oat-Cornmeal Waffles with Cranberry Sauce. Insets, top to bottom: Do-ahead Bran Muffins, Corny-Copias, Seven-Grain Bread, granola-topped ice cream. For these recipes and more, turn to page 154.

# HIGH FIBER GREAT TASTE

**Imaginative and delicious, our chock-full-of-fiber dishes make it easy and fun to eat healthy!**

**By Randi Blaun**



*We bet you already know that fiber is oh-so-good for you. It helps keep your digestive tract in proper working order, and recent evidence suggests that a high-fiber diet may even help reduce the risk of developing some serious problems, such as heart disease and cancer. It's also an aid in dieting—foods with fiber take longer to eat and provide a feeling of fullness after a meal, so you can eat more while consuming fewer calories. But did you know that not all fiber is alike? There are, in fact, two types of fiber, and they keep you healthy in different ways. Water-insoluble fiber, the kind that is found in wheat bran, whole grain cereal*







J. Barry O'Rourke

(continued on page 152)



# HOW TO WEAR THE LATEST IF YOUR SHAPE'S NOT THE GREATEST

If you thought you had to be a stringbean to wear fall's super snuggle-up-to-the-body styles, have we got news for you: With our eye-fooling, shape-sleeking fashion pointers—tested here on four real-life women with real-life figures—you can look terrific in today's clothes no matter which part of your anatomy is too much of a good thing.

## BODY-TESTED CLOTHES

Laurel's flared peplum plus slim skirt is one of the season's hottest new shapes, and guess what. It's great for hiding big hips and thighs. Tip: If your waist is slender, wear a belt to score extra fashion points and pull the eye up from trouble spots. **Dress, Regina Kravitz.**

Hair and makeup, these pages, Ruthy Savin. Left: belt, Judith Leiber; bracelets, Monies at Good as Gold; earrings, Foreign Intrigue; hosiery, No Nonsense; shoes, Stephane Kélian.

An easy knit cardigan that skims almost to the knees, like the one Connie wears at left, is up-to-the-minute fashion that just happens to camouflage bumps and bulges. Tip: If waist, tummy, hips—or all three—could stand a bit of whittling, a long cardigan to wear over body-hugging dresses and separates should be your number-one basic this year. Cardigan and yellow dress by Rebecca Moses. Inset: Connie's hip-skipping jacket in lipstick red (*the* important accent color now), and its simple, skinny-ing skirt and shell in purple, all by Sémplice, prove that a few extra pounds needn't keep you from wearing fall brights, *if* you know how to play by the rules: Use brilliant color as layering, slipping it over or under a darker, slimming shape.

Large photo: pins and chain bracelets, Ming at Good as Gold; umbrella, Mespo; other bracelets, Zagal at Good as Gold; shoes, Manolo Blahnik; hosiery, Danskin. Inset: Umbrella, Mespo; bracelets and necklace, Ming at Good as Gold; hosiery, Danskin; shoes, Stephane Kélian.

Uli Rose

Ana's softly bloused pullover, reaching well below the hipbones (right), has style smarts to spare . . . and is a perfect disguise for thickness through the midsection. It's paired with a new-looking narrow tube skirt that avoids the suggestion of all-over bulk—a principle to keep in mind when the primary problem is a big tummy or an undefined waist. Top from Moods, by Krizia for The Limited. Skirt by Bern Conrad. The raspberry knit soft suit by Kazmel, worn by Ana in the inset, has a jacket fitted to the waist and ending in a full, gathered peplum, another savvy strategy for hiding a tummy bulge. Tip: To prevent the clinging that reveals lingerie lines and hints at extra pounds, try using an antistatic spray or wear a non-cling slip under knits and other slimwear.

Hair and makeup, these pages, Linda Sembera. Large photo: earrings, Alexis Kirk; hosiery, Hanes; cuff bracelet, Judith Feldman; other bracelets at Fragments; shoes, Stephane Kélian. Inset: hair bow, Echo; gloves, Fownes; earrings, Lazaro-Neal at Fragments; hosiery, Dim; shoes, Maud Frizon.

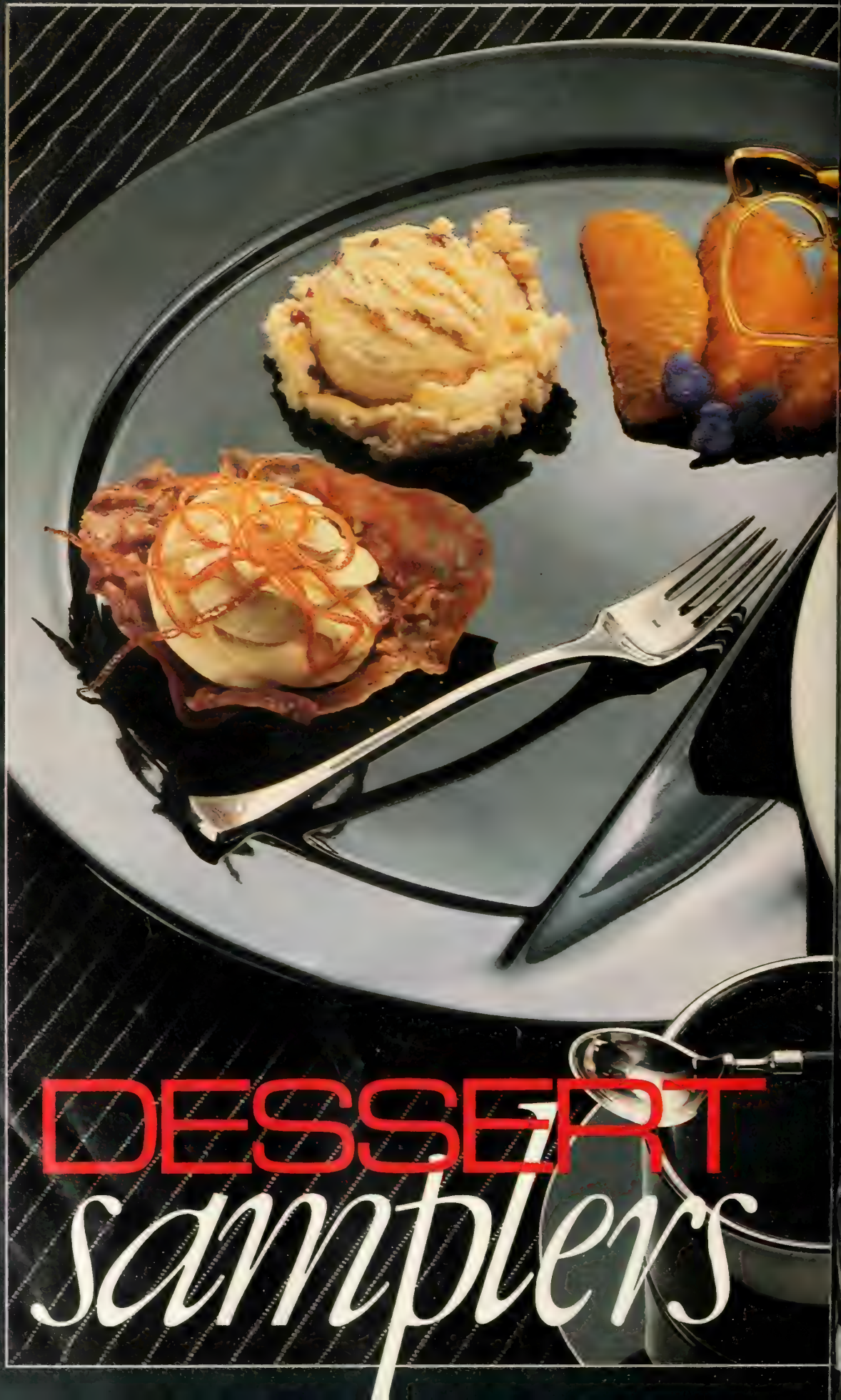
## BODY-TESTED CLOTHES



The skinny body dress Laura's wearing (left) has raglan sleeves with lots of room through the shoulders, great for playing down a large bosom. The above-the-knee length and sexy ultra-sheer black hose show off Laura's spectacular legs, shifting attention down and away from her chest. Dress by Adrienne Vittadini. Tip: For curve control under close-fitting clothes, try a body stocking designed to hold a longer, leaner line from bust to top of thigh. The important shoulders and the slim skirt of Laura's streak-of-orange two-piecer (inset), by Tric Trac, streamline her hourglass figure.

Large photo: gloves, Fownes; earrings, Lynn Russell at Judith Feldman; bracelet, Lazaro-Neal at Fragments; bag, Judith Leiber; hosiery, L'eggs; shoes, Manolo Blahnik. Inset: bracelet and ring, Ming at Good as Gold; earrings, BRZ at Judith Feldman; hosiery, L'eggs.





CARAMEL SAMPLER
Sweet, juicy orange slices topped with dainty caramel hearts

Velvety walnut brittle ice cream packed with crunchy praline

Elegant toffee tulipes filled with orange-caramel mousse

# DESSERT samplers

*A dessert-aholic's dream: You can have your cake—and your torte and your mousse as well! Dessert sampling—enjoying small portions of several delicacies—is the latest craze in chic restaurants. With these mouth-watering recipes, you can now indulge at home*



**CHOCOLATE SAMPLER**

Dark chocolate pistachio terrine garnished with chocolate twigs

Light and rich chocolate roulade laced with cherries

White chocolate truffles in strawberry sauce

Turn to page 158 for these and other sinful delights

*By Jan Turner Hazard, Food and Equipment Editor*

# ACCESSORIES MAKE THE DIFFERENCE



What gives a living room style? You may be surprised to learn it doesn't have to be the major pieces. The right accessories are all you need for the look you really love—be it formal, country or a marvelous eclectic mix. Here, we show you how we transformed one room containing basic, neutral furnishings (above) into three fabulous settings. Begin by choosing a color scheme, decide on your favorite decor—and you're on your way!

White upholstered pieces, cocktail table, ottoman, magazine rack, Windsor chair, wing chair, trunk and mirror, Lord & Taylor; drapery and pillow fabric, Brunschwig & Fils*; rug, Berdj Abadjian*; end tables, Wood & Hogan*; Queen Anne chairs and candlesticks, Hyde Park Antiques; throw, Woolworks; needlepoint pillows, Kentshire Galleries and Trevor Potts; painting over mantel, Trevor Potts; prints, Kensington Antiques; primitive portrait, Barrie A. Wright; Chippendale console and all other accessories, Yale R. Burge*; fire screen and fire tools, William H. Jackson. *Through decorators. Details, page 162.

**BY MARILYN DIANE GLASS**
**DECORATING AND DESIGN EDITOR**



Edgar DeEvia

## formal

**The key accessories for this setting are**

**■ fringes and tassels on drapes and pillo**



# formal

What characterizes a formal room? Lavish attention to detail—the more luxurious the better—and a bit of attractive clutter. The focal point of this room is an ornate gilded mirror above a traditional Chippendale console, and the two opulently dressed windows on either side.

**ersian rug and fine porcelains ■ silk, velvet and damask textiles ■ swags and jabots**
**dark, rich woods ■ jewel-like colors ■ art and mirrors in elaborate carved and gilded frames**

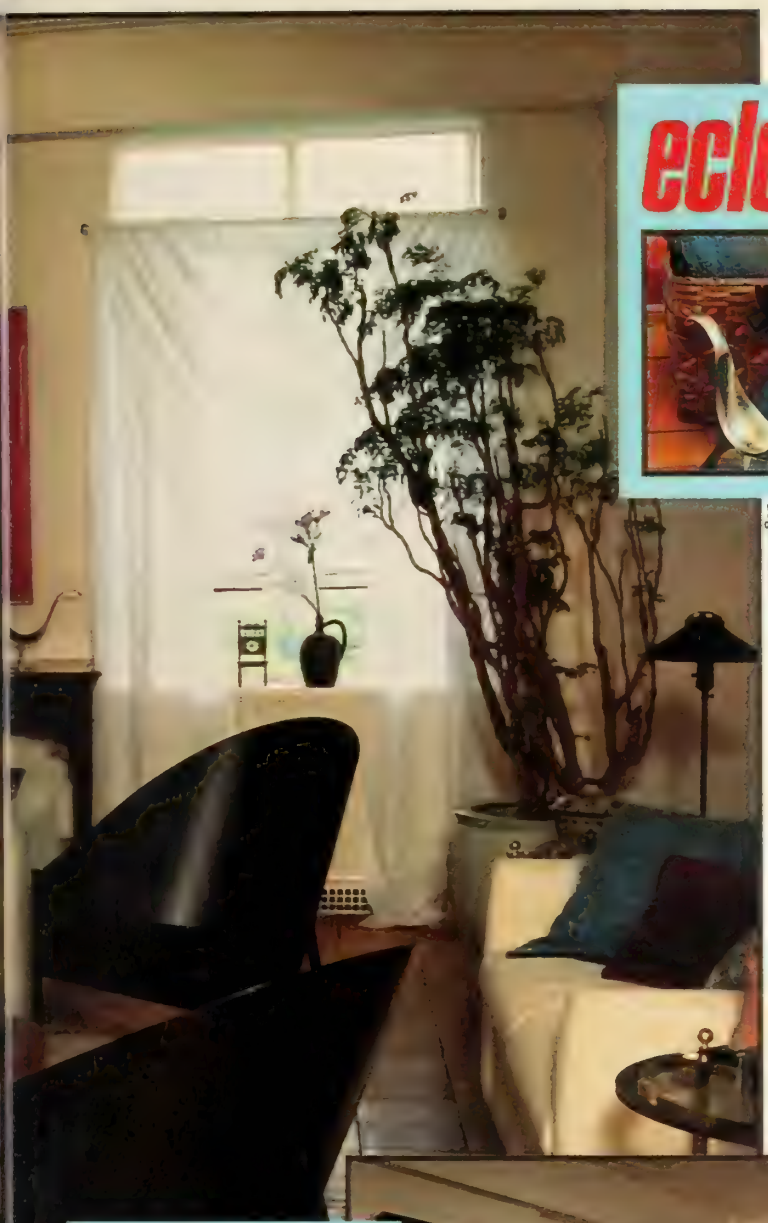
# ACCESSORIES MAKE THE DIFFERENCE



## eclectic

**To create the wonderful combination here we used romantic sheer linen curtains ■ ultramodern lighting ■ chrome and glass ■ highly styled black iron chairs ■ velvet and cotton pillows ■ modern art ■ collectibles**

Above: tables, Lord & Taylor; draperies, Calvin Fabrics*; rug, Harmony Carpets*; black chairs, floor lamps, Furniture of the 20th Century; lamp on console, Lightforms; silver birds, Muriel Karasik planter, black lamp, plate, candlesticks, Limited Editions; metal plum, David Barrett; throw and pillows, Nicholas Antiques*; head in window, Temple Art; vase, jug, miniature chair, armoire, teapot Martell Antiques; painting on left, Gruenebaum Gallery; painting over console, Littlejohn-Smith Gallery. Right: blinds, Joanna Western Mills Company; draperies, Brunschwig & Fils*; blue pillows Boussac*; chairs and cherry tables, Martell Antiques; armoire, trenchers, chest and pottery bowls, Evergreen Antiques; bowl and figures, Zona; throw, Thomas Woodard; dog, arrow and patchwor pillow, Judi Boisson; painting, Barrie A. Wright. *Through decorators. Details, page 162.



Edgar DeEvia

## eclectic



Unconventional and daring . . . An unexpected mixture of old and new makes this room truly exciting (remember, we kept the upholstered pieces). This time we added a Thai table, Queen Anne chairs and contemporary lighting. With a quiet, neutral background you can use accessories from everywhere and every period—here's your opportunity to put all your favorite pieces together! The focal point is the same mahogany Chippendale console under (surprise!) a bold modern painting. Go wild!

## country

**Our simple Shaker rendition was decorated with baskets ■ folk art ■ ticking pillows ■ café curtains over wooden blinds ■ painted furniture ■ trunk for coffee table**



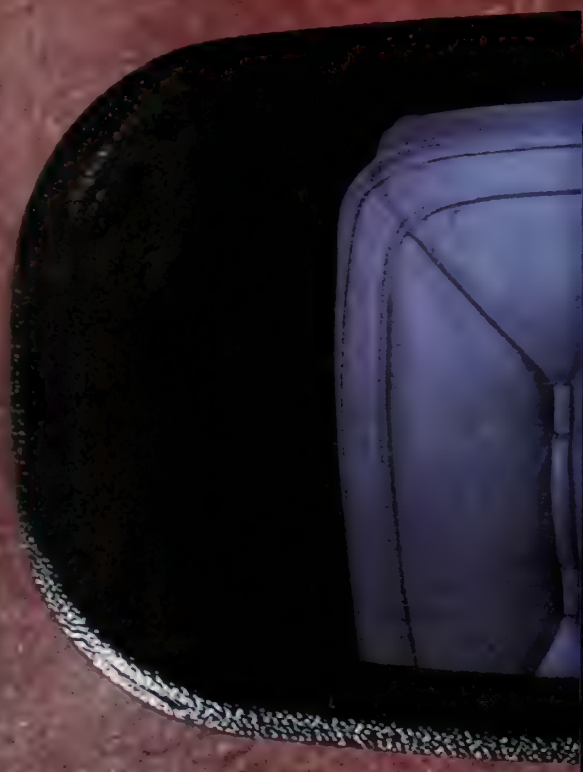
## country



This room is country, Shaker-style—a pared-down version of country that is the latest trend in decorating. This simple room emphasizes that less is more: The accessories create an appealing and uncluttered look. Here, your eye is drawn to the Scandinavian armoire with its stack of wooden trenchers on top.

# TEENAGE SEX—A

**Even as our society becomes increasingly conservative, teens are engaging in sex more casually and at a younger age. The tragic result of this alarming trend is that 3,000 girls become pregnant every day in America. Why is this happening, and what can be done about it?**
**By Eric Sherman**



Twelve-year-old Nancy Carson, who still sucks her thumb on occasion, gave birth to a baby girl after being in labor for thirty-six hours. Her ex-boyfriend, Vincent, seventeen, insists it is not his child. "I don't see Vincent anymore," says Nancy, as her eyes fill with tears. "He sees other girls." Shortly before her child was born, Nancy, who lives in New York City, said, "I wish that I wasn't pregnant, that I had done better in school, and that I could start life over again."

Deborah Ross was no stranger to the doctors at the University of Minnesota's women's clinic. Sexually active since her mid-teens, she had been to the clinic several times in the last two years with separate bouts of gonorrhea and chlamydia. She was now eighteen and infected again. This time, the pain in her pelvis *(continued on page 199)*

# SPECIAL REPORT





# NEW WAYS WITH CHICKEN

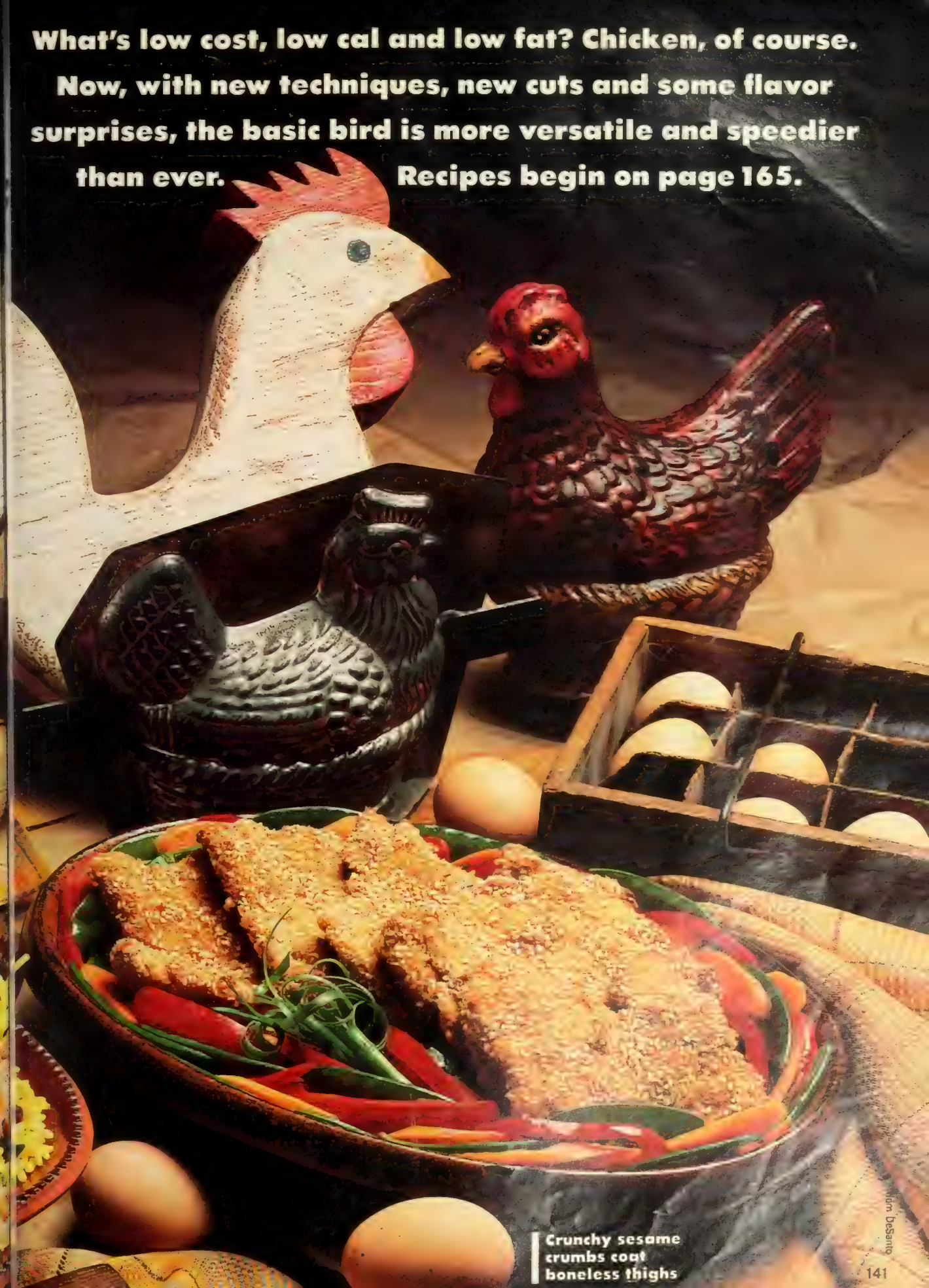
**We know you serve chicken several times a week both for health and budget reasons. That's why we've come up with a super collection of innovative recipes that make the most of new products, such as nuggets, boneless breasts and thighs, and whole cooked chickens, and offer some unexpected taste combinations as well. Bonus: Every single entree takes less than thirty minutes to prepare!**



Microwave apples and sweet potatoes in a spicy sauce add zest to a precooked bird

Yogurt and curry turn nuggets into an Indian delight, served on saffron rice

**What's low cost, low cal and low fat? Chicken, of course. Now, with new techniques, new cuts and some flavor surprises, the basic bird is more versatile and speedier than ever.** **Recipes begin on page 165.**



Crunchy sesame crumbs coat boneless thighs

William DeSanto

# HAIR all

There's no need to get into a tangle wondering which are the very best looks for locks right now. From our cut above the rest to a most distressing tale of one woman's search for the perfect hairstyle (it will surely make you bristle!) to headliners in terrific new products and accessories, we go to all lengths to bring you the mane ideas for fall



## THE HAVE-IT-ALL CUT

Our model certainly has a lo to smile about! Her haircut– mid-length, layered at th ends only—is super-chic very easy to care for and trul versatile. She can wear it a is, in a casual style, sleek back for a conservative offic look, or mousse in sexy, so waves for nonstop glamou





# about it

By Lois Joy Johnson
Beauty and Fashion Editor

## HAIR LINES

### Head-dressing

Go for bows . . . they're almost as basic to hair now as mascara is to eyes. Collect them in satin, velvet, grosgrain. Wear for day or night chic to dress up and tame unruly tresses.

### Winners by a hair

Products of the year are the stylers that make hair behave: Sculpting gels are great for making layered or coarse hair hold a sleeker, straighter line. Mousses are fine for all hair types; they foam in body, volume and texture. Setting lotions, still the best for fine or thin hair, lock in waves and curls.

### Cut ups

The latest salon trends: soft, feminine looks. Longer hair is making a comeback, in shoulder-grazing shapes. For a switch, hike hair high into a ponytail and wrap the base with fabric or terry-covered bands.

### Color cues

Hottest hair color? *Brown*! But not just any old mousy brown, says Louis Licari, Clairol spokesperson and star colorist. The best browns give off sparks—naturally, or with the help of hair-color enhancement to go from blah to beautiful.

Opposite: photographer, Jimi Giannatti; hair and makeup by Cris Galjour for Pipino-Buccheri, NYC. This page: photographer, Tohru Nakamura; hair by Gerard Bollei at the Galleria; makeup by Rex/Moreau.





# HAIR LINES

## Strike up the band

A 1986 styling tool and accessory extraordinaire is the hair band . . . great for keeping floppy locks off face, adding line and definition to a shapeless do.

## Sea of shampoo

Since 1983 American women are shampooing 18 percent more often. We're also conditioning 14 percent more often and using 10 percent more hairspray!

## New wave

If you want curls and a cut, stylists now perm *before* trimming to factor in waves and texture as they scissor.

## High-tech hair

Chic salons across the country are installing computerized coloring and perming equipment, which gives better results with less wear and tear on hair.

Above: photographer, Tohru Nakamura; hair by Gerard Bollei at the Galleria; makeup by Rex/Moreau; model, Sidney of Click. Jane's makeover: photographer, Jimi Giannatti; makeup by Jim Brusock. Hair: color by Jim Conte; cut and perm by Gerard Bollei at the Galleria. Details, page 162.

# Jane's search for the perfec

Poor Jane! Would she ever find hair happiness? Over the years she tried each new do that came into fashion—short locks and long, layers and blunt cuts, flips, bobs, bouffants and braids. More than once, she thought her quest was doomed to failure, but did our heroine give up? Not Jane! In time, she grew less concerned with what others wore, and more aware of herself and how *she* wanted to look: blonder, sexier, prettier. She learned the art of communicating with hairdressers and finally found one—oh, happy day—who *understood*. Armed with photographs of styles she like so that she and the pro would on the same wavelength, she arrived for a preliminary consultation with Gerard Bolle at the Galleria in New York Ci He analyzed her hair—fine but thick, with a tendency to f They came up with a look that works for her fitness-consc lifestyle (she spends hours eac week at the gym, so easy-care

## A hair-raising tale



1963
**Bangs and a flip—shades of Betty and Veronica!**



1972
**Jane's carefree flower-child look**



1975
**Don't look now, it's Little Orphan Janie**

# HAIR all about it

# haircut

air is a must), her proportions, er face. Bollei turned her over to m Conte, who re-created ane's sunstruck childhood hair olor using subtle but wow ighlighting in apricot, cognac nd gold. Two weeks later she went ack to the Galleria for a ody wave, then Bollei snipped in e style: blunt-cut, medium ngth, side-parted. Cried Jane hen Bollei finished, right: "It's e, and I love it!" The moral of ur story: Know yourself, find and arn to work with a good hair-resser, and never, ever give up.



1980
Wash-and-wear and so ho-hum



1982
Long, full bangs. Where's Jane?



1985
Back in a braid—sleek, not sexy



**Here's how to make your perm do precisely what you want it to do: For ringlets, throw your head forward, massage in plenty of mousse, then style with a wide-tooth comb. For volume, simply brush out the underlayers. (Be careful not to brush the top layers; they'll frizz.) For a loose, sexy look, gently pull curls apart with your fingers. Hair, hair!**

# FIFTIES FOOD
# EIGHTIES STYLE



Mom's From Scratch
Marble Cake
**c. 1954**

Forget goat cheese, blackened redfish and mesquite barbecues. Those in the know about food trends have decreed it's time for some culinary reruns—the comforting taste of things past—meatballs in brown gravy, chicken potpie and cherries jubilee. We've updated the classics and made them even better. These main-dish and dessert favorites will bring back happy memories to you and make new ones for your family. Recipes for our nostalgia fare begin on the next page.



Aunt Mildred's Swiss Steak
and Mashed Potatoes
**c. 1957**

## AUNT MILDRED'S SWISS STEAK

pictured on page 147

*The long, slow simmer is the key.*

- 1½ pounds boneless chuck steak, 2 inches thick
- 1 teaspoon minced garlic
- ¼ cup flour
- ½ teaspoon salt
- ¼ teaspoon freshly ground pepper
- 2 tablespoons salad oil
- 2 large onions, sliced
- ½ cup sliced celery
- ½ cup sliced carrots
- 1 can (16 oz.) tomatoes, chopped
- 1 cup beef broth
- 2 tablespoons chopped parsley

Preheat oven to 300°F. Rub meat with garlic. Combine flour, salt and pepper. With a meat mallet, pound all the flour mixture into the meat.

In Dutch oven heat oil over medium-high heat. Add meat and brown well on both sides; remove meat. Add onions, celery and carrots to Dutch oven; cook, stirring occasionally, until golden, about 5 minutes. Add tomatoes and beef broth; bring to a simmer. Return meat to pot. Cover and bake 2 to 2¼ hours, until meat is fork-tender. With a slotted spoon transfer meat and vegetables to a platter; keep warm. Skim fat from sauce in Dutch oven. Heat sauce to boiling and cook 5 minutes. Stir in parsley. Serve with meat and vegetables. Makes 4 servings, 600 calories each.

## MASHED POTATOES

pictured on page 147

*When was the last time you had mashed potatoes . . . lumps and all?*

- 2 pounds medium potatoes, peeled and quartered
- 1 teaspoon salt, divided
- ⅔ cup hot milk
- 3 tablespoons butter
- Dash freshly ground pepper

In large saucepan combine potatoes with water to cover and ½ teaspoon salt. Bring to a boil; cover and cook until fork-tender, about 20 minutes. Drain well. Return potatoes to saucepan; dry over low heat 1 minute or until all water is evaporated. Mash with a potato masher or hand-held mixer. Add milk, butter, remaining ½ teaspoon salt and pepper. Beat until smooth. Makes 6 servings, 160 calories each.

## MOM'S FROM SCRATCH MARBLE CAKE

pictured on page 146

*This is our answer to the cry "What's for dee-zert?"*

- 2 cups plus 2 tablespoons cake flour
- 2 teaspoons baking powder
- ½ teaspoon salt
- ¾ cup butter or margarine, softened
- 1½ cups sugar
- 3 eggs, at room temperature
- 1 cup milk
- 1 teaspoon vanilla extract
- 1 square (1 oz.) unsweetened chocolate, melted
- 2 tablespoons lukewarm water

**Frosting**

- 5 squares (1 oz. each) unsweetened chocolate
- 6 tablespoons butter (no substitute), divided
- 2¾ cups sifted confectioners' sugar
- ½ cup warm milk
- 1 egg yolk
- 1 teaspoon vanilla extract

Preheat oven to 350°F. Grease two 9-inch round cake pans. Line bottoms with wax paper. Grease paper; set aside.

In medium bowl combine flour, baking powder and salt. In large mixer bowl cream butter. Gradually add sugar, beating until light and fluffy. Add eggs one at a time, beating well after each addition. Combine milk and vanilla; add to mixer bowl alternately with dry ingredients, beginning and ending with dry ingredients. Transfer 1 cup batter to a small bowl. Add chocolate and lukewarm water; mix well.

Spoon large dollops of yellow cake batter into prepared pans alternately with smaller spoonfuls of chocolate batter. With small spatula or knife, cut through batter in a zigzag pattern. Bake 35 minutes or until toothpick inserted in center comes out clean. Cool in pans 15 minutes. Invert onto a wire rack; remove pans and paper. Cool.

*Frosting:* In small saucepan melt chocolate and 5 tablespoons butter. Transfer to a mixer bowl and cool to lukewarm. Add sugar alternately with milk, beating well after each addition. Beat in egg yolk and vanilla. Beat in remaining butter. Place 1 cake layer on a platter; top with one quarter of the frosting. Add second layer and frost top and sides with remaining frosting. Makes 16 servings, 380 calories each.

## DAD'S CHICKEN POTPIE

*Poach your own chicken for this recipe; it makes a fabulous entree.*

**Pastry**

- 1½ cups all-purpose flour
- 1 teaspoon baking powder
- ½ teaspoon salt
- 6 tablespoons shortening
- 4 to 6 tablespoons ice water

**Filling**

- 4 cups chicken broth (see Poached Chicken recipe)
- ¾ pound carrots, peeled and cut into 1-inch slices
- 24 pearl onions
- 4 tablespoons chicken fat or butter (see Poached Chicken recipe)
- 6 tablespoons all-purpose flour
- ½ teaspoon salt
- ¼ teaspoon freshly ground peppe
- 3 cups cubed cooked chicken (see Poached Chicken recipe
- 2 tablespoons chopped parsley
- ½ teaspoon lemon juice

- 1 egg yolk, beaten
- 1 tablespoon water

*Pastry:* In large bowl combine flou baking powder and salt. With pastr blender or 2 knives, cut in shortenin until mixture resembles coarse crumb Sprinkle in ice water a tablespoon at time, tossing with a fork until pastr holds together. Shape into a ball. Wra in plastic wrap and refrigerate at lea 2 hours or overnight.

*Filling:* In medium saucepan combi chicken broth, carrots and onion Bring to a boil; reduce heat and simm 10 minutes. Strain broth. Set veget bles and broth aside separately. same saucepan melt chicken fat or bu ter. Add flour, stirring until smoot cook 2 minutes, stirring frequently. R move from heat. Gradually stir chicken broth until smooth. Return heat. Cook, stirring frequently, 10 mi utes. Stir in salt and pepper. Add chicke vegetables, parsley and lemon juice.

Preheat oven to 425°F. Spoon filli into six 10-ounce individual casserol or a 10-inch deep-dish pie plate. lightly floured surface roll pastry to over tops of casseroles or pie dish. Co bine egg yolk with water; brush edg of pastry. Invert pastry over tops of ca seroles or plate. With tip of knife ma 2 or 3 slits for steam vents. (*Can made ahead. Wrap tightly and freeze to 3 months. Bake frozen in preheat 425°F. oven 15 minutes. Reduce temp ature to 350°F. and bake 45 minu more.*) Place on a cookie sheet. Ba until golden brown, 20 minutes for ca seroles, 30 minutes for pie. Makes servings, 490 calories each.

## CHICKEN À LA KING

*We say that excellent chicken à la ki is never made from leftovers.*

- 5 tablespoons butter or margarine divided
- ½ pound mushrooms, sliced
- 3 tablespoons flour
- 2 cups chicken broth (see Poache Chicken recipe) *(continu*



© 1986 Campbell Soup Company

# HOW THIS CHICKEN RECIPE TASTES IS ENTIRELY UP TO YOU.

**INTRODUCING CAMPBELL'S FLEXIBLE RECIPES.©** This Skillet Chicken lets you hange the ingredients to your liking. Simply read the ingredient list as you would ny recipe. But when you come to an ingredient in **bold** type, refer to that column ı the chart. Then you can choose any option in the column. You're on your own!

**SKILLET CHICKEN**

2 tbsp. salad oil
2 lb. chicken parts
1 can (10¾ to 11 oz.) condensed **Soup**
medium onion, sliced and separated into rings
**Seasoning**
1 cup **Vegetable**
½ cup sour cream
Hot cooked noodles

| SOUP | SEASONING | VEGETABLE |
|---|---|---|
| Cream of Chicken | 2 tsp. paprika | sautéed sliced mushrooms |
| Nacho Cheese | ¼ cup chopped parsley | chopped, seeded canned tomatoes |
| Creamy Chicken Mushroom | ½ tsp. rubbed sage | shredded carrots |

In 10" skillet over medium heat, in hot oil, rown chicken on all sides. Spoon off fat. Stir ı **Soup**, onion and **Seasoning**. Heat to ɔiling. Reduce heat to low. Cover; simmer ) to 40 min. until chicken is fork-tender.

2. Remove chicken to platter; keep warm. Stir **Vegetable** and sour cream into sauce; over low heat, heat through, stirring constantly. Spoon some of sauce over chicken; serve over noodles. Makes 4 servings.




**CAMPBELL'S SOUP MAKES GOOD FOOD**

# THIS FALL, GET A PUMPKIN YOU'LL STILL HAVE NEXT FALL



**GLASS PUMPKIN JAR WITH 12 SUGAR COOKII**
**SUGGESTED RETAIL PRICE**

**$4.99.**

(Comparable retail value, $9.68.)




Reap the harvest of the season at Dunkin' Donuts. Get this attractive glass pumpkin jar from Anchor Hocking with a dozen of our delicious sugar cookies. All for less than the usual cost of the jar alone. The jar comes in its own decorative box and makes a useful gift to be enjoyed for many seasons to come.

Dunkin' Donuts continues the celebration of Fall with our special chocolate-dipped Halloween cookies-on-a-stick. And to make these cookies even more special, we're including a reflective trick-or-treat bag, free with the purchase of any Halloween cookie.

Offers available 9/14—10/31 or while supplies last, at participating shops. Offers not available in Canada.

**DUNKIN' DONUTS**

It's worth the trip.

## FIFTIES FOOD
continued

cup heavy or whipping cream
cups cubed cooked chicken (see Poached Chicken recipe)
cup frozen peas, thawed
cup chopped pimiento
teaspoon freshly ground pepper
ast cups or toast points

large skillet heat 2 tablespoons but-r or margarine over medium heat. ld mushrooms; cook 5 minutes, stir-ıg frequently. Remove mushrooms d set aside. In same skillet melt 3 blespoons butter. When completely elted, stir in flour and blend until ıooth. Cook 5 minutes. Gradually d chicken broth and cream, whisking nstantly. Bring to a boil; cook 5 min-es. Add mushrooms, chicken, peas d pimiento. Reduce heat and simmer minutes. Stir in pepper. Spoon into ast cups or over toast points. Makes 4 vings, 450 calories each, without toast.

### POACHED CHICKEN

2 whole chickens (3 lbs. each)
½ quarts water
1 carrot, chopped
1 small onion, sliced
2 celery ribs with leaves
4 peppercorns
1 teaspoon salt

large stockpot combine all ingredi-ts. Bring to a boil over high heat. duce heat and simmer 1 hour. Re-ve chicken and cool slightly; remove at from bones. Return skin and nes to pot and simmer 1 hour more. ain; discard bones. Skim fat from ; reserve. Refrigerate chicken, ıth, and fat separately. Use in icken Potpie and Chicken à la King.

### MARVELOUS MEATBALLS

*ether you serve your meatballs with odles or mashed potatoes, they're rth making and very nostalgic.*

tablespoons salad oil, divided
cup finely chopped onion
pound ground beef
pound ground pork
slices white bread, soaked in water and squeezed dry
tablespoons chopped parsley
teaspoon Worcestershire sauce
teaspoon salt
teaspoon freshly ground pepper, divided
cans (13¾ or 14½ oz. each) beef broth
cup flour
teaspoon grated lemon peel
teaspoon thyme

large skillet heat 1 tablespoon oil over dium-high heat. Add *(continued)*




# Fork Over Some Flavor.

You'll see more smiles at mealtime with Noodle Roni side dishes. New Chicken & Mushroom is a jolly mix of tender thin egg noodles in a richly seasoned chicken sauce zinged with delicate mushroom bits. Garlic & Butter is full of good cheer. A buttery garlic sauce with a hint of Romano cheese and onion embraces wide egg noodles. Noodle Roni, positively forklifting.




20¢ MFR COUPON EXPIRES 09/30/87 20¢

**20¢ OFF any flavor of NOODLE RONI**

Including NEW Chicken & Mushroom and Garlic & Butter




DEALER: We will redeem this coupon for 20¢ plus 8¢ handling if used to purchase one package of Noodle Roni (any flavor). Mail coupon to Golden Grain Macaroni Co., P.O. Box 730077, El Paso, TX 79973. Invoices proving purchase of sufficient stock to cover coupons presented must be shown upon request. Any other use constitutes fraud. Offer void wherever taxed, restricted or prohibited. Limit one coupon per purchase. Cash value 1/20 cent. Golden Grain Macaroni Co., San Leandro, CA 94578.

NR-LHJ-1086-NAT

15300 109699

## FIFTIES FOOD

continued

onion and saute until golden brown.

In large bowl combine onion, beef, pork, bread, parsley, Worcestershire, salt and ¼ teaspoon pepper. Mixing gently with hands, shape mixture into 1½-inch balls.

In small skillet heat 1½ teaspoons oil over medium-high heat. Add half the meatballs and saute until browned on all sides. Remove from skillet. Repeat with remaining oil and meatballs. Add beef broth and return meatballs to skillet. Cover and bring to a boil; reduce heat and simmer 30 minutes. Remove meatballs and all but ½ cup cooking liquid from skillet. Stir in flour and whisk until smooth and thickened. Cook, stirring constantly, about 5 minutes. Slowly add broth, stirring until smooth. Bring to a boil; reduce heat and simmer 10 minutes. Add ¼ teaspoon pepper, lemon peel and thyme. Return meatballs to gravy and heat through. Serve over mashed potatoes or noodles if desired. Makes 6 servings, 320 calories each.

### TUNA NOODLE CASSEROLE

*On Friday it's tuna casserole—remember the rigid routine? Our version is so good you could serve it every day.*

**1 package (8 oz.) wide egg noodles**
**3 tablespoons butter or margarine**
**¼ pound mushrooms, sliced**
**½ cup chopped onion**
**⅓ cup chopped green pepper**
**⅓ cup coarsely chopped celery**
**3 tablespoons flour**
**2 cups milk**
**1 cup chicken broth**
**¼ teaspoon salt**
**¼ teaspoon freshly ground pepper**
**2 cans (7 oz. each) tuna, drained**
**1 cup crushed potato chips**

Preheat oven to 350°F. Grease a 2-quart casserole. In saucepan cook noodles according to package directions until al dente.

In medium skillet melt butter or margarine over medium heat. Add mushrooms, onion, green pepper and celery. Saute about 5 minutes, stirring occasionally. Stir in flour until smooth; cook, stirring frequently, about 5 minutes. Gradually add milk and chicken broth, stirring until smooth. Add salt and pepper. Simmer 10 minutes, stirring occasionally.

In large bowl combine noodles, sauce and tuna; toss well. Spoon into prepared casserole. Sprinkle top with crushed potato chips. Bake 30 minutes. Let stand 10 minutes before serving. Makes 6 servings, 430 calories each.

### GRANDMA'S COLESLAW

*Satisfyingly creamy slaw.*

**Dressing**

**1 cup mayonnaise**
**¼ cup sugar**
**1 teaspoon celery seed**
**¼ teaspoon salt**
**¼ teaspoon freshly ground pepp**
**½ cup lemon juice**
**8 cups shredded cabbage**
**½ cup grated carrots**
**½ cup sliced green onion**
**2 tablespoons chopped parsley**

*Dressing:* In large bowl combine ma onnaise, sugar, celery seed, salt a pepper. Stir with a wire whisk. Grad ally whisk in lemon juice.

Stir cabbage, carrots, onion and pa ley into dressing; toss until well coate Refrigerate at least 4 hours or ov night. Makes 6 to 8 servings, 335 ca ries each per 6, 250 each per 8.

### CHERRIES JUBILEE

*Enjoy the drama of serving a flami dessert with this easy recipe.*

**1 can (16½ oz.) dark, sweet pitted cherries in syrup**
**1 tablespoon sugar**
**1 tablespoon cornstarch**
**½ teaspoon lemon juice**
**⅓ cup cognac, brandy or kirsch, warmed**
**Vanilla ice cream**

Drain cherries, reserving syrup. small saucepan combine sugar a cornstarch. Gradually add cher syrup and lemon juice. Cook over m dium heat, stirring constantly, 3 mi utes. Add cherries and heat throug Add warmed liqueur. Ignite, shaki pan until flame dies down. Serve o vanilla ice cream. Makes 2 cups, calories per ¼ cup. E

## HIGH FIBER

continued from page 127

products, some fruits and many vegetables, draws water to the intestine and stimulates muscular activity, which, in turn, promotes regularity. Water-insoluble fiber may also protect you against colon and breast cancer by carrying carcinogens and fats from the intestines.

The big news, however, is about water-soluble fiber (especially oat fiber), which seems to have even more health benefits than water-insoluble fiber. Water-soluble fiber is found most abundantly in oat bran and rolled oat products (oats and granola), citrus fruits, apples, legumes and barley. Experts think that certain byproducts of the breakdown of water-soluble fiber—called short chain fatty acids (SCFAs)—may have some very positive effects on metabolism. SCFAs seem to lower cholesterol levels, enhance sugar absorption and, in certain cases, lower blood pressure.

Recent research shows that by eating plenty of water-soluble fiber, people with high cholesterol can lower it by as much as 20 percent. (Lowering blood cholesterol by 1 percent means reducing heart attack risk by an estimated 2 percent.) Water-soluble fiber is beneficial for diabetics as well, because it slows the release of sugar and the breakdown of starches in the intestines, keeps blood sugar from rising rapidly after a meal, and makes tissues more able to utilize insulin. In several studies over the last ten years, diets high in water-soluble fiber have been shown to reduce the need for insulin in most diabetics. Some can even eliminate insulin. High blood pressure, a cause of both heart disease and strokes, is also thought to be lowered by about 10 percent with such a fiber-rich diet.

Even though we've been hearing about fiber benefits for some time, Americans still ingest only ten to fifteen grams of fiber a day. Experts recommend eating thirty to forty grams per day. How can you increase fiber intake? The body must gradually adjust to higher levels of fiber, but you should cut down on foods that have a high fat content, such as whole milk products and meat, and serve your family more vegetables, dried beans, whole grain cereals and breads, corn and potatoes.

A good formula for ensuring adequa fiber intake is to include on your me one cup of whole grain cereal (or equivalent), two slices of whole gra bread or one muffin, and three to fi half-cup servings of fruits and vege bles each day. Here are some tips making fiber a part of your menu:

- Eat whole baked potatoes with ski
- Use brown rice instead of white
- Have oatmeal often for breakfa make bread with oatmeal flour, a add rolled oats or oat bran to meat lo
- Buy breads containing ground cracked whole grains
- Leave skins on fruits and vegetab whenever possible
- Keep an assortment of canned bea on hand to add to salads, soups, ste and casseroles
- And add some delicious high-fi recipes to your repertoire—recipes t will become family favorites not o because of their health benefits but cause of their great taste, too.

Information for this article was provided by Linda Van H Ph.D., R.D., assistant professor of community health and ventive medicine at Northwestern University Medical Sc and Janet Tietyen-Clark, R.D., research dietitian at the Un sity of Kentucky College of Medicine.

**Turn the page for our recipes**

# "Oscar Mayer roasts 'em slow'n...toasty to be...tasty."



Oscar Mayer® roasts every hot dog to seal in that juicy taste everybody loves.

*Just the best that it can be.*

Oscar Mayer®

© 1986 Oscar Mayer Foods Corporation

## HIGH FIBER

continued

### OAT-CORNMEAL WAFFLES WITH CRANBERRY SAUCE

pictured on page 126

*When was the last time you made waffles? Try them this weekend.*

- 1 cup all-purpose flour
- ½ cup oat bran
- ½ cup stone-ground cornmeal
- 2 tablespoons sugar
- 2 teaspoons baking powder
- ¾ teaspoon salt
- ½ teaspoon baking soda
- 2 eggs, separated
- 2 cups buttermilk
- ¼ cup butter or margarine, melted
- ¼ cup almonds, toasted and chopped

**Cranberry Sauce**

- 3 cups cranberries
- ½ cup water
- ½ cup sugar
- ¼ teaspoon grated orange peel

Preheat waffle iron. In medium bowl combine dry ingredients. In large bowl beat egg yolks; beat in buttermilk and melted butter or margarine. Stir in dry ingredients just until moistened. In mixer bowl beat egg whites until stiff but not dry. Fold into batter. Spoon ½ to 1 cup batter onto hot waffle grids. Bake according to manufacturer's directions until crisp. Serve with almonds and Cranberry Sauce. Makes 16 waffles, 120 calories each without sauce.

*Cranberry Sauce:* In medium saucepan combine cranberries, water and sugar. Bring to a boil. Reduce heat and simmer 10 minutes. Remove from heat; stir in orange peel. Cool. Makes 2 cups, 30 calories per tablespoon.

### LAMB RAGOUT

pictured on pages 126–127

*A real crowd-pleaser. You can substitute beef for the lamb.*

- 1½ cups dried chick-peas (garbanzo beans)
- Water
- 5 teaspoons salad oil, divided
- 1 cup chopped onions
- 2½ pounds boneless lamb shoulder, cut into 1½-inch cubes
- 2 teaspoons minced fresh garlic
- 1½ teaspoons salt
- ¾ teaspoon freshly ground pepper
- ½ teaspoon thyme
- ½ bay leaf
- 2 cans (13¾ or 14½ oz. each) chicken broth
- 1 can (35 oz.) tomatoes, undrained and chopped
- 1 pound turnips, julienned
- ¾ pound carrots, julienned
- 1 package (10 oz.) frozen baby lima beans
- ¼ cup chopped parsley

In medium saucepan cover chick-peas with water. Bring to a boil; boil 2 minutes. Cover and let stand 1 hour. Drain.

In large skillet heat 2 teaspoons oil over high heat. Add onions and saute until translucent, about 5 minutes. Transfer to a large Dutch oven.

In same skillet heat remaining 3 teaspoons oil over high heat. Add lamb in 3 batches and cook until well browned. Transfer each batch to Dutch oven. Add 2 cups water to skillet and simmer over high heat 1 minute, scraping up browned bits. Add pan juices to Dutch oven. Stir in chick-peas, garlic, salt, pepper, thyme, bay leaf and chicken broth. Bring to a boil. Reduce heat; cover and simmer 1 hour, skimming occasionally. Add tomatoes and simmer covered 30 minutes. Add turnips, carrots and lima beans; cook covered 30 minutes more. (*Can be made ahead. Cover and refrigerate up to 2 days. Reheat in Dutch oven over medium heat, stirring occasionally.*) Sprinkle with parsley. Makes 10 servings, 510 calories each.

### FIBER-FULL FRUIT SALAD

pictured on page 127

*A very pretty salad that tastes even better than it looks.*

**Dressing**

- 6 tablespoons orange juice
- 3 tablespoons salad oil
- 2 teaspoons honey
- 1 teaspoon grated orange peel
- ½ teaspoon salt
- ¼ teaspoon freshly ground pepper

- 1 large red apple, cored and diced
- 1 large pear, cored and diced
- 6 cups spinach, coarsely chopped
- 1 bunch watercress, chopped
- ½ small red onion, sliced thin
- 1 pint strawberries, sliced, or 1½ cups cranberries, coarsely chopped*
- 3 tablespoons golden raisins
- 2 medium oranges, peeled and sectioned
- 2 tablespoons sliced natural almonds, toasted
- 2 tablespoons pumpkin seeds, toasted

*Dressing:* In jar with tight-fitting lid combine orange juice, oil, honey, orange peel, salt and pepper. Shake vigorously until blended. Makes ½ cup, 35 calories per tablespoon.

In medium bowl combine apple and pear with ¼ cup dressing. Cover and refrigerate 1 to 2 hours. Just before serving, toss spinach, watercress and red onion with remaining dressing. Arrange on a large platter. With a slotted spoon arrange apple and pear in center. Surround with berries and raisins or cranberry mixture. Add oranges. Sprinkle with almonds and pumpkin seeds. Makes 8 servings, 180 calories each.

*If using cranberries, combine in small bowl with raisins and 2 tablespoons sugar. Set aside 2 hours.

### DO-AHEAD BRAN MUFFINS

pictured on page 127

*To serve hot muffins every day, make the batter ahead and refrigerate.*

- ½ cup butter or margarine, melted
- 1 cup firmly packed brown sugar
- ½ cup unsulfured molasses
- 4 eggs, lightly beaten
- 2 cups milk
- 2 cups whole bran cereal
- 1 cup unprocessed bran flakes
- 1 box (12 oz.) pitted prunes, diced
- 1 cup all-purpose flour
- 1 cup whole wheat flour
- 4 teaspoons baking powder
- 1 teaspoon salt
- 1 teaspoon cinnamon
- ¼ cup chopped natural almonds
- 2 tablespoons sesame seed

In large bowl whisk butter or margarine, brown sugar and molasses until smooth. Beat in eggs and milk. Stir in cereal, bran flakes and prunes. In medium bowl combine flours, baking powder, salt and cinnamon. Add to liquid ingredients; stir until moistened. (*Can be made ahead. Refrigerate in a covered glass container up to 2 weeks.*)

Preheat oven to 400°F. Grease 32 (or desired quantity) 2½-inch muffin-pan cups. Spoon batter into prepared cups, filling each about three quarters full. Sprinkle with almonds and sesame seed. Bake 20 to 25 minutes. Transfer to wire rack. Makes 32 muffins, 1[illegible] calories each.

### CORNY-COPIAS

pictured on page 127

*Good fare to serve visiting hobgoblins*

- 2 quarts popped popcorn
- 1 cup cocktail peanuts
- ¾ cup raw sunflower seeds
- ¼ cup raw wheat germ, toasted
- ½ cup honey
- ¼ cup water
- 2 tablespoons butter or margarine
- 1 cup raisins
- 1 box (4 oz.) dried-fruit rolls

Preheat oven to 300°F. Line a large pan with foil; grease. Add popcorn, peanuts, sunflower seeds and wheat germ.

In small saucepan combine honey, water and butter or margarine. Cook until syrup reaches the *(continued)*

# FIBER!
# NO BRAN FLAKE HAS MORE.




Plus Corn Bran gives you a sunny corn taste and a toasty corn crunch!

THE NATIONAL CANCER INSTITUTE RECOMMENDS EATING HIGH FIBER FOODS AND LISTS CORN BRAN AS A RICH SOURCE OF FOOD FIBER.

MANUFACTURER COUPON | EXPIRES JUNE 30, 1987




35¢ off any Quaker Corn Bran Cereal.

**RETAILER:** Quaker will reimburse you for the face value of this coupon plus 8¢ when accepted in accordance with our redemption policy (copy available on request). Retailers & authorized cleaning houses send to: Quaker Oats 800 Springer Drive, Lombard, IL 60148. **LIMIT 1 COUPON PER TRANSACTION.** Void if transferred or copied. Good only in U.S.A. Void where taxed or prohibited by law. Cash value .001¢. © 1986 QOC. **EXPIRES JUNE 30, 1987.**

5 30000 00035 4

2663/M07

2663/M07

© 1986 THE QUAKER OATS CO.

## HIGH FIBER
continued

firm-ball stage (250°F. on a candy thermometer). Stir syrup into popcorn mixture. Bake 25 minutes, stirring occasionally. Stir in raisins. Bake 5 minutes more. Cool in pan. Break into pieces. If desired, fold fruit rolls into cones; fill with popcorn. Makes 10½ cups, 145 calories per ½ cup without fruit rolls.

### SEVEN-GRAIN BREAD

pictured on page 127

*Yes, it is worth seeking out all the different kinds of flour for this firm, high-fiber bread.*

- 2 packages active dry yeast
- 2¼ cups warm water (105°-115°F.)
- 1 cup oat bran
- ½ cup raw wheat germ
- ¼ cup rye flour
- ¼ cup yellow cornmeal
- ¼ cup buckwheat flour
- ¼ cup rice flour
- ¼ cup soy flour
- ¼ cup raw sunflower seeds
- ¼ cup salad oil
- ¼ cup unsulfured molasses
- 2 teaspoons salt
- 2 to 3 cups all-purpose flour
- 2 cups whole wheat flour
- 1 egg, beaten
- ¼ cup oats, uncooked

In large bowl dissolve yeast in ½ cup warm water. In medium bowl combine oat bran, wheat germ, rye flour, cornmeal, buckwheat, rice and soy flours and sunflower seeds; set aside. Stir remaining warm water, oil, molasses and salt into dissolved yeast. With a spoon stir in 2 cups all-purpose flour and the whole wheat flour. Stir in oat bran-flour mixture to form a soft dough.

On lightly floured surface knead dough until smooth and elastic, 8 to 10 minutes, adding additional all-purpose flour as necessary. Place in a greased bowl; turn to grease top. Cover and let rise in a warm, draft-free place until doubled in bulk, about 45 minutes.

Grease 12 miniature (1-cup) loaf pans or two 9x5-inch loaf pans or a large cookie sheet for free-form loaves. Punch dough down. Divide into equal pieces and shape to fit pans, or shape into 2 round free-form loaves. Cover and let rise about 30 minutes.

Preheat oven to 400°F. Brush loaves with egg. Sprinkle with oats. Bake 10 minutes. Reduce oven temperature to 350°F. Bake until bread sounds hollow when tapped on the bottom, 10 minutes more for miniature loaves, 30 minutes more for free-form, 45 minutes more for 9x5-inch loaves. Makes 12 miniature loaves, 80 calories each per quarter loaf, or 2 large loaves, 18 slices each, 110 calories per slice.

### LHJ's GRANOLA

pictured on page 127

*Use this for cereal or in baked goods.*

- 2 cups oats, uncooked
- 1 cup oat bran
- 1 cup shredded unsweetened coconut
- ½ cup raw wheat germ
- ¼ cup raw sunflower seeds
- ¼ cup unhulled sesame seed
- 1 cup whole natural almonds, chopped
- Pinch salt
- ¼ cup butter, melted
- ¼ cup honey
- ¼ cup water
- 1 cup raisins

Preheat oven to 350°F. In large bowl combine oats, oat bran, coconut, wheat germ, sunflower seeds, sesame seed, almonds and salt. In small bowl blend butter, honey and water. Drizzle over dry ingredients, stirring to coat. Spread evenly in two 15½x10½-inch jelly-roll pans. Bake 15 to 20 minutes, stirring occasionally, until golden. Cool. Add raisins. Makes 6 cups, 360 calories per ½ cup.

### GRANOLA BARS

*Great for lunches or coffee breaks.*

- ¾ cup all-purpose flour
- ½ cup whole wheat flour
- ¼ cup oat bran
- ½ teaspoon baking soda
- ½ teaspoon cinnamon
- ¼ teaspoon baking powder
- ¼ teaspoon salt
- Pinch allspice
- Pinch nutmeg
- ½ cup butter or margarine
- ⅓ cup honey
- ½ cup firmly packed brown sugar
- 1 egg
- ¼ cup milk
- 1½ cups LHJ's Granola (recipe above) or packaged granola

Preheat oven to 350°F. Grease a 13x9-inch baking pan. In medium bowl combine first 9 ingredients. In saucepan melt butter or margarine and honey. Stir in brown sugar. Transfer to a mixer bowl. Beat in egg. Add dry ingredients alternately with milk. Stir in granola. Spread into prepared pan. Bake 20 minutes. Cool on wire rack. Cut into 3x2-inch bars. Makes 16, 200 calories each.

### STIR-FRY SHRIMP WITH BULGUR

*The bulgur is the surprise here; it stands up well to the hearty carrots and cabbage.*

- 5 tablespoons salad oil, divided
- ½ cup chopped green onions, divided
- 1¼ teaspoons minced garlic, divided
- 1 teaspoon minced fresh ginger
- ¼ teaspoon freshly ground pepper
- 1 cup bulgur
- ¼ cup plus 2 tablespoons soy sauce
- 1¾ cups water
- 1 pound medium shrimp, shelled and deveined
- ½ pound carrots, julienned
- 4 cups (¾ lb.) shredded green cabbage
- 1 tablespoon rice wine vinegar
- ¼ teaspoon Oriental sesame oil
- 1 tablespoon sesame seed, toasted

In medium saucepan heat 2 tablespoons oil over medium-low heat. Add ¼ cup green onions, ½ teaspoon garlic, the ginger and pepper; saute 2 minutes. Stir in bulgur and cook 2 minutes until lightly toasted. Add ¼ cup soy sauce and the water; cover and simmer 20 minutes or until bulgur is tender and all liquid is absorbed.

Meanwhile, in large skillet heat 1 tablespoon oil over high heat. Add shrimp and cook until just pink. Remove from skillet and set aside. In same skillet heat remaining oil; add remaining ¼ cup green onions and ¾ teaspoon garlic; saute 30 seconds. Add carrots and cabbage; saute 1 minute. Add remaining 2 tablespoons soy sauce, rice wine vinegar and sesame oil. Cover and steam 2 minutes. Return shrimp to skillet and heat through.

Spoon bulgur in center of a large platter. Top with shrimp and sesame seed. Makes 6 servings, 275 calories each.

### BLACK BEAN CASSOULET

*Ideal for autumn entertaining.*

- ½ pound dried black beans
- 3 tablespoons salad oil, divided
- 3 cups coarsely chopped onions
- 2 tablespoons chili powder
- 1 tablespoon minced fresh jalapeño pepper
- 2 teaspoons minced garlic
- Salt
- 1 teaspoon cumin
- ½ teaspoon oregano
- Freshly ground pepper
- 1½ pounds pork shoulder, cubed
- 1 quart water
- ¼ cup stone-ground cornmeal
- 6 boneless chicken thighs (about 1¼ lbs.)
- 1 pound sweet Italian sausage
- 1 cup dry bread crumbs
- ¼ cup chopped cilantro

In medium saucepan cover beans with water. Bring to a boil; boil 2 minutes. Cover and let stand 1 hour. Drain and rinse.

In large Dutch oven heat 2 tablespoons oil over medium heat. Add onions and saute until golden, about 15 minutes. Add chili *(continued)*



# The taste that overturned the pastry crust tradition!

**A Keebler® Graham Cracker Ready-Crust® pie crust adds a lightly sweet taste to baked apple pie you just can't get from a pastry crust. Try this recipe. It just might turn your pie-making traditions upside down!**

## DUTCH APPLE PIE

- 1 Keebler® Graham Cracker Ready-Crust® pie crust
- 1 large egg yolk, slightly beaten
- 5-1/2 cups sliced, cored, peeled cooking apples
- 1 tablespoon lemon juice*
- 1/2 cup sugar
- 1/4 cup light brown sugar, firmly packed
- 3 tablespoons all-purpose flour
- 1/4 teaspoon salt
- 1/2 teaspoon ground cinnamon
- 1/4 teaspoon ground nutmeg
- 3/4 cup all-purpose flour
- 1/4 cup sugar
- 1/4 cup light brown sugar, firmly packed
- 1/3 cup butter or margarine, at room temperature

*Omit lemon juice if apples are very tart.

Preheat oven to 375°F. Brush bottom and sides of crust evenly with egg yolk; bake on baking sheet until light brown, about 5 minutes. Remove crust from oven. Combine sliced apples, lemon juice, ½ cup sugar, ¼ cup brown sugar, 3 tablespoons flour, salt, cinnamon and nutmeg. Mix well and spoon into crust. Mix remaining flour, sugar, brown sugar and butter with fork or pastry blender until crumbly. Sprinkle topping mixture evenly over apples. Bake on baking sheet until topping is golden and filling is bubbling, about 50 minutes. Cool on wire rack. Serve at room temperature. Serves 8.




LOOK FOR READY-CRUST IN THE BAKING-NEEDS AISLE.

© 1986 Keebler Company. Ready-Crust® is a registered trademark of the Johnson's Ready-Crust Company.

Get the new Keebler® Ready-Crust® Recipe Book with 100 delicious pie recipes. Send your name, address and $2.50 to: Ready-Crust Recipe Book, P.O. Box 2375, Libertyville, IL 60198. Allow 4 to 6 weeks for delivery. Offer expires Dec. 31, 1987.

## HIGH FIBER

continued

powder, jalapeño, garlic, 1¼ teaspoons salt, cumin, oregano and ¼ teaspoon pepper; cook 2 minutes. Stir in beans and pork, then add the water. Bring to a boil; reduce heat and simmer covered 1½ to 2 hours or until beans and pork are tender. Stir in cornmeal and simmer 5 minutes or until thickened.

Meanwhile, season chicken lightly with salt and pepper. In large skillet heat remaining oil. Add chicken and saute until golden, 10 minutes per side. Set aside. In same skillet cook sausages 15 minutes, turning occasionally, until evenly browned. Cut chicken and sausages diagonally into ½-inch slices.

Preheat oven to 350°F. In 13x9-inch baking dish spread half the pork-bean mixture. Top with half the chicken and sausage. Repeat layers. Top with bread crumbs. Bake 30 minutes or until heated through and bubbling. Let stand 5 minutes. Sprinkle with cilantro just before serving. Makes 8 to 10 servings, 800 calories each per 8, 650 calories each per 10. **End**

## OCTOBER RECIPE INDEX

**Here is a listing of recipes appearing in this issue, including those from the Journal kitchen and advertisements. *Recipe includes microwave instructions.**

### DESSERTS


Apple Bread Pudding with Cranberry Sauce p. 162
Apple Sorbet p. 162
Apple Tart p. 162
Berry Bavarian with Raspberry Sauce p. 164
Bittersweet Chocolate-Pistachio Terrine p. 161
Black Forest Roulade p. 161
Cherries Jubilee p. 152
Coconut Thumbprint Cookies, back cover
Dutch Apple Pie p. 157
Great Pumpkin Cookies p. 99
Mom's From Scratch Marble Cake p. 148
Orange Caramel Mousse in Toffee Tulipes p. 158
Orange Slices with Caramel Hearts p. 158
Raspberries in Meringue Baskets p. 164
Raspberry Sorbet p. 164
Toll House™ Layercake p. 161
Walnut Brittle Ice Cream p. 158
White Chocolate Truffles in Strawberry Sauce p. 162


### ENTREES


Aegean Chicken Rolls p. 168
Aunt Mildred's Swiss Steak p. 148
Baked Sesame Chicken p. 165
Batter-Dipped Nuggets with Orange Sauce p. 168
Black Bean Cassoulet p. 156
Chicken à la King p. 148
Chicken Wings Creole p. 167
Dad's Chicken Potpie p. 148
Deliciously Simple Chicken p. 177
Garlicky Chicken Wings p.168
Indian Nugget Kebabs p. 165
Lamb Ragout p. 154
Marvelous Meatballs p. 151
*Microwave Apple-Glazed Chicken and Sweet Potatoes p. 165
*Microwave Chicken Olé p. 167
Oat-Cornmeal Waffles with Cranberry Sauce p. 154
One-Step Chili p. 165
Pecan Chicken p. 168
Plum Good Chicken p. 167
Poached Chicken p. 151
Pork Chops with Balsamic Vinegar p. 84
Stir-Fry Shrimp with Bulgur p. 156
Tuna Noodle Casserole p. 152


### MISCELLANEOUS


Corny-Copias p. 154
Do-Ahead Bran Muffins p. 154
Granola Bars p. 156
LHJ's Granola p. 156
Mashed Potatoes p. 148
Seven-Grain Bread p. 156
Venetian-Style Rice Pilaf p. 84


### SALADS


Fennel Red Pepper Salad p. 84
Fiber-Full Fruit Salad p. 154
Grandma's Coleslaw p. 152


## DESSERT SAMPLERS

continued from page 133

## CARAMEL SAMPLER

### ORANGE CARAMEL MOUSSE IN TOFFEE TULIPES

pictured on page 132

*The tulipes can be made the day before, the filling a few hours ahead. Assemble, however, at the last minute.*

**Toffee Tulipes**

- ¼ cup heavy or whipping cream
- ¼ cup sugar
- 1 tablespoon flour
- ⅓ cup ground pecans

**Mousse**

- ⅓ cup sugar
- Water
- 1 teaspoon unflavored gelatin
- 2 egg whites, at room temperature
- ½ cup heavy or whipping cream
- 1 teaspoon vanilla extract

**Candied Orange Peel**

- ½ cup sugar
- ½ cup water
- Peel of 1 orange, julienned

*Toffee Tulipes:* Preheat oven to 350°F. Lightly spray eight 4-inch squares of foil with vegetable cooking spray. Place squares on 2 cookie sheets. In small saucepan combine cream, sugar and flour. Bring to a boil, stirring. Remove from heat. Stir in nuts. With a measuring tablespoon drop 1 tablespoon batter on each foil square. Bake 8 minutes, until golden. While still hot, mold cookies with foil side down over tops of spice jars or shot glasses. Cool. Peel off foil. *(Can be made ahead. Store at room temperature up to 24 hours.)*

*Mousse:* In small saucepan combine sugar and 2 tablespoons water. Cook without stirring over medium heat until caramel-colored, about 30 to 35 minutes. Meanwhile, in small bowl sprinkle gelatin over 2 tablespoons cold water; let stand 5 minutes. Dissolve in 2 tablespoons boiling water. Add gelatin to caramelized sugar. With spatula stir mixture over medium-low heat until all gelatin is dissolved. Remove from heat.

In mixer bowl beat egg whites until stiff but not dry. Drizzle in caramel syrup, beating constantly, until all syrup is incorporated and egg whites are stiff and glossy, about 5 minutes. In another bowl beat cream and vanilla until stiff. Fold into caramel mixture. Spoon into a pastry bag fitted with a star tube. Pipe 8 equal portions about 2½ inches in diameter onto a cookie sheet lined with wax paper. Refrigerate until set, about 1 hour or up to 3 hours. To serve, transfer mousse to tulipes with a spatula. Garnish with candied orange peel. Makes 8, 175 calories each.

*Candied Orange Peel:* In saucepan bring sugar and water to a boil. Add peel and simmer 15 minutes. Drain. Dry peel on wire rack about 8 hours.

### WALNUT BRITTLE ICE CREAM

pictured on page 132

*This is the creamiest ice cream you've ever tasted—worth every calorie.*

- 1 cup sugar, divided
- Water
- Pinch cream of tartar
- ½ cup chopped walnuts
- ¼ cup blanched whole almonds
- 6 egg yolks
- 2 cups heavy cream, whipped
- 2 tablespoons amber rum
- 2 teaspoons vanilla extract
- Pinch salt

In small saucepan combine ½ cup sugar, 3 tablespoons water and cream of tartar. Cook without stirring over medium heat until caramel-colored, about 30 to 35 minutes. Stir nuts into the caramel. Pour onto a cookie sheet; cool. Break into pieces. Grind coarsely in food processor.

In small saucepan combine ¼ cup water with remaining ½ cup sugar. Bring to a boil over high heat; boil, stirring, 2 minutes. In mixer bowl beat egg yolks at high speed while adding the sugar syrup in a slow, steady stream. Continue beating on high until mixture is the consistency of heavy cream and cooled, about 5 minutes. Fold whipped cream, rum, vanilla and salt into egg yolk mixture. Refrigerate until cold.

Freeze in ice-cream maker according to manufacturer's directions, then stir in brittle. Place in freezer until firm. Makes 1 quart, fourteen ¼-cup samplers, 250 calories each.

### ORANGE SLICES WITH CARAMEL HEARTS

pictured on page 132

*Macerating the oranges in rum and caramel imparts a wonderful flavor.*

- 1 cup sugar
- ½ cup water
- Pinch cream of tartar
- 24 orange sections (3 oranges), membranes removed
- 1 tablespoon dark rum
- Candied violets, for garnish

In small saucepan combine sugar, water and cream of tartar. Cook without stirring over medium heat until caramel-colored, about 30 to 35 minutes. In medium bowl combine orange sections and rum. Drizzle 1 tablespoon caramelized sugar over oranges and rum. Let stand up to 4 hours.

Lay a large sheet of foil on work surface. Stir caramel until slightly thickened. Dip a knife into the *(continued)*


The Creamiest.
Velveeta™ Shells & Cheese Dinner from KRAFT
Real Velveeta cheese sauce makes it
really the creamiest.
KRAFT
Velveeta
Shells & Cheese Dinner
NET WT. 12 OZ (332 g)
KRAFT
1986 Kraft, Inc.

# Solo Olé!

Olives from Spain are tantalizingly different. Spain's sunny skies nurture olives for a taste unlike any others.

They're the perfect finger food. Just rinse olives, soak briefly in fresh water, then serve over crushed ice—and enjoy them out of the bowl. Delicious in all your favorite recipes, too.

For a free Spanish olive recipe booklet, send your name and address to Spanish Olive Recipes, P.O. Box 10339, Chicago, IL 60610.



© 1986 ACEMESA

Everything's better with olives from Spain

SPANISH OLIVES

## DESSERT SAMPLERS
continued

aramel and drizzle onto foil, forming eart shapes. Let harden and gently eel from foil.

Just before serving, arrange 3 orange ections on each of 8 plates. Top with aramel hearts and candied violets. lakes 8 samplers, 40 calories each.

## HOCOLATE SAMPLER

### BLACK FOREST ROULADE

pictured on page 133

*ur variation on the classic torte.*

**ake**

- 6 ounces semisweet chocolate
- ⅓ cup brewed strong black coffee
- 6 eggs, separated
- ½ cup sugar
- Pinch salt
- 2 tablespoons cocoa

- cup heavy or whipping cream
- tablespoons confectioners' sugar
- cup chopped maraschino cherries
- Chocolate-dipped maraschino cherries, for garnish

*ake:* Preheat oven to 375°F. Grease a 5½x10½-inch jelly-roll pan. Line with archment paper; grease and flour.

In medium saucepan melt chocolate in coffee, stirring until smooth. Cool.

In mixer bowl beat egg yolks and sugar until thick and pale. Gently beat in chocolate mixture. In another mixer bowl beat egg whites with salt until stiff but not dry. Fold one third of the egg whites into chocolate mixture. Fold chocolate mixture into egg whites. Pour into prepared pan, spreading evenly with a spatula. Bake 10 minutes. Reduce temperature to 350°F. and bake 5 minutes more. Remove from oven; cover with a damp towel 5 minutes. Uncover and run a sharp knife around edge of pan. Sift cocoa evenly over top. Cover with clean sheet of parchment, leaving a 3-inch overhang on each end. Invert cake with parchment onto a cookie sheet. Remove pan. Lifting long ends of parchment, transfer to a wire rack. Loosen top parchment but do not remove. Cool 1 hour. When cooled, trim and discard cake edges. Cut cake in half crosswise into two 10x7-inch pieces; cut parchment.

In mixer bowl beat cream and confectioners' sugar until stiff peaks form. Fold in cherries. Spread cream evenly on cakes in a thin layer. Using the parchment, roll each cake from long side. Wrap and refrigerate at least 3 hours before serving. Or wrap well and freeze; serve frozen if desired.

With knife, cut rolls into ½-inch slices. Garnish with chocolate-dipped cherries. Makes 16 slices per roll, 2 slices per serving, 75 calories per slice.

### BITTERSWEET CHOCOLATE-PISTACHIO TERRINE

pictured on page 133

*A true chocoholic's delight.*

- 6 ounces semisweet chocolate, chopped
- 6 tablespoons unsalted butter (no substitute)
- 1 tablespoon unsweetened cocoa
- 2 eggs, separated
- 2 tablespoons sugar
- ½ cup heavy cream, whipped
- ⅓ cup chopped pistachios
- Additional chopped pistachios and chocolate twigs, for garnish

Lightly oil a 7½x3½-inch loaf pan. In medium saucepan melt chocolate, butter and cocoa over low heat, stirring until smooth. Remove from heat; cool.

In mixer bowl beat egg yolks with sugar until thick and pale. Fold whipped cream into egg yolk mixture. In clean mixer bowl beat egg whites until stiff but not dry. Fold into chocolate mixture. Fold chocolate into egg yolk mixture. Pour into prepared pan. Cover tightly and freeze at least 6 hours.

Cut terrine into ½-inch slices. Let stand 15 minutes to soften. *(continued)*




All it takes is a morsel of perfection.

TOLL HOUSE™ LAYER CAKE

CAKE:
1 c. butter, softened
1 c. firmly packed brown sugar
⅔ c. sugar
2 tsp. vanilla extract
½ tsp. salt
4 eggs
2 c. all-purpose flour
One 12-oz. pkg. (2 c.) Nestlé® Toll House® Little Bits™ Semi-Sweet Chocolate, divided

FROSTING:
¾ c. butter, softened
1 ½ c. sifted confectioners' sugar
2 tsp. vanilla extract

CAKE: Preheat oven to 350°F. Grease 15½" x 10½" x 1" baking pan. Line with waxed paper. In bowl, cream butter, brown sugar, sugar, vanilla extract and salt. Add eggs, one at a time, beating well after each addition. Gradually add flour. Stir in 1 c. Little Bits™ Semi-Sweet Chocolate. Spread into prepared pan. BAKE at: 350°F. Time: 20-25 minutes. Cool completely. Loosen sides of cake. Invert onto lightly floured cloth. Peel off waxed paper. Cut cake crosswise into four 3¾" x 10" sections. Spread 3 slightly rounded tbsp. frosting on one cake layer. Top with second layer. Repeat layers. Frost with remaining frosting.

FROSTING: Melt over hot (not boiling) water, 1 c. Little Bits™ Semi-Sweet Chocolate; stir until smooth.* Set aside. In bowl, cream butter and confectioners' sugar. Add melted chocolate and vanilla extract; blend until smooth.

Makes: One 10" cake.

*In microwave: melt on high 1 min., stir; repeat.

Nestlé

## DESSERT SAMPLERS

continued

Garnish with pistachios and chocolate twigs. Makes 14 servings, 185 calories each.

### WHITE CHOCOLATE TRUFFLES IN STRAWBERRY SAUCE

pictured on page 133

*The white chocolate provides a good balance for the terrine and roulade.*

- 8 ounces good quality white chocolate, chopped
- 6 tablespoons unsalted butter (no substitute), cut up
- ½ cup walnuts, toasted and chopped fine
- 2 tablespoons light rum
- 2 packages (10 oz. each) frozen strawberries in syrup
- ½ cup shaved white chocolate
- Strawberries, for garnish

In top of double boiler melt white chocolate and butter over hot, not boiling, water. Cool. Stir in nuts and rum. Refrigerate until firm, about 1 hour.

Meanwhile, in blender puree strawberries in syrup; strain. Cover and refrigerate up to 24 hours. Makes 2 cups, 15 calories per tablespoon.

Shape chocolate mixture into ¾-inch balls. Roll in shaved chocolate. Cover and refrigerate, in a single layer, up to 24 hours.

Serve each truffle in 1 tablespoon sauce; garnish with a strawberry. Makes 24, 110 calories each without sauce.

## APPLE SAMPLER

### APPLE TART

*For a tart at any time of the year, use seasonal fruit in place of the apples.*

**Pastry**

- ¾ cup all-purpose flour
- ¾ teaspoon sugar
- Pinch salt
- 3 tablespoons chilled unsalted butter, cut up (no substitute)
- 1 tablespoon shortening
- 2 to 2½ tablespoons ice water

- ¼ cup apple jelly
- 2 tablespoons butter
- 3 tart cooking apples, peeled and sliced thin
- 1 tablespoon sugar
- Sweetened whipped cream

*Pastry:* In medium bowl combine flour, sugar and salt. With pastry blender or 2 knives, cut in butter and shortening until mixture resembles coarse crumbs. Sprinkle with ice water; toss with a fork until pastry holds together. Shape into a ball. Knead lightly twice. Wrap and refrigerate at least 1 hour.

On lightly floured surface roll pastry to an 11-inch circle. Transfer to a cookie sheet; flute edge. Prick pastry with a fork. Refrigerate 15 minutes.

Preheat oven to 425°F. In small saucepan melt jelly and butter over medium heat. Arrange apple slices on pastry. Brush with apple jelly. Bake 20 to 25 minutes, until pastry is golden. Cool on wire rack. Sprinkle with sugar. Cut into wedges. Serve with whipped cream. Makes 12 samplers or 6 servings, 115 calories each per 12, 230 calories each per 6, without cream.

### APPLE SORBET

*The flavor comes from the apples, the pink blush from the wine.*

- 6 cups (about 2 lbs.) peeled, cored, diced Granny Smith apples
- 1 cup Beaujolais wine
- 1 cup sparkling cider
- 1 cup sugar
- 3 tablespoons lemon juice
- 1 cinnamon stick

In large saucepan heat all ingredients to boiling over medium-high heat. Reduce heat and simmer until apples are tender, about 4 to 5 minutes. Remove cinnamon stick. In food processor puree apple mixture. Transfer to a bowl; cover and refrigerate until cold.

Freeze in an ice-cream maker according to manufacturer's directions. Pack in freezerproof container; freeze until firm. Just before serving, puree in food processor until smooth. Makes eighteen ¼-cup samplers, 80 calories each.

### APPLE BREAD PUDDING WITH CRANBERRY SAUCE

*Apples and cranberries team up for this down-home dessert gone elegant.*

- 2 tablespoons butter or margarine
- 2 cups (about ¾ lb.) peeled, thinly sliced tart cooking apples
- 1½ cups cubed, stale, crustless white bread
- ¾ cup milk
- ⅓ cup heavy or whipping cream
- 2 eggs, at room temperature
- ¼ cup sugar
- ¼ teaspoon vanilla extract
- Pinch salt
- 1 to 2 tablespoons brown sugar
- 3 tablespoons sliced almonds

**Cranberry Sauce**

- 3 cups cranberries
- ⅓ cup water
- 5 tablespoons sugar

In medium skillet melt butter or margarine over medium-high heat. Add apple slices and cook just until tender. Arrange apple slices in a single layer in bottom of a square 8-inch glass baking dish. Sprinkle on bread cubes.

In small saucepan scald milk and cream. Remove from heat. *(continued)*

## Journal Shopping Center

**HIGH ENERGY GUIDE**

**Page 66:** Anne Klein II cardigan, pullover and pants; John Mendez muffler; Janet Norem necklace and earrings; Tissot watch. **Page 68:** Liz Claiborne jacket; GO SILK for L'Zinger blouse; Robert LaRoche glasses at Outer Vision, NYC; Vera scarf. **Page 69:** Left photo: Anne Klein II blouse; Yves St. Laurent scarf; Leslie Block earrings. Large photo: Whittall & Shon hat; Adrienne Vittadini turtleneck; Janet Norem earrings and bracelet. Inset photo: Adrienne Vittadini cardigan; Calvin Klein bra; Eric Beamon earrings. **Page 70:** Top three photos: Drumohr sweater; Janet Norem earrings and bracelet. Bottom photo: Anne Klein coat; Joseph Tricot dress; Reed Evins for Two City Kids shoes; Johnny Farah belt; Reda at Janet Norem earrings; Janet Norem bracelets; Evan-Picone Hosiery; Cardinal gloves. **Page 71:** Mimi Loverde America, NYC, leggings, T-shirt; Creeks button sweatshirt; Reebok Flopsocks; Styling Stix hair roller. Bottom photos: GO SILK for L'Zinger pullover; cardigan and skirt; DIM hosiery; Perry Ellis shoes; Tissot watch; Les Bernard earrings; Robert LaRoche glasses at Outer Vision, NYC. **Page 72:** Top photos. Mimi Loverde America, NYC T-shirt and gym shorts. Bottom photos. Mimi Loverde America, NYC, leggings and T-shirt; Relay polo shirt; Fiorucci watch. **Page 74:** GO SILK for L'Zinger jacket, shirt and pants; Camp Hosiery socks; Johnny Farah belt; Cole-Haan loafers; Janet Norem bracelets and earrings. **Page 76:** Jones New York jacket; GO SILK for L'Zinger shirt; Janet Norem necklace; Detail bracelets.

**HIGH FIBER, GREAT TASTE**

**Pages 126–127:** White platters, knotted flowered napkin and wooden breadboard from Gear Stores Inc., 110 Seventh Ave., NYC 10011. Twig basket, servers with wooden handles and glass dessert bowl and plate from Pottery Barn, 230 Tenth Ave., NYC 10011.

**DESSERT SAMPLERS**

**Pages 132–133:** Plates, "Charolles" pattern, from Frank McIntosh Shop at Henri Bendel, 10 W. 57 St., NYC 10019.

**ACCESSORIES MAKE THE DIFFERENCE**

**Pages 134–135:** Formal: White upholstered pieces, cocktail table, leather ottoman, magazine rack, Windsor chair, wing chair, trunk and mirror from Lord & Taylor, 424 Fifth Ave., NYC 10016, 212-391-1199. Audubon strié fabric, Rollier for drapes, Yalis chintz fabric for lining, trim and Hardwick cotton and linen print fabric for blue pillows from Brunschwig & Fils, Inc., 979 Third Ave., NYC 10022.* Pillows and all drapes made by the Fabrikwerk Company, 16 W. 22 St., Room 606, NYC 10010, Persian antique Serapi rug, from Berdj M. Abadjian, Inc., 201 E. 57 St., NYC 10022, 212-688-2229. End tables from Wood & Hogan, Inc., 305 East 63rd St., NYC 10021, 212-355-1335.* Queen Anne Lacquer side chairs and Sheffield candlesticks from Hyde Park Antiques, Ltd, 836 Broadway, NYC 10003, 212-477-0033. Striped throw from Woolworks, Inc., 838 Madison Ave., NYC 10021, 212-861-8700. Needlepoint pillows from Kentshire Galleries, Ltd., 37 East 12 St., NYC 10003, 212-673-6644. Painting over mantel and needlepoint pillows from Trevor Potts Antiques, Inc., 1011 Lexington Ave., NYC 10021, 212-737-0909. Prints from Kensington Place Antiques, 80 East 11 St., NYC 10003, 212-533-7652. Primitive portrait from Barrie A. Wright, 47 East 12 St., NYC 10003, 212-982-1998. Black & white tea caddy from Nicholas Antiques, 979 Third Ave., Suite 1014 NYC. 10022, 212-688-3312.* Chippendale console and all other accessories from Yale R. Burge, 305 E. 63 St., NYC 10021.* Fire screen and fire tools from William H. Jackson Company, 3 E. 47th St., NYC 10017, 212-753-9400.*

**Pages 136–137:** Eclectic: End table and Thai table from Lord & Taylor. White casement fabric for drapes from Henry Calvin Fabrics, 290 Division St., San Francisco, CA 94103.* Rug from Harmony Carpets Corp., 979 Third Ave., NYC 10022.* Black Pratfall chairs and Zandt floor lamps from Furniture of the 20th Century, 226 West 17 St., NYC 10011.* Lamp on console from Lightforms, 168 8th Ave., NYC 10011, 212-255-4664. Hagenauer chrome bird bowls from Muriel Karasik, 1094 Madison Ave., NYC 10028, 212-535-7851. Planter, black lamp on end table, plate with fruit and black candlesticks from Limited Editions, 253 E. 72 St., NYC 10021, 212-249-5563. Persian metal plum from David Barrett, Inc., 979 Third Ave., NYC 10022, 212-688-0950.* Silk throw and velvet pillows from Nicholas Antiques.* Head in window from Temple Art, 902 Madison Ave., NYC 10021, 212-879-5480. Glass vase, brown jug, miniature chair and armoire and teapot from Martell Antiques, 53 E. 10 St., NYC 10003, 212-777-4360. Painting on left by George McNeil, "Well Now," from Gruenebaum Gallery, Ltd., 415 West Broadway, NYC 10012, 212-966-3646. Painting over console by Jill Terranova, "Carnival" from Littlejohn-Smith Gallery, 133 Greene St., NYC 10012, 212-420-6090. Country: Heartwood Wood blinds from Joanna Western Mills Company, 2141 South Jefferson St., Chicago, Il. 60616, 312-226-3232. Spa plain linen fabric and trim for café curtains from Brunschwig & Fils, Inc.* Blue Chatel chintz from Boussac, 979 Third Ave., NYC 10022, 212-421-0534.* Blue chairs and cherry tables from Martell Antiques. Painted armoire, trenchers on top, chest and pottery bowls from Evergreen Antiques, 1249 Third Ave., NYC 10021, 212-744-5664. Turquoise bowl and papier-mâché figures from Zona, 97 Greene St., NYC 10012, 212-925-6750. Throw on love seat from Thomas Woodard, 835 Madison Ave., NYC 10021, 212-988-2906. Dog, blue/mint arrow and patchwork pillow from Judi Boisson, New York, Westport, Southampton. Ship painting from Barrie A. Wright. *Through Decorators.

**NEW WAYS WITH CHICKEN**

**Pages 140–141:** Redware platter at lower left, wooden chicken and painted plaster chicken in basket from the Museum of American Folk Art, 62 W. 50 St., NYC 10019.

**FIFTIES FOOD EIGHTIES STYLE**

**Pages 146–147:** Linoleum rug by A2Z, painted wooden table by Neophile and silver salt and pepper shakers by Strutz, from Clodagh, Ross, Williams, 122 St. Marks Place, NYC 10003. Cake plate, square glass plate and flatware from Sointu, 20 E. 69 St., NYC 10021.



# Watch'em rise in the morning.




*Mmm Ahh Ohh*
*You Poppin' Fresh®* BRAND *dough*

© 1986 The Pillsbury Company

# ITALY TO MEXICO




When it comes to getting great tasting meals off to a flying start, go first class. Start with Contadina—the only leading tomato paste that's 100% tomatoes with no salt added.

Contadina does more than give traditiona Italian meals slow-cooked, real tomato taste. Everything we make brings that same home-made flavor to all kinds of fast, easy, modern recipes too. Like our "One-Step Chili" and 95 other recipes featured in our new cook-book. (To get your copy, look for specially marked cans.)

When you open a can of Contadina, you're on your way to a world of delicious destinations.

In less time than you'd think.

***CONTADINA. SLOW COOKED TASTE FO***

## DESSERT SAMPLERS

continued

In medium bowl beat eggs and sugar until thick and pale. Gradually add hot milk and cream, beating constantly. Beat in vanilla and salt. Gently pour over apples and bread. Let stand 20 minutes.

Preheat oven to 350°F. Sprinkle brown sugar on top of pudding. Set baking dish in a roasting pan. Fill pan with hot water two thirds up sides of dish. Bake 20 minutes. Sprinkle top with almond slices. Bake 10 to 15 minutes more, until knife inserted in center comes out clean. Cool. Cover and refrigerate until completely cold. Serve with a dollop of cranberry sauce. Makes sixteen 2-inch squares or nine 2½-inch squares, 100 calories per 16, 180 calories per 9, without sauce.

*Cranberry Sauce:* In medium saucepan bring all ingredients to a simmer over medium-high heat. Cover and simmer until cranberries have popped, about 10 minutes. Puree in blender; strain. Makes about 1 cup, 25 calories per tablespoon.

## BERRY SAMPLER

### RASPBERRIES IN MERINGUE BASKETS

*Perfect served solo at a bridal shower.*

**3 egg whites, at room temperature**
**¾ cup plus 1 tablespoon sugar**
**2 cups fresh raspberries**
**1 tablespoon framboise liqueur**
**½ cup heavy or whipping cream**

Preheat oven to 225°F. Trace ten 2½-inch circles on a large sheet of parchment paper; place on a cookie sheet.

In mixer bowl beat egg whites until foamy. Gradually add ¾ cup sugar, beating constantly until stiff peaks form. Spoon into a pastry bag fitted with a star tube. Pipe meringue into the circles to form "baskets" with sides ¾ inch high. Or scoop meringue onto circles and spread from centers with a spoon. Bake 1 hour. Turn off oven; let stand in oven with door ajar 1 hour. Cool completely. *(Can be made ahead. Store at room temperature up to 2 weeks.)*

Thirty minutes before serving, in medium bowl toss berries with liqueur. In mixer bowl beat cream with remaining 1 tablespoon sugar until stiff peaks form. Spoon into meringues. Top with berries. Makes 10, 130 calories each.

### RASPBERRY SORBET

*If you're a raspberry fan like our food editor, this is a must.*

**1¼ cups water**
**⅔ cup sugar**
**2 teaspoons lemon juice**
**2 packages (10 oz. each) frozen raspberries in light syrup, thawed, pureed and strained**
**2 egg whites**

In saucepan combine water and sugar Bring to a boil over high heat; boil minutes. Pour into a metal bowl. Add lem on juice and puree. Refrigerate until cold

In medium bowl whisk egg white until frothy, then whisk into raspberr mixture. Freeze in an ice-cream make according to manufacturer's directions Freeze until firm. Just before serving puree in food processor until smooth Makes eighteen ¼-cup samplers, 5 calories each.

### BERRY BAVARIAN WITH RASPBERRY SAUCE

*If you can get frozen berries withou syrup, they can be substituted for fresh*

**1 cup fresh raspberries**
**1 cup fresh blueberries**
**½ cup sugar**
**2 teaspoons lemon juice**
**2 teaspoons unflavored gelatin**
**2 tablespoons cold water**
**⅓ cup boiling water**
**1 cup heavy cream, whipped**
**Additional raspberries and blueberries, for garnish**

# IN 27 MINUTES.



### ONE-STEP CHILI
(Makes 5½ cups)

1 pound extra lean ground beef*
4 cups (15-ounce can) Pinto beans and liquid
4 cups (14½-ounce can) cut-up CONTADINA Peeled Whole Tomatoes and juice
⅓ cup (6-ounce can) CONTADINA® Tomato Paste
½ cup chopped onion
¼ cup chopped green pepper
1 crushed garlic clove
2 tablespoons chili powder
1 teaspoon salt
½ teaspoon cumin
¼ teaspoon red pepper flakes

mbine all ingredients in microwave-safe 2-quart serole. Cover; microcook on high 5 minutes. to break up meat. Microcook additional minutes, stirring every 10 minutes. OTE: If beef used is less lean, microcook rst and drain off excess fat.

**OUR FAST PACED WORLD.**

**aspberry Sauce**

**1 package (10 oz.) frozen raspberries in light syrup, thawed, drained and strained**
**2 tablespoons cassis liqueur**

ightly oil a 7½x3½-inch loaf pan. ine snugly with plastic wrap, leaving 3-inch overhang on all sides.

In medium bowl combine raspberries id blueberries. Sprinkle with sugar; ash. Let stand 30 minutes. Strain. ir lemon juice into berry puree.

Meanwhile, sprinkle gelatin over the ld water; let stand about 5 minutes. our the boiling water over gelatin, stir- ng until dissolved. Stir into berry pu- e. Refrigerate, whisking occasionally, ntil mixture mounds slightly when opped from a spoon, 30 to 50 minutes.

Fold whipped cream into berry mix- re. Pour evenly into prepared pan. over and refrigerate 12 hours.

Loosen ends of plastic wrap. Invert ba- rian onto a plate; peel off plastic wrap. ut into ½-inch slices. Drizzle each with 1 blespoon sauce. Garnish with a few esh raspberries and blueberries. Makes servings, 120 calories each with sauce.

*aspberry Sauce:* Combine raspberries id liqueur. Makes about ¾ cup. **End**

## NEW WAYS WITH CHICKEN

continued from page 141

### MICROWAVE APPLE-GLAZED CHICKEN AND SWEET POTATOES

pictured on page 140

*Fully cooked chickens are now available at the meat counters of many markets.*

**½ cup apple jelly**
**3 tablespoons butter or margarine**
**½ teaspoon cinnamon**
**⅛ teaspoon ground cloves**
**2 sweet potatoes, cut into wedges**
**2 cooking apples, cut into wedges**
**1 fully cooked chicken (about 3 lbs.)**

In small microwaveproof bowl combine first four ingredients. Microwave on High 2 minutes. Place sweet potatoes in 2-quart shallow microwaveproof casserole. Drizzle with ¼ cup of the jelly mixture. Cover; microwave on High 10 minutes. Add apples and 2 more tablespoons jelly mixture. Microwave covered on High 5 minutes. Add chicken; brush with remaining jelly mixture. Microwave covered on High 8 to 10 minutes, until heated through. Makes 6 servings, 515 calories each.

### BAKED SESAME CHICKEN

pictured on page 141

*Boneless chicken thighs can be cooked just like cutlets.*

**1 egg**
**2 tablespoons soy sauce**
**½ cup dry bread crumbs**
**¼ cup sesame seed**
**½ teaspoon ginger**
**1¼ pounds boneless, skinless chicken thighs**
**3 tablespoons butter, melted**
**Stir-fried vegetables (optional)**

Preheat oven to 400°F. In shallow bowl beat egg with soy sauce. In another bowl combine bread crumbs, sesame seed and ginger. Dip chicken in egg mixture, then in crumbs. Place on a wire rack in baking pan. Drizzle with butter. Bake 20 minutes. Serve with stir-fried vegetables. Makes 4 servings, 420 calories each without vegetables.

### INDIAN NUGGET KEBABS

pictured on page 140

*We used uncoated nuggets in this recipe.*

**2 sweet onions, sliced**
**1 tablespoon salad oil**
**Pinch salt**
**⅔ cup plain low-fat yogurt** *(continued)*

# Beware.

Don't get stuck with a nonstick that only looks like SilverStone.*

Insist on the SilverStone seal.

That's the only way you can be sure you won't get stuck with early wear-out. Early wear-out happens when a nonstick coating is too thin or applied to a poorly prepared surface.

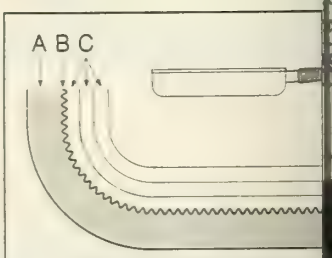
DuPont's unique Certification Program helps prevent early wear-out.

DuPont sets the standards, not only for proper surface preparation, but for metal thickness, and proper application of 3 layers of premium SilverStone.

Only manufacturers who maintain these standards earn the right to display the SilverStone seal on their products.

So don't buy just any nonstick. Insist on SilverStone and the DuPont Certification seal. It's your guarantee you won't get stuck.




DuPont Standards:

A. Proper metal thickness to avoid pan warp.
B. Proper surface preparation for superior coating adhesion.
C. Thick 3-layer coating for superior abuse resistance and easy clean up.

*Certified quality only from DuPont.*

# Don't get stuck. Get SilverStone.®

DUPONT

Only DuPont makes SilverStone premium finishes.

## NEW WAYS WITH CHICKEN
continued

- 2 tablespoons lemon juice
- 2 garlic cloves, pressed
- 2 teaspoons grated fresh ginger
- 1 teaspoon curry powder
- 1 teaspoon paprika
- ¾ teaspoon cumin
- ½ teaspoon ground red pepper
- 1¼ pounds chicken breast nuggets (or boneless breasts, cubed)
- Saffron-flavored rice (optional)

Preheat broiler. In shallow baking pan toss onions with oil and salt. Broil 10 minutes, tossing occasionally.

Meanwhile, in medium bowl combine yogurt, lemon juice, garlic and spices. Add chicken and toss to coat. Thread nuggets loosely onto 4 skewers. Marinate 10 minutes. Place on wire rack over the onions. Broil about 10 minutes, turning once. Serve with saffron-flavored rice. Makes 4 servings, 325 calories each without rice.

### MICROWAVE CHICKEN OLÉ

*Combination cooking gets this stuffed chicken to the table on time.*

Stuffing

- 1½ cups packaged cornbread stuffing
- ½ cup boiling water
- ¼ cup minced onion
- 3 tablespoons butter, melted
- 1 egg, beaten
- ½ teaspoon salt
- 1 garlic clove, pressed
- ½ teaspoon freshly ground pepper
- 3 tablespoons chopped fresh cilantro
- ¼ teaspoon ground red pepper

- 2 whole chicken breasts (2 lbs.), split
- Bottled Mexican salsa (optional)

*Stuffing:* In medium bowl combine all ingredients; toss well with a fork.

Lift skin from longest side of each breast. Fill with about ⅓ cup stuffing. Secure with toothpicks. Place chicken stuffing side down on a microwave-proof rack. Cover; microwave on Medium 12 to 15 minutes, rotating once.

Meanwhile, preheat broiler. Transfer chicken to broiler rack, skin side up. Broil 2 minutes or until browned. Serve with salsa. Makes 4 servings, 420 calories each without salsa.

### CHICKEN WINGS CREOLE

*Yes, you use two kinds of pepper in this New Orleans–style dish.*

- 6 slices bacon, coarsely chopped
- 1 large onion, chopped
- 2 celery ribs, chopped
- 1 green pepper, chopped
- 2 garlic cloves, pressed
- 1 can (16 oz.) crushed tomatoes
- ½ cup chicken broth
- ⅓ cup all-purpose flour
- 2 teaspoons salt
- 1 teaspoon ground red pepper
- ½ teaspoon freshly ground pepper
- ½ teaspoon dry mustard
- 2½ pounds chicken wings
- ¼ cup salad oil

In large Dutch oven cook bacon until crisp. Drain on paper towels; crumble and reserve. Drain off all but 2 tablespoons drippings from Dutch oven. Add onion, celery, green pepper and garlic; saute 5 minutes. Add tomatoes and chicken broth; simmer 10 minutes.

In plastic bag combine flour, salt, peppers and mustard. Add wings two at a time, shaking to coat. Tap off excess. In large skillet heat oil over high heat. Add half the wings; cook until browned on all sides. Add to Dutch oven. Repeat with remaining wings. Simmer 10 minutes. Sprinkle on bacon. Makes 4 servings, 425 calories each.

### PLUM GOOD CHICKEN

*Whole chicken goes Oriental with plum sauce and fried cellophane noodles.*

- 1 can (17 oz.) purple plums in syrup, pitted (reserve syrup) *(continued)*




## NEW WAYS WITH CHICKEN
continued

**3 tablespoons brown sugar**
**1 tablespoon butter or margarine**
**2 teaspoons hoisin sauce***
**1 teaspoon grated fresh ginger**
**1 garlic clove, pressed**
**2 tablespoons cornstarch stirred into 3 tablespoons white or rice vinegar**
**1 fully cooked chicken (about 3 lbs.)**
**Salad oil for frying**
**1 package (3.75 oz.) cellophane noodles**

Preheat oven to 400°F. In food processor or blender puree plums; strain.

In medium saucepan combine pureed plums, reserved syrup, brown sugar, butter or margarine, hoisin sauce, ginger and garlic. Bring to a simmer over medium heat. Stir cornstarch mixture into plum mixture; simmer 3 minutes, stirring frequently.

Place chicken on a rack in roasting pan. Brush well with some of the sauce. Bake 10 minutes. Brush again with sauce and bake 10 minutes more.

In large skillet heat 2 inches oil to 375°F. Drop one third of the noodles in oil. Fry 15 seconds. Turn and fry 10 seconds more, until white and puffed. Repeat with remaining noodles. Drain on paper towels. Serve with remaining sauce. Makes 6 servings, 605 calories each.
*Hoisin sauce can be found in Oriental groceries or in the specialty section of your supermarket.

### PECAN CHICKEN

*Cutlets (boneless, pounded breasts) make an elegant entree in no time.*

**1 egg**
**2 tablespoons coarse mustard**
**½ teaspoon salt**
**1¼ cups finely chopped pecans**
**1 pound chicken cutlets**
**Lemon wedges, for garnish**

Preheat oven to 500°F. In shallow dish beat egg with mustard and salt. Place pecans on a sheet of wax paper. Dip chicken in egg mixture, then in pecans. Bake on a rack in shallow baking pan 8 minutes. Serve with lemon wedges. Makes 4 servings, 420 calories each.

### AEGEAN CHICKEN ROLLS

*Feta is now available in supermarkets.*

**8 boneless chicken thighs with skin (1½ lbs.)**
**Salt and freshly ground pepper**
**8 ounces feta cheese, crumbled**
**3 tablespoons chopped parsley**
**2 tablespoons chopped dill**
**3 tablespoons olive oil, divided**
**2 teaspoons lemon juice**
**16 spinach leaves**

[illegible]en to 450°F. Season chicken [illegible]d pepper. In medium bowl combine cheese, parsley, dill, 1 tablespoon oil and the lemon juice. Place chicken skin side down. Top each thigh with 2 spinach leaves and 1 heaping tablespoon cheese mixture. Fold each thigh in half from short side; secure with a toothpick.

In large skillet heat remaining 2 tablespoons oil over high heat. Add chicken and brown quickly. Transfer to a rack in baking pan. Bake 10 to 15 minutes, depending on thickness of chicken. Makes 4 to 6 servings, 420 calories each per 4, 280 calories each per 6.

### BATTER-DIPPED NUGGETS WITH ORANGE SAUCE

*Chicken-nugget fans, these are for you.*

**Orange Sauce**

**½ cup orange marmalade**
**1 to 2 tablespoons sugar**
**1 tablespoon white vinegar**
**1 tablespoon soy sauce**
**1 teaspoon grated fresh ginger**
**1 garlic clove, pressed**
**⅛ teaspoon red pepper flakes**

**Salad oil for frying**
**1 cup all-purpose flour**
**1 teaspoon paprika**
**1 teaspoon salt**
**½ teaspoon freshly ground pepper**
**1 cup beer**
**1¼ pounds chicken breast nuggets (or boneless breasts, cubed)**

*Orange Sauce:* In blender process all ingredients. Makes about ⅔ cup, 50 calories per tablespoon.

In large skillet heat 2 inches oil to 375°F. In medium bowl combine dry ingredients. Whisk in beer. Dip chicken in batter a few pieces at a time and fry, turning occasionally, about 4 minutes. Drain on paper towels. Serve with Orange Sauce. Makes 4 servings, 350 calories each without sauce.

### GARLICKY CHICKEN WINGS

*Not for the faint of heart.*

**2½ pounds chicken wings**
**1 tablespoon olive oil**
**1 tablespoon butter or margarine**
**1 tablespoon pressed garlic**
**3 tablespoons fresh lemon juice**
**1 tablespoon chopped parsley**
**½ teaspoon salt**
**½ teaspoon freshly ground pepper**

Preheat broiler. Broil chicken wings on a rack 10 minutes.

Meanwhile, in small skillet heat oil and butter or margarine over medium heat. Add garlic and saute until golden, 2 to 3 minutes; strain. Add lemon juice, parsley, salt and pepper. Brush chicken with half the flavored oil. Broil 10 to 15 minutes, turning once. Just before serving brush with remaining oil. Makes 4 servings, 290 calories each. **End**

## TV STAR WARS
continued from page 62

dies. Co-starring is eighty-year-old Gale Gordon, as her husband's partner, who is none too happy to see her taking an active hand in the business. Gordon was Lucy's co-star on her last two series, *The Lucy Show* and *Here's Lucy*.

But as Mary Tyler Moore proved last season with her failed sitcom, TV superstars returning to the medium are not guaranteed success. And although situation comedies are hot, and Lucy is—or was—a brilliant comic actress, she's likely to go the way of MTM.

One inauspicious omen is the reluctance of ABC to allow reporters to preview any of the shows. The networks routinely screen episodes of new shows months in advance of their debut, and the fact that they haven't done so for Lucy suggests the worst.

Still, it's impossible to write off the new show so easily. Says one producer who knows Lucy well, "She dominated the sitcom format in the fifties, sixties and seventies; I'm sure she wants to add the eighties to the list. The fact that ABC is in the ratings cellar is also a challenge: She is expected to do for the network what Cosby did for NBC."

This, of course, puts a lot of pressure on Lucy, and the strain is beginning to show. Late in June, during casting, she began to clash with producer Aaron Spelling. Spelling—producer of such programs as *The Love Boat* and *Charlie's Angels*—wanted a sexy young woman, a Heather Locklear type, to play Lucy's daughter. Lucy, on the other hand, wanted a very homespun and chaste kind of daughter, not only because it upheld the values she admires but because she didn't want a co-star stealing the spotlight. The result? Actress Ann Dusenberry, who plays the daughter, is all apple pie. Lucy insists that she is "quite proficient [at] knowing how to run my show," and it's clear that she intends to do just that.

The burning question is why Lucy is bothering to subject herself to the rigors of a weekly series. Certainly not for the money, which is reported to be $75,000 an episode. Lucy is worth tens of millions of dollars, a fortune she amassed from acting and from the sale of *I Love Lucy* to Viacom and of her successful production company, Desilu to Paramount Television.

Lucy herself freely admits that there is no way "to top what we've done in the past." But if she needs help with her show during the season, she knows where to go. Lucy is still very close to her ex-husband, Desi Arnaz, and according to a spokesperson, he is available if the new show needs his help. Though Arnaz is said to be *(continued)*

Only DuPont ma[illegible]

"I think I'm seeing double chocolate."

"You must be nuts!"

# Betty Crocker Brownies: double or nuttin'.

"We're the brownies loaded with extras! Hershey's syrup. Chocolate chips. Chocolate frosting.




And now, crunchy, chewy walnuts."

Betty Crocker

You Sweetalk it. Betty Crocker™

ey's is a Reg. T.M. of Hershey Foods Corporation.

© General Mills, Inc. 1988

## TV STAR WARS
continued

ailing in Mexico, watch for him to appear before the year is out, health permitting.

### Liz Taylor: art imitating life

Amidst all the conflict, there is at least one sure bet for hit status this season: Elizabeth Taylor in *There Must Be a Pony*, a two-hour film that will air on ABC in February. Though it cost an eye-popping $3 million—high for a TV movie—it should give the struggling network a much-needed ratings boost.

Taylor stars as Marguerite Sydney, a child star who made the transition to motion picture superstardom as an adult but suffers an emotional breakdown when her fortunes fade. When the flamboyant and unpredictable actress tries to make a comeback by starring in a prime-time soap opera, she battles constantly with her coworkers and is in desperate straits when charming businessman Ben Nichols (Robert Wagner) enters and changes her life.

Wagner's enthusiasm for this project is boundless. "There's exactly eighty years of experience between us," he says, grinning. "If we can't make this work, then it's time to give it all up."

### Mini-series and TV movies

As the presence of Elizabeth Taylor in a new TV movie indicates, the networks are willing to pay for star power. They're also looking for TV movies that have name value, which is why we'll be seeing Robert Wagner and Stefanie Powers in *The Hart to Hart Reunion* and George C. Scott re-creating his Oscar-winning role in *The Last Days of Patton*. Nor are the networks above a bit of sensationalism—for example, casting Isabella Rossellini as her mother in *Ingrid Bergman: My Story*.

Grandiose as the TV movies are, nothing in any previous year comes close to what the networks have in store in the way of mini-series.

Among the more notable mini-series this year are Ann-Margret and Claudette Colbert in the prestigious four-hour adaptation of Dominick Dunne's *The Two Mrs. Grenvilles*, the story of a working-class woman who marries into an aristocratic family; Sophia Loren in Mario Puzo's autobiographical *Fortunate Pilgrim*, about an Italian immigrant trying to achieve the American dream; Shirley MacLaine in *Out on a Limb*, based on her autobiography; and the controversial *Amerika*, a twelve-hour epic set in the mid-1990s, ten years after the Soviets have taken over the United States. No date has been announced for ABC's epic *War and Remembrance*, the thirty-hour sequel to *The Winds of War*, though it's unlikely it will air before 1988. At a cost of $100 million, the mini-series is the most expensive ever produced for television and costlier than most motion pictures. To get an idea of just how expensive it was, consider that *War and Remembrance* cost more than the last four James Bond movies *combined*.

Two of the *Dynasty* teammates will also be starring in mini-series: Joan Collins will play a double agent in the terminally insipid *Monte Carlo*, set on the eve of World War II; and Linda Evans will star in *The Last Frontier* as a cattle rancher in Australia.

The most eagerly anticipated mini-series of all, however, is a parody of *Falcon Crest*, called *Fresno*, starring Carol Burnett as the matriarch of a raisin-growing empire. CBS is billing this five-hour extravaganza as "a saga about power, passion and produce."

Perhaps that's a fitting way to describe the new season itself. The programs we'll be seeing may not be big on originality, but for the most part they're powerful and passionate . . . and as for the rest, well, "produce" is as good a way as any to describe them. **End**

## TALKING WITH LUCY



Regardless of how well her new series fares, America will always love Lucille Ball. Here, she offers some fascinating insights into her life.

**Why have you waited so long to return to television?**

I read a lot of scripts where I could have played giddy housewives, but I'm just too old for that. Without Mr. Mooney or Uncle Harry yelling at me, what would be the use?

**I hear you feel uncomfortable every time you are honored.**

I really do appreciate the acclaim, but it makes me feel old. Jimmy Stewart, Henry Fonda, Bob Hope, John Wayne and I used to talk about it. I said to Bob one night, "If you come near me with one more God-awful award . . . !" It's like hearing your obituary.

**Is there any truth to reports about your poor health?**

None at all. I've read articles that said I had a heart problem, cataracts, even cancer, but they're all untrue. I'm old—no one's older than I am—so any little thing gets the press going.

**Do you really have a lifetime supply of henna to color your hair?**

I've always used only real, natural Egyptian henna. Years ago, I had a tremendous supply, but one day, I looked up and saw there were only two cans left. I called every place I could think of to get some more, but I couldn't find any real Egyptian henna anywhere.

One day, a reporter was interviewing me, and he asked, "Lucy, if you had one wish, what would it be?" And I said, "I wish I had enough Egyptian henna to last the rest of my life."

Well, he put that in his column, and a man from the Middle East wrote to say he happened to be coming to the United States and he would be pleased to hand deliver to me twenty-five cases of real Egyptian henna. And he did just that. I wrote to thank him . . . and he sent me twenty-five *more* cases. Now I won't have to worry about outliving my henna.

**Do you ever miss *I Love Lucy*?**

I still do sometimes. I was never happier in my life than when I was doing that show. But you know, I never thought *I Love Lucy* would last more than a year. That's why I put it on film. I wanted home movies for my kids.

**Do people still expect you to be just like Lucy Ricardo?**

I'll tell you a funny story about that. Vivian Vance and I were once sitting in my house with bleach in our hair and mush on our faces. The doorbell rings, and it's royalty from Thailand stopping by for a surprise visit. Viv and I looked like we did on *I Love Lucy*, and I guess they figured we *always* looked like that. So they filed into my living room and posed for pictures with us. Someplace in Thailand, there are photos of Vivian and me looking like hell.

**Do you worry about getting older?**

I used to say, "Damn it! Did I have to live this long. All I ever wanted to do was outlive my henna!" But now I have grandchildren, and I worry that I won't be around to watch them grow and marry. That's the only thing that frightens me about death. In the meantime, I refuse to be just an old woman who dyed her hair for attention. I love my work. —ALAN W. PETRUCELLI




# Betty Crocker. New muffins with bags of Treasure.

:w Carrot Nut muffin mix comes ith a separate pouch of crunchy carrots, nuts and raisins. New Oatmeal Raisin's pouch is ı treasure of oatmeal and raisins.




And a can of real fruit makes our juicy blueberry muffin a perfect jewel.

You Sweetalkin' Betty Crocker.™

ıeral Mills, Inc. 1986

continued from page 118

would not have health problems as a result of the accident. She knew this from reading the papers, she said. Even Artek's young evacuees seemed uncertain about exactly why they had been torn from their homes and parents.

Glenn Golz, a fifteen-year-old reporter for New York's *Children's Express* newspaper, traveled with our group and spoke with two girls at Artek who had lived close to Chernobyl. "They said police came to their families' homes and said they had to leave because it was dangerous to stay there. They didn't pack, they just left.

"The girls I spoke to were sad," said Glenn, "but they weren't angry. They didn't really hold anyone responsible, either. American kids would be more angry. They'd hold somebody responsible—the government or society. But the Russian girls said it was just an accident and implied, 'Oh, nobody's perfect.'"

There was another evacuated teenager at Artek who was quick to echo the official Soviet version of what had happened at Chernobyl. He was fourteen-year-old Alex, the son of the director of the damaged nuclear plant. Not surprisingly, perhaps, Alex said he felt that the safety precautions at Chernobyl were adequate and that the accident "could have happened anywhere." Said Patrick Reinsborough, "He told me he thought such an accident would probably happen again soon—and in the United States—because look at Three Mile Island."

Alex, whose parents were both involved in evacuating and decontaminating workers at the plant, said, "The world press, particularly the American, has blown what happened all out of proportion. Chernobyl was not a major thing, not a lot to worry about." Alex, of course, like the other evacuees at Artek, had no idea when he would be allowed to go home or be reunited with his parents. Ironically, shortly after that conversation took place, the director of Chernobyl, along with other top officials at the plant, was dismissed. Criminal proceedings are expected to be initiated against them.

### A massive deception

While lack of information about what happened at Chernobyl could be a problem for the average Soviet, it is a major handicap for members of the Russian medical profession trying to treat victims of the radiation. A pediatrician I spoke to during my visit to the Soviet Union looked exhausted when I met her. Asking that her real name not be used for fear of reprisals (I'll call her Dr. Tanya), she told me, "The situation in my clinic now is horrible, atrocious. Medicine in Russia, except in Moscow, is in the Dark Ages." In discussing the Chernobyl disaster, the doctor was the most straightforward person I met in Russia. "With all the technology available to doctors in the rest of the world, here in the Soviet Union we are trying to practice medicine with only half the information. Five days after the catastrophe, the official 'acceptable' levels of radiation exposure were suddenly raised tenfold. Most people aren't aware of that, of course. Only specialists and special medical groups had any way of knowing. We are told everything is all right, and most believe it. We are treated like children here.

"In the Ukraine," she continued, "one month after the accident there were special controls where doctors measured the radiation. This stopped after the first of June. That is why there is no problem with the radiation level. There is no measurement of it." Dr. Tanya worries about possible genetic problems resulting from the accident. "I think there will be problems. But we've been told nothing."

### A nation remembers

As we continued our tour through the Soviet Union, I began to realize that there was an enormous difference between the totalitarianism of the Kremlin and the openness of the Russian people, once one had the chance to get to know them. But I was unprepared for the tremendous adoration the Soviet people felt for Samantha Smith, who, in her candid manner, had been quintessentially American. After all, it is hard to imagine a Russian child being lauded for challenging the Soviet premier about peace, as was Samantha. Yet wherever our group traveled, we were greeted with enormous portraits of Samantha—in Moscow, in Leningrad, in Artek. And at the Young Pioneer camp there was even a permanent memorial to her.

I also learned that a tree, a variety of rose, the Soviet Union's largest diamond, and even a passenger ship had been named after her. The Soviets have also issued a postage stamp with Samantha's picture, and many Russian parents are now naming their baby girls Samantha. At the opening ceremonies of the Goodwill Games in Moscow this summer, a giant flash-card portrait of Samantha held by eleven thousand people was seen by television viewers in twenty-four countries. The only other such portrait displayed was that of Lenin.

For Samantha's mother, who also lost her husband, Arthur, a college professor, in the plane crash, accompanying Samantha's classmates on this tr aroused a mixture of pride and sorro Three years earlier the attracti young family, of Manchester, Main had visited these same places togethe Now Jane, forty-one, was the rever mother of a little girl whose death h stunned the population of a world s perpower. Wherever Jane went in Ru sia, she was greeted with huge bo quets, TV cameras, and even bra bands. Weeping mothers pushed the children forward to get her autograp But all the VIP treatment in the wor could not erase the fact that Jane w making this second trip without h only child and her husband. "I fou tears coming to my eyes at Artek wh they showed a film of Samantha's vi there," Jane said.

Shortly after her family was kille Jane took a leave of absence from h job as administrator for Maine's D partment of Human Services a poured her energies into the pea effort begun by her daughter. Ma people sent money in Samantha's me ory, almost $12,000 all told. With th and donations from philanthropis Jane and several friends formed the S mantha Smith Foundation, whi strives to foster international und standing through a nonpolitical, p son-to-person approach. As part of th program, the Soviets have agreed t send ten children to the United Sta next year. Jane hopes such projects w help break down the barriers of misu derstanding between the two countri

### An uncertain future

As I observed the tearful farewells the Russian children and the Americ youngsters, I could see that many b riers had indeed been surmounted d ing this trip. "I think the worst p about leaving the kids was knowing will probably never see them agai said fourteen-year-old Sarah Warrer

On the plane back to the State listened to the kids from Maine chat about their experiences. I realized th that for them the future is full of pro ise. Unfortunately, the same could be said for the Russian kids we h gotten to know at Artek.

Since our trip to the Soviet Uni the dangers of radiation have becom topic of more open discussion in media there. Even the Young Comm ist League newspaper has publishe lengthy article on the dangers of rad activity, including the threat of canc

As the Soviets begin to acknowle the long-term dangers of their nucl accident, I think of Sergei and oth like him who may well suffer ill effe For these Russian youngsters, victi of Chernobyl, the sad truth is that th futures are far from certain. E



## We make the best potatoes better by tearing them to shreds.

The better the potato, the better the Hash Browns. Naturally, Ore-Ida Hash ›wns are made from big, Ore-Ida Russet Burbank potatoes. They're shredded long even strands and packed into patties to cook up crisp and lden outside, tender and meaty inside.

Ore-Ida regular Hash Browns, Golden Patties® for your oven, and ›ory Cheddar Browns.™ Bite after bite, package after package, year and year out, you can count on Ore-Ida. It's the best potato taste ›ney can buy.

**When it says Ore-Ida, it's all-righta!**



# "I NEVER THOUGHT I'D BUY A CONDOM."

## INTRODUCING MENTOR CONTRACEPTIVES. THE SMART NEW WAY TO PROTECT YOURSELF.

Let's face it, sex these days can be risky business, and you need all the protection you can get. Between the fear of unplanned pregnancy, sexually transmitted diseases, and the potential side effects of many female contraceptives, it may seem like sex is hardly worth the risk anymore.

Now there are Mentor™ Contraceptives. This unique condom is the new system that can virtually prevent all these problems when properly used. Mentor Contraceptives are unlike any other condom, because they actually seal in place. The unique Safety Seal™ inside each Mentor Contraceptive keeps the condom from slipping off accidentally. Plus, it forms a water-tight barrier which prevents the transmission of bodily fluids. There is also far less chance of tearing because it's secured in place...to move with him, instead of against him.

It's one of the only things you can give him to protect yourself. And for further information on this remarkable new product, contact your health professional.

So why take your fears to bed? Mentor Contraceptives let you feel safe and confident about sex again. And that's a good feeling.




SMART SEX IN THE 80's.

For more information o our product or a list of stores that carry Mento Contraceptives in your area, just call 1-800-435-3555. Use as directed.

*Reprints of this study available on request.

© Mentor Corporation 198

ntinues, musing, "I sure don't think I'll ver end up rich. I'm trying hard to ake care of myself. I can only hope that y lifestyle has not gotten so out of ntrol that I am forced into continu-lly having to make a fortune in order live. I travel a lot. It costs a fair nount to live this way. But I have a 967 Mercedes and a 1973 Chevy, and y house in Los Angeles—which I ught when it was cheap—is paid for."

### Jet-set couture

efanie's travel schedule means that ie actress doesn't get to spend much me in her L.A. home. So she has arned to set up house wherever she is. r instance, her suite in a quiet, semi-sidential New York hotel, where we e speaking, has a kitchenette. Stef-ie says that she prefers this kind of commodation so that she can make r own coffee, or even prepare a meal. A peek inside the bedroom, though, veals a decor that can only be de-ribed as Early Suitcase, and Stefanie gins to explain her packing strat-ies. "I once told Bill [Holden] that I dn't think it was fair that a man uld travel the world with just a blue azer and gray slacks," she says. hen I thought, What a great idea this for me. So I went to Bill's tailor and d a beautifully constructed blue azer made of medium-weight mate-al so that it would work in different mates, and I ordered a gray skirt and pair of gray pants to go with it. I ded one black dress for dinner.

"On my third trip around the world this uniform, a girlfriend in Hong ng said, 'What are you doing after nch?' I said, 'I'm free until five lock,' and she said, 'Fine. Let's go opping.' I said, 'But I don't need any-ing.' She said, 'Oh, yes, you do.' She ld me that I absolutely could not get ay with that blazer anymore."

So packing is a constant challenge, th the actress always trying to keep r travel belongings confined to two itcases. "It's tough," she admits. here are the cosmetics, the wigs, the d hairpiece, the dual-voltage hair-yer. There's the problem of the ather. It's cold but getting warmer. s warm but cool at night. There's the etties for evening, which I must have cause I'm in the movie business.

"And there are the accessories. I've arned to live with one pair of Chanel oes—nude leather slingbacks with ack kid toe. Thank God they go with nost everything. In colder weather the e extra pair of plain black pumps are ede because they work for evening."

Obviously Stefanie cuts everything to a minimum. Her packing. Her social obligations. Even her personal care.

"Look," she says, laughing, "the manicurist will tell you that you must cream your cuticles every day. And the pedicurist will say that you must sandpaper your feet every night. The masseuse will claim you have to put the cream on this way and rub that way. The hairdresser is insistent that you brush one hundred times. The dentist is ordering you to floss your teeth. Just taking care of your various parts is a major preoccupation. So I don't do it. I can't."

One of the things Stefanie is trying to do for herself, however, is diet. She recently quit smoking and as a result gained fourteen pounds. Sighing heavily, the actress says, "This is a deeply boring subject. I was determined not to put on weight. But there it was. I watched every single day, and every single day I was gaining.

"Because I was traveling I didn't have a chance to exercise," she explains. "So the food just sat there and turned to fat. I seem to have a body that can't deal with more than one meal a day. I take vitamins that are rather strong, so I need to have *something* in my stomach for breakfast. I eat only a tiny slice of bread or a little bran. Yesterday I was going out for dinner, which meant I had absolutely nothing for lunch except some asparagus. For me, the weight gain relates to the smoking and also to lack of exercise, and exercise is terribly important both physically and psychologically. It rids you of frustrations."

**"Whether it's a husband or a lover, it's so hard to lose somebody. There's no way to prepare yourself for it. And there's no way to adjust."**

When Stefanie does get frustrated, whom does she confide in? "My mother," says the actress. "She lives with me. She's seventy-four, and she's a great dame. She's very active, but there is just no way to start preparing for the fact that she's getting older."

### Remembering a lost love

Stefanie's eyes become teary, and it's obvious she is thinking back to her eight-year relationship with William Holden, who died in 1981. "Listen," she says in a quiet voice, "regardless of the situation—whether it's a husband, a lover, a mother, or what—it's so hard to lose somebody. There's no way around it. There's no way to prepare yourself for it. And there's no way to adjust.

"My mother was very supportive when I lost Bill. She had always been very supportive of my relationship with him. She loved him. It was difficult not to. And so she was right there with me when it . . . happened . . . to Bill. I knew, at least, that when I'd come home at night my mother would be there."

Suddenly Stefanie, who is sitting snuggled into a corner of the living room couch, stands up, crosses the room and grabs a bunch of tissues. The tears begin to flow. She wipes her eyes, then says, "Please, let's not talk about it. I'll just cry . . ."

After a few moments, during which Stefanie composes herself, she begins to talk about her mother's first time on safari. "Bill had invited her many times, but in those days my mother wasn't at all interested. She finally came last year. We put her tent up under the trees to keep it cool . . . but there's also a tendency for critters to drop out from the trees. The major visitors are mosquitoes, scorpions, snakes and odd crawlies.

"Before I introduced Mama to the tent," recalls Stefanie, "I went in to make a final check, and I discovered a scorpion, which I immediately killed with bug spray. After that, things couldn't have been more idyllic for my mother. There was a lovely breeze blowing, so there weren't any mosquitoes. There was a light drizzle, so there was no dust. There was a light cloud cover, so the sun wasn't hot. She kept remarking on all the beautiful things she was seeing. She kept saying, 'Oh, now I see why Bill wanted me to come.'

"The minute we put her on the plane in Nairobi, all hell broke loose. Everything changed. The rains came, the snakes came, a couple of the staff were bitten by scorpions. And that was all the first day after Mom had left. Somewhere, God must take care of mothers on first-time safaris."

With that, the phone rings again. This time, Stefanie launches into a discussion of embryo transfers at the Cincinnati Zoo. As I gather my belongings and prepare to leave, I can't help being impressed by the ease with which the actress converses on a vast range of topics—and the ease with which she makes herself at home in New York, Los Angeles, Africa or Hong Kong. Bright, brainy and beautiful, with or without a man, Stefanie Powers is one hell of a woman. **End**

stubborn and very silly. We're all trying to help, you know." Elizabeth sighed. Shelley's voice rose in irritation. "I am, and Miss Carpenter, and tomorrow a nice lady is going to talk to you to get to know you better. So I want you to promise that you'll try harder, too. Okay?"

There was no reply.

A few days later, Elizabeth announced, "I'm not going back there." She lay motionless in bed, clutching her mouse and rabbit to her chest, her mind made up.

"You know you have to go to school," Shelley said.

"I can't! I won't!" Elizabeth curled into a ball, rolled against the wall. "I'm sick . . . my stomach hurts . . . and you can't make me go!"

"I'll be late for work if you don't stop this nonsense," Shelley scolded, but she was alarmed to see Elizabeth shrill and weeping, almost hysterical. Angry with herself, she gave in.

"Now, stop crying and calm down. I'll call Min and see if she's willing to mind you. But remember, it's only for today."

"Sure, send her on up," her neighbor said over the phone, but Shelley heard the reluctance in her voice. "I can manage if you're in a spot."

"How did it go?" Shelley asked after work, when she had sent Elizabeth downstairs. "I hated asking, but I had no one else to turn to."

"I know it isn't easy for you. That's why I haven't mentioned this before," Min said. "But lately, it's been rough. Elizabeth has been mean to the boys. She's been really scaring them with these stories about a terrible witch she calls Miss Carpenter."

"Min, I'm sorry. Miss Carpenter is her teacher, and Elizabeth has this crazy notion about her not liking her."

"Maybe she's right." Min sighed, leaned back against the faded sofa cushions. "It happened to me in the fourth grade. I was klutzy and tongue-tied, and I had a teacher who never let me forget it." She described how she had been lashed with sarcasm, singled out for humiliation. "Looking back, I know it wasn't my fault, but I'll never forget the sick, hopeless feeling I had that somehow I deserved the punishment, that my parents would be angry with me if they knew. So I never told. Eventually the woman had a nervous breakdown and left the school, but while it lasted it was hell."

"I've met Miss Carpenter. Fortunately, she's not at all like that, Min."

"I wish I could help. I'm sorry that Elizabeth's upset, but I can't let her take it out on my kids much longer." Her face was pink, apologetic. "If we can't work this out, Shell . . . then maybe you'll have to think about finding another sitter."

In the downstairs apartment Elizabeth sat cross-legged in front of the television, her eyes locked on the cartoon antics on the screen.

"Min told me how you've been behaving lately," Shelley said, "and now we may have to find someone else to mind you after school." Exasperated when there was no response, she reached down and pulled her daughter to her feet. "Why have you been scaring those nice little boys? You know you'd miss playing with them. And what about Mason? You love him!"

"That baby stinks!" Elizabeth wrenched away, ran into her room and

> **"I have to go back there," Elizabeth cried. "She makes me stay, before the bus leaves. Mummy, she won't let go of me."**

slammed the door. "And I'm not ever coming out of here again!"

As they stood at the bus stop the next morning there was such a settled, elderly despair in the tiny face that Shelley touched Elizabeth's chin and looked steadily into the dark misery of her daughter's eyes. "It's going to get better," she promised. "Today you'll have another talk with the lady who's interested in you, who wants to know all about you, and soon you'll like school better. Honey, we're all on your side. Don't you understand that?" Shelley called out as the bus pulled in along the curb, but the small figure in red pants climbed into the vehicle without looking back.

When Shelley got to work, she called the school psychologist. "I've seen Elizabeth only a few times, and I don't have a lot to go on yet, but I've tested her and I can tell you that her scores are extraordinary. She's leaps and bounds ahead of other kids her age."

"I always thought she was bright." Shelley was relieved, elated. "But her teacher gave me the impression that she might be quite a bit slower than the rest, or lazy."

"It's just the opposite. When I make my report to her I'll tell her that Elizabeth works in a kind of mental shorthand. You must be aware that she's unusually creative."

"I'll say she is. She's created a monster out of Miss Carpenter that's scared her out of her wits."

"She *is* afraid, and that bothers me." The warm voice hesitated and then went on. "Because there was another youngster last year with a similar problem. He was rather like Elizabeth in fact—you know, that silent, independent type. He moved away before I had a chance to help, but that poor boy was convinced that Miss Carpenter had it in for him."

Waves of alarm tingled over Shelley's body. "Did you believe him?"

"No, but she was new on staff, and everyone kept saying what a jewel she was. Since then I've had my doubts." There was a thoughtful pause. "I think we should transfer Elizabeth to the more advanced section, first of all. With sensitive handling and an enriched study program, I'm sure that she'll soar. We won't let her down."

Later, as Shelley tried to concentrate on the dense lines of the will she was typing, her mind replayed the conversation. She had told Whit the will would be ready today, but sentences seemed to shift and wobble. When he walked over to her desk. "I think you should talk about what's on your mind. Let me drive you home later, and you can ask me in for a drink. And beside, Shelley, isn't it about time that you let me meet Elizabeth?"

"Not tonight, Whit." She was surprised by the look of disappointment in his eyes. Maybe he was lonely. Perhaps he needed a place where he could put his feet up and relax, talk about something else besides his work, feel like part of a family for a change. Was she so preoccupied with holding on to the job that she couldn't respond to his warm instinct for friendship?

When the telephone rang, she answered, "Mr. Bowles's office."

There was a sound of troubled breathing on the line. Shelley asked, "May I help you?"

"Mummy . . . could you come here and get me?"

"Where are you, Lilibet?"

"The pay phone at school. I said I had to use the bathroom. I have to go back there." Elizabeth halted, then struggled to go on. "She makes me stay, before the bus leaves. Mummy, *she won't let go of me.*"

"I'll be right there." This time she would not make up an excuse. There was nothing more important to her than this child. Urgently, she rapped, then opened his door. "Whit, may I borrow your car?" Something's *(continued)*

# DELICIOUSLY SIMPLE.

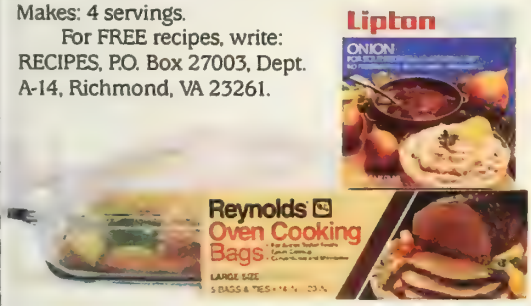
## DELICIOUSLY SIMPLE CHICKEN.

- 2 tablespoons flour
- 1 large size (14″ × 20″) Reynolds® Oven Cooking Bag
- 1 envelope Lipton® Onion-Mushroom or Onion recipe soup mix
- 1 teaspoon basil leaves
- 1 clove garlic, minced (optional)
- 1 can (14½ oz.) whole tomatoes
- 3 medium carrots
- 3 medium zucchini
- 2 whole chicken breasts, split
- Paprika

Preheat oven to 350°F. Shake flour in Reynolds Oven Cooking Bag; place in 13 × 9 × 2-inch baking pan. Add soup mix, basil, garlic and tomatoes. Squeeze bag gently to blend ingredients and break up tomatoes. Cut carrots in strips, 2″ × ¼″. Split zucchini lengthwise and cut in 1-inch pieces. Add vegetables; turn bag gently to coat vegetables with sauce. Arrange vegetables in an even layer. Sprinkle chicken with paprika; place in bag on top of vegetables. Close bag with nylon tie; make 6 half-inch slits in top. Cook 50 minutes or until chicken is tender. Remove from oven, open bag. Arrange chicken on serving platter. Stir vegetables and sauce; then spoon over chicken. Makes: 4 servings.

For FREE recipes, write: RECIPES, P.O. Box 27003, Dept. A-14, Richmond, VA 23261.






## Tasty Chicken Couldn't Be Easier! With Reynolds® Oven Cooking Bags And Lipton® Onion Soup Mix.

The convenience of Reynolds Oven Cooking Bags means everything cooks up tender, juicy and delicious with no fuss and no mess. And Lipton Onion Soup Mix's special blend of seasonings and toasted onion pieces makes even an ordinary dish extraordinarily good!

MANUFACTURER'S COUPON | EXPIRES 10/31/87

### Save 25¢ On Any Size Reynolds® Oven Cooking Bags.




RETAILER: Reynolds Metals Company will redeem one (1) coupon per purchase in accordance with our redemption policy. Copies available upon request. Cash value 1/100¢. Void where prohibited, taxed or restricted by law. Mail coupon to: Dept. 5973, El Paso, TX 79966.

25¢

5 10900 10225 9

108613

MANUFACTURER'S COUPON | EXPIRES 10/31/87

RS332

### Save 15¢ On Any Variety Of Lipton® Recipe Soup Mix.




TO THE CONSUMER: This coupon good only on required purchase of product specified. Limited to one coupon per purchase. Coupon cannot be bought, sold or exchanged for cash, coupons or certificates. Any other use constitutes fraud. You must pay any sales tax.

TO THE RETAILER: Thomas J. Lipton, Inc., will reimburse you for the face value of this coupon plus 8¢ handling provided you have accepted this coupon in accordance with T. J. Lipton Redemption Policy incorporated herein by reference. Cash value 1/20¢. Mail to: Thomas J. Lipton, Inc., Box R-700, El Paso, TX 79975.

15¢

5 41000 25315 03

## ELIZABETH

continued

come up at Elizabeth's school, and I have to go there right away!"

"Here . . ." Quickly he fumbled for his keys. "Take all the time you want, Shelley. Be sure to call if you need me."

"I will."

Shelley drove too fast and swerved recklessly into a parking space reserved for school personnel. Classes were over for the day, and excited children seethed around her, impeding her passage down the hall. The door was open, and inside she could see Miss Carpenter talking softly to the child who huddled at the blackboard. Elizabeth's face was blank with fear.

"Don't give me that look! You may think that you're special, but you're not, and eventually you're going to have to learn just like all the other girls and boys that things will be done here my way!" The calm voice continued, but as the teacher shifted her position Shelley caught sight of the hostile eyes and angry mouth and suddenly recognized the scribbled portrait in her daughter's drawings. This was what Elizabeth had seen from the beginning. Miss Carpenter was a sick woman who had lingered in the neighborhood of children, needing to intimidate the very young. And if a child was too bright or too independent to accept her authority unquestioningly, she tormented that child.

"I've come for Elizabeth!"

The teacher whirled, her face smoothing into a composed expression. "What a nice surprise!"

"I'm taking her out of here." Trembling, Shelley came quickly to the front of the room and scooped up her little girl. "You frighten her, and now I know why. I heard you, and she isn't any of those things you just said—she's not lazy, not slow, not bad—but you made her feel that way! If you liked kids or understood a thing about them, you know that she *is* special, and so is eve kid in this class, and there shouldn't one of them who is afraid to come this school!"

Then she was running, holding Eli abeth tightly in her arms, feeling immense strength, the same myste ous power that had surged in her t day her baby girl was born.

In the car she drove slowly, one ar still holding the slight body that lean trustfully against her. From time time Elizabeth sighed, as if she we too tired to put her deepest feelin into words, and for now Shelley w content not to ask questions, to let t experience rest. In the morning s would arrange to have Elizabeth tran ferred immediately to another teache

"Mummy? Where are you going?"

"Back to the office, Lilibet. There some work I promised I'd finish."

Then she would ask a nice man if would drive them home. **En**

## HEART ATTACK–PROOF

continued from page 46

53 percent. Who is a high-risk patient? Someone with blockages in at least three vessels, a closure near the beginning of the main left coronary artery, an abnormal EKG at rest, and frequent chest pain. Many men are afraid of surgery, even if they won't admit it. You should raise this issue if your man doesn't.

**Case 4** A seventy-five-year-old male in a retirement community, who'd had a heart attack at fifty, had moderately severe arthritis of the neck and shoulders. He complained of neck pain radiating down both arms. This was especially noticeable when he was under stress. The last few episodes were accompanied by profuse sweating. There was some relief with a mild pain medication, but he'd lost his appetite and was mysteriously gaining weight. A neck X-ray revealed severe bone spurs, which confirmed the diagnosis of arthritis but didn't account for the loss of appetite, weight gain, sweating or incidence of pain under stress. His doctor prescribed an anti-inflammatory pill, which did little except upset his stomach.

If this man had been your husband, you'd have done well to get him out of that retirement community, where the rushed and inept internist didn't get a cardiogram, consider the past heart attack, or notice the profuse sweating (a classic symptom). He treated the second, unimportant disease—the arthritis—and lost his patient, who had a massive coronary and died a week later.

If your husband, father or father-in-law is in this age group, he is a member of the most poorly treated and diagnosed segment of the heart-patient population. Plagued by a variety of other ailments, these patients are sometimes overmedicated, and they often have untypical patterns of pain in the upper back, jaw, neck and chest.

Some older men might not even complain of pain, only shortness of breath or nausea. Still, you must insist such a person be evaluated immediately by a cardiologist. If you're not happy with the care in your area, travel to a major city, perhaps where your children are living. Older people in retirement communities are too often the victims of assembly-line medicine, and the doctors find it easy to bury their mistakes.

The man in question would have been an excellent candidate for bypass surgery or heart medication, and he could have enjoyed many more years of life. He was my father, and I miss him.

For better or worse, most men are very loyal to their physicians; many times they're even friends with them. So if the doctor says everything's okay —even if symptoms don't go away— they usually don't seek a second opinion. But if symptoms persist, a man should always get a second opinion, and it should be from a *cardiologist* with a good reputation. It helps, too, if he's not a friend of the first doctor or the patient.

If the patients are too trusting, then what are the doctors? Too busy? Too blasé? Incompetent? A big problem is that many physicians have forgotten one of the original rules of physical diagnosis—the patient's history is 80 percent of the diagnosis. I feel like shaking the doctors in the cases I've discussed and saying, Listen to the patient and believe what he says. Don't put all your faith in lab tests.

Doctors talk a lot about cost-effectiveness: Will the information the te gives be worth the cost? In the area heart disease, I believe that the answ is an unequivocal yes—no price is t high for life. And the risks of testin In cardiology, the tests are divided in the noninvasive and invasive, the latt requiring the insertion of a cathet into the circulatory system. The stre test, the resting EKG and the a bulatory EKG monitor are noninvasi tests and completely safe. The corona angiogram, in which dye is inject into the coronary arteries, carries a 1 2 percent risk of actually causing heart attack.

I know this risk is real because happened to my husband, and the on consolation I had while I watched horror was that it could have happen on the street in another few months; least this was a "supervised" heart a tack, occurring in a hospital, whe doctors could keep him alive. Obviou ly, I get nervous thinking about th test, but at the present time it's t only one that gives good informati about the location and degree of bloc age within the coronary arteries. A that's crucial when you're considerin surgery, which the angiogram reveale my husband needed, and which h kept him alive and healthy.

As you research your husban health you may find your attempt playing doctor frustrating. Men are r luctant to face their physical vulner bilities and their mortality. But pe sistent encouragement on your part to shape up physically and get a tho ough cardiac examination—can a years to your husband's life. When finally recognizes that fact, he'll be t first to thank you for it. **En**


SHOWN MUCH SMALLER THAN ACTUAL HEIGHT OF 15"

## THE MONEYMAKERS

continued from page 106

novice who makes money in commodities, and she was playing with $60,000 of other people's money. She would wake up at dawn, fill out her commodity charts with figures from *The Wall Street Journal,* and head to her secretarial job, where she'd make phone calls to her broker instead of taking coffee breaks. Her nights were filled with more work on the charts. Even when she slept, she dreamed about pork bellies and soybeans.

The hard work paid off. The first year she turned her $10,000 into $42,000, and the group's $70,000 into $294,000. Looking back, Joan seems more struck by her own early naïveté than the profits she was making. "I think perhaps I was ignorant when I started. I really didn't understand the full risks—that you can lose more than you've invested. When you trade commodities, you pay only a small portion up front, but you can lose a lot more. You can hand a broker five thousand dollars, and you can not only lose it but the broker can call you two days later and say, 'You owe us ten thousand.'"

That kind of thing happens to the best of traders. There may be plenty of evidence that orange juice prices are going down, and then a freak cold snap kills a number of groves and forces the price up. In the early eighties, Joan lost money three years in a row. Those with fainter hearts might have quit, but she changed her strategy and started to make money again.

Her successful trading over the last thirteen years has brought her net worth to well over a million dollars. But there have been trade-offs. For about eight years, she and her husband couldn't take a vacation together, because no one else knew how to run their system. A trip to France was "kind of wrecked," her husband says, "because Joan spent so much time running to phone booths or sitting on the edge of hotel beds with a phone in her hand."

Even when Joan was in the hospital for an operation several years ago, she couldn't leave her trading behind. Her husband looks affectionately at her and says, "She was operated on about one P.M., and by six she was coming out of the anesthesia but still groggy, not quite aware of what was going on. Her eyes were half open, and then she saw that I was there. The first thing she said was, 'Give me the charts.'"

To make it in commodities, Joan insists, such total devotion is essential. It is also necessary to have a good deal of time to follow the market each day.

She also offers the following advice:

- Don't invest more than you can afford to lose. When deciding how much to invest, keep in mind that you can actually lose more than you've put down.
- Brokers often charge steep commissions each time you complete a commodities trade. Include fees in the amount you are willing to spend.
- One good way to get your feet wet in commodities and to limit your risks is to invest, through a broker, in a limited partnership, in which your money is pooled with that of others for greater diversification. You stand to make less than you would if you invested on your own, but you are guaranteed not to lose more than you've invested, and commissions are lower.
- Beware of telephone pitches urging you to buy commodities; many are scams. *Never* commit yourself to anything over the phone. Invest only with established investment companies. You can check the company's credentials with the Commodity Futures Trading Commission, in Washington, D.C.

Just as in real estate and stocks, it is essential to do some homework before you invest in the commodities market. The more you know about such factors as weather, politics and worldwide competition in various markets, the better your chances of becoming a big winner in the investment game. **End**

## CAROL BURNETT

continued from page 125

mom turned out to be the person she is.

And more than anything, I wanted you to get to know Nanny and Mama and Daddy, since there's no other way now.

I wrote it for you, but it turned out I wrote it for me, too.

So here goes . . .

### Living with Nanny

Mama and Daddy weren't around. They were in Santa Monica, California. I went out there to be with them once, when they were still living together. Daddy had a problem. I remember Mama would break the bottles she found, and he'd just stand there and say, "I'm sorry, Lou."

It wasn't long before I was shipped back from Santa Monica to San Antonio and Nanny and Goggy. I guess that was when Mama and Daddy stopped living together.

"You should have seen me when I was young," my grandmother, Nanny, said. "My daddy had to beat the boys off with a stick." I asked her how come all her teeth were gone, and she told me just about everybody in the world who was her age wore false teeth. "Just you wait, it's a fact of life." Nanny wouldn't tell me what that age was, no matter how much I pestered her. I decided to ask my great-grandmother, Goggy, how old Nanny was. I figured she'd know, since Nanny was her daughter.

Goggy took her own sweet time answering my question. She leaned way back in her rocker on the porch, took off her glasses, and closed her eyes and thought. "Well, now, let me see . . ." I was beginning to wonder if she was going to tell me how many years I had left before I would have to buy my teeth in a store. She finally opened her eyes and looked at me. "Now, promise me you won't tell her I told." I swore I wouldn't. She whispered in my ear. I breathed a sigh of relief. It would be a hundred years before I was ever fifty-one.

### Room 102

One of the next things I remember is sitting up on the train with Nanny. She kept saying, "We're headed west! We're going to Hollywood!" She also kept saying, "Three days and three nights. Dear God, let me make it!" She'd feel her pulse over and over. It was taking forever. I missed the old house and Goggy.

When we finally pulled into the depot in Los Angeles, we were full of soot, and my eyes were full of sleep. The station was noisy and it smelled. I saw this lady waving at us. She looked familiar. She ran to us and grabbed me and kissed me. Then she kissed Nanny, who told her how long it took us to get here and how she was afraid she wasn't going to live to make it.

Mama. It's Mama. That's who it is.

Mama took us to a building that had a lot of rooms in it. Nanny asked what apartment was going to be hers and mine, and Mama pointed to a door that faced the lobby. It was number 102. Just a room. There was a little kitchen and bathroom. I couldn't see the bed anywhere. Mama reached up into the wall and grabbed a handle from out of nowhere. She yanked at it, and a bed came right out of the wall. She called it Murphy. It was a Murphy bed.

Nanny snorted and felt her pulse. I crawled on Murphy and fell asleep.

When Mama pulled Murphy out of the wall that day, it was down for good. It was never lifted up and swiveled back into the closet again, while I slept on the couch. Nanny kept it down for her "heart attacks." Nanny was sick a lot. Every day she'd say she was dying. I remember her waking me up some times at night, saying, "Watch me, I'm going!" I begged God to take me first. Mama would say to me, "Knock it off for crying out loud. There's nothing wrong with her. She'll outlive us *all*!"

After a while the bed couldn't have gone back in its slot in the closet even if Nanny had felt better, because there wasn't room left anymore. The whole closet, including the space *(continued*




# Our mules make great teddy bears.

Give someone special a cuddly mule from the U.S. Borax Twenty Mule Team.® It's a $25 value for only $10.95 with a box top from either Borateem Bleach® or 20 Mule Team® Borax. And, when you buy one of our mules, we'll donate $1.00 to The Fund for Animals, an animal rescue organization. So give a gift of love, and a gift of life.




*The only bleach with Borax* *Natures Freshener*

Please send me ____ mules at $10.95 each (Includes postage and handling.) Enclose a check or money order (no C.O.D.'s) and box top(s). Mail to: U.S. Borax Mule Offer P.O. Box 8319 Clinton, IA 52736

Name _____

Address _____

City _____ State _____

Offer good only in the U.S.A. and Canada and Dec. 31, 1987. Void where prohibited or otherwise restricted. Allow 4-6 weeks for delivery. Canada allow 6-8 weeks.

US BORAX

for the bed, was loaded with old newspapers, rags, magazines and clothes. Nanny never threw anything away.

Except for my best friend, Ilomay, I played with most of my friends outside or in the lobby. I wouldn't let them set foot in 102, because I didn't want to get teased about the mess. If they wanted to use the toilet, I told them ours was out of order and sent them to the Shell station across the street.

### My birthday

Mama had started drinking. Not much, at first.

I went to bed the night before my ninth birthday, real excited about the party the next day.

Mama and her boyfriend, Bill Burgess, had had a couple of shots in the kitchen. I woke up around two in the morning feeling sick. My stomach itched, and my head was hot. Nanny looked at the bumps on my stomach and said it was chicken pox.

Then she went down the hall and woke Mama. When Mama came in, she didn't look much better than I felt. She had thrown on an old robe to wear down the hall, her hair was stringy, and her eyes were kind of red. I was scared she'd be mad at me. And then she did a wonderful thing. She made a chocolate cream pie. Right then and there. And when it was done, Mama and Nanny and I ate the whole thing and watched the sun come up.

A few days later, my daddy came to wish me a belated happy birthday. He would show up every so often when he could give us a dollar or two. He was usually a little drunk, but he was always real sweet and polite. This was the only time I remember his being upset. Nanny asked him to baby-sit while she went to the store. He said he'd be more than happy to.

I didn't want Nanny to leave me. Ordinarily, I would have gone with her, but I was still really sick with the chicken pox and a temperature. I didn't want her out of my sight, because she could have a heart attack or get hit by a car, and I wouldn't be with her. But off she went, saying she would be back in a few minutes.

I looked at him, and he looked back at me. His eyes were a little bloodshot, and he smiled at me and said, "Now, Punkin, don't you worry, Nanny will be back before you can say Jack Robinson, and in the meantime, you're in safe hands with your ol' daddy, here."

I started to scream.

I was yelling at the top of my lungs for God to spare Nanny and bring her back to me—now! Daddy tried to calm me down, but I wasn't having any of it. "Jack Robinson! Jack Robinson!"

Daddy got up off the chair and weaved toward me. He tried to hold me, but I fought him off.

He gave up and went back to the chair. He sighed, looked at me and then put his face in his hands and said, so quietly that I almost couldn't hear him, "Well, damn." I'd never heard Daddy say a bad word in my life, and it was like a surrender.

I saw my chance. I threw back the covers, hauled myself off my bed on the couch, and ran out to the street, half-looking for Nanny's dead body.

I glanced back over my shoulder, afraid he might be after me, but he wasn't. I tore up the street in my underwear, screaming her name, heading straight for the store. She had just reached the store when I caught up with her. Jack Robinson.

She didn't look surprised when she saw me. I was as happy as I had ever been in my life. She took me home, and he hadn't moved. I knew I had hurt him.

**We loved it when Mama cooked. She had a way of making things taste better. Mama said she had an "ear for cooking," just like she did for music. She'd say to Chris and me, "Your ol' lady's got talent she's never even used." Then she'd pour herself a shot.**

### At the movies

Nanny liked her sherry. She didn't drink like Daddy or Mama, but she did like her sherry.

She would buy the little bottles and put one in a small brown paper bag. The bag would go in the large purse she carried. She would zip it closed and safety-pin the end of the zipper to the imitation leather strap. She said a robber would die of old age before he could figure out how to open *her* purse. We would usually stop at Thrifty's on the way to the movies to have a vanilla soda. She'd pick a time when it was real crowded and the waitresses were frazzled. Nanny would put her purse in her lap, unpin and unzip it, and open it wide. She always kept an old dish towel in there. Then, when no one was looking, she'd put her arm on the counter and in one swift move, sweep the knives, forks and spoons into her purse. Sometimes a salt or pepper shaker would go in there, too. She'd quickly tie the four corners of the dish towel together, so the loot wouldn't rattle around. We'd pay up in a hurry and make a beeline for the exit. I never saw her leave a tip.

In the movie theater she would open her purse just enough for the top of the bottle to stick through. Then she'd lift the entire purse to her mouth and drink. It smelled like cake batter.

When it was time to leave the theater, we'd go to the bathroom, and she'd empty all the toilet-paper dispensers, sheet by sheet. We'd be set for another few weeks.

### After school

When school got out at three o'clock, Ilomay and I would walk the long blocks up to Sunset Boulevard and race the streetcars home. Sometimes we'd stop to rest, lay a penny on the tracks and wait for the streetcar to run over it. Then we'd run into the middle of the boulevard and pick it up. It would be flat as a pancake and quite hot.

I'd kill as much time as I could, but sooner or later I'd have to go home.

Nanny would be lying down on the Murphy bed with a cold rag on her head, and Mama would be taking a nap. My baby sister, Chrissy, would be waiting for me in the lobby. She'd toddle toward me with her little arms held out. I'd throw down my books, pick her up and twirl her around.

We'd go into 102, and if Bill wasn't coming over, Nanny would give us enough money to go to the grocery store to buy stuff for dinner. Usually chuck and a can of peas or potatoes. We could usually con her into making pound cake with lemon or vanilla sauce. Then Chrissy and I would fight over who got to lick the batter bowl.

If Mama got up in time, she'd usually eat with us. She never had much of an appetite, though.

Once in a while, Mama would be in a good mood and decide to do the cooking. I loved it when she did. She had a way of making things taste better. She said she had an "ear for cooking," just like she did for music. She'd say to Chris and me, "Your ol' lady's got talent she's never even used!" Then she'd pour herself a shot, grab her ukulele, sit down at the kitchen table, and chord away:

*"Nothin' could be finah*
*Than to be in Carolina*
*In the mor-or-or-nin . . ."*

### A weekend in Vegas

Mama said to me, "Kiddo, how'd you like to spend a whole weekend in Las Vegas, Nevada, with your old lady? Just you and me?" I don't *(continued)*

© The Pillsbury Co. 1986



*You go beyond my wildest dreams!*

# Introducing "The Ultimate Brownie"

There's never been a brownie mix like you. 'Cause you captured my heart from the very first bite. Not only are you thick and moist, you have delicious flavor swirls laced through and through.

I delight in your Double Fudge with its rich chocolate swirls. I'm nuts about your Rocky Road with rich creme and chopped walnuts. Your Black Forest with creme swirls and cherries makes my head spin.

The Ultimate Brownie. You're what sweet dreams are made of.




Pillsbury

## Desserts with a passion.

know where she got the dough, but she was hot to trot. It might've come from putting our entire relief check on the ponies. At any rate, she was on a lucky streak she wasn't about to ignore.

Nanny was having a hissy fit. "My God, Louise, why don't you just go flush it down the toilet and save yourself the trip? We need the money."

When we got there, Mama was all lit up and cheerful . . . and she was sober. I hadn't seen her like that in a long time. They made me leave the casino, because I was only seventeen.

I fell asleep on top of the covers waiting for her to come upstairs. It was after midnight when she shook me awake. "Wake up, honey, look what your mama's got!" It was a hundred dollars. Holy cow. I had never seen that much money in my whole life. She was grinning ear to ear. She hugged me, and I smelled a little whiskey, but she was in pretty good shape.

She handed me seventy-five dollars. "Keep this. Put it under your pillow or somewhere, but don't let me have it, even if I get on my knees and beg."

I didn't like the sound of that.

"I'm going back. Can't quit now . . . bad luck!" Her eyes were sparkling. "Remember, no matter what I say, don't let me have it. You're my insurance."

At around five in the morning she was having trouble unlocking the door. I got up and let her in.

"Gimme the money."

"Mama, you told me not to."

"I don't care what I told you. That was then, this is now."

Later that morning, we were sitting in the grass in front of the depot, waiting for the train back to L.A. The sun was brutal.

Nanny had finally sent us a money order. At first she wouldn't accept the collect call. Then I guess she did, so she could say "I told you so" to Mama.

There wasn't one red cent left. Mama was pretty hung over, so we didn't talk much during the long ride home.

### Applause

Nanny wanted me to go to secretarial school and snag a man, but I decided to go to U.C.L.A. It wasn't just another school—it was another country. I tried out for one of the all-student-acted-written-produced-directed one-acts, and I finally got a small role as a hillbilly woman in a comedy about a mountain family. I had two brief scenes.

I still didn't have the nerve to tell Mama or Nanny what I was up to, so I didn't ask them to come.

Opening night, I was pretty nervous, but I got lots of laughs during the first scene I was in, using a kind of down-home Texas-Arkansas accent and walk. When I exited to wait for my next cue, I had the funniest feeling the audience had come off the stage with me, that they hadn't wanted me to leave. I heard my cue, reentered, and said the line that was written for my character, Effie, which was "I'm back."

I couldn't get the next line out. The audience started screaming, clapping and stomping its feet.

At first I didn't know what hit me. I thought some scenery had fallen behind me, but then it dawned on me. They were reacting to Effie. To me.

It began in my stomach. A good, warm feeling. I was a helium balloon, floating above the tiny stage. I was . . . happy.

Happiness. That's what it was. Bliss.

I never wanted to lose it. And I knew then that for the rest of my life, I would keep trying, keep sticking my chin out no matter what, to see if I could ever feel that good again.

**Chrissy had shaved off her eyebrows. Her perfectly arched, thick black eyebrows looked like five o'clock shadows. She was also wearing apple-red lipstick and a matching red sweater that emphasized her 34C chest. She was twelve.**

### The sorriest man

The last time I saw Daddy was in 1954, just before I moved to New York. He was back as a tuberculosis patient at Olive View Sanitarium. A friend drove me out there so I could say good-bye to him.

I found my way to the visitors' room in the charity ward. Daddy came in wearing faded pajamas and a striped hospital robe. He was skinnier than ever. As he walked toward me, he grinned and reached out. I ran to his arms. He hugged me hard, and I felt his shoulder blades.

"Well, Punkin, so you're on your way to New York!"

We sat down, and he started to cough and spit into a small bottle he had with him. It lasted a few minutes. He put the top back on and put the bottle back in his robe pocket.

"It's getting a whole lot better. They analyze the sputum, and if it's clear the next couple of months, I'll get sprun from here. I haven't had a drink in whole year, Punk, and I feel terrific."

"You look terrific, Daddy," I lied.

"Listen, why don't we mosey into th ward so I can stretch out on the bed?"

I nodded, and we walked slowly pas the rows of beds. He greeted his room mates cheerfully and seemed proud t show off his daughter. Some of the me were reading, some playing cards, som dozing, and all of them were coughing

He lay down when we reached hi bed, and I told him all my news.

He said, "Well, it sounds as if yo have your life mapped out pretty gooc I'll bet your Nanny's sure going to mis you. You've always been her little gir y'know. Your mama and I were doggon lucky she could take care of you. Dog gone lucky."

During the pause that followed, man in a dark suit marched up to th bed, shoved a booklet under Daddy nose and said in a very loud voice, "Re pent now! Let Jesus in your heart. B sorry for your sins, and your sins wi be forgiven! Satan—" He never got an further than that. Daddy jumped off hi bed, grabbed the man by his tie, an with strength I didn't think he hac threw him against an empty bed.

"Get out of here! I don't need you c anybody else to tell me how sorr I should be! I already know how sorry am. I'm the sorriest man I know, an I don't want some psalm-singing fool t come in here and tell me how to patch up with Jesus. I'm trying to do tha myself, and I don't need you as m agent. This is the last time I'm going t tell you. Leave me alone!"

The man half ran out of the plac and Daddy flopped down on his bed. H started to cough and reached for th bottle again. We talked quietly for while. Then I squeezed his hand an said, "Daddy, I better go. My ride has t get back before dark."

"Sure thing, Punkin. Now, remen ber, when you get to Broadway, you be ter get me a ticket to opening night."

"I promise."

I bent over him and we hugged. H wouldn't let me kiss him. He didn want me to catch anything. As I turne away, he called to me.

"Yes, Daddy."

"I wish I could've given you th money to go to New York."

"I know."

"I love you."

"I love you, too, Daddy."

I turned around and walked past th rows of beds. I looked back, and he neve saw me. He was spitting into the bottl

### Pulling my ear

The day I did my first show on the Pa Winchell kiddie TV show *(continue*


She likes starboard.
He likes port.
But there's one taste they agree on.
BENSON & HEDGES 100's
LIGHTS
BENSON & HEDGES Menthol 100's
Benson & Hedges
America's Favorite 100.
SURGEON GENERAL'S WARNING: Quitting Smoking Now Greatly Reduces Serious Risks to Your Health.




Treat your furniture royally.

Clean and polish it with Goddard's Fine Furniture Care Products. Goddard's Polishes use fine ingredients such as Lemon Beeswax and Almond Oil to bring out wood's natural beauty. Goddard's Dusting & Cleaning Spray safely cleans without wax build-up. Discover what the English have known for years. Goddard's has earned its reputation for caring for the furniture you value.

© 1986 Northern Laboratories, Inc.

**CAROL BURNETT**

continued

was the day I first pulled my ear as a signal to Nanny back home. It was December 17, 1955.

I had called her from New York, thrilled with the news that I had been signed for a few weeks as a regular member of the cast. She could catch me every Saturday morning.

She said, "Well, say hello to me when you get on television."

I explained that I couldn't do that. It was a scripted show, and I couldn't say hello to her on national television.

"Well, tell 'em it's for your grandmother, who raised you."

I had a brainstorm. I had worked a show that fall with Bud and Cece Robinson, a dance team, and they had a four-year-old son, Danny. Whenever Bud and Cece did their act, and Danny was watching, they'd pull their earlobes for him as a special secret signal that meant "We love you, Danny."

"Nanny, I'll pull my ear for you."

"Your what?"

"My ear. It'll be our special secret signal. From me to you. Telling you 'I love you, Nanny.'" She liked that a lot.

### "Kidnapping" Chrissy

I called Nanny.

"You're coming home!" she said.

I explained it was just for a few days. She snorted something about her not surviving another Christmas. Nanny cried when she saw me. I hugged and kissed her a lot and then went down the hall to see Mama. The shades were down, and she was asleep.

"Sleeps all the time these days," Nanny said.

I decided to surprise Chrissy on her way home from school. We spotted each other at the same time.

"Sissy!" she screamed. "You're here!"

I think I was more surprised at what I saw than she was.

She had shaved off her eyebrows. Her perfectly arched, thick black eyebrows looked like five o'clock shadows. She had replaced them with black pencil. She was wearing apple-red lipstick and a matching red sweater that emphasized her 34C chest. She was sauntering up the avenue with three or four guys, horsing around on the street outside the bowling alley. She was twelve.

She ran up and kissed me. She said to the guys, "This is my big sister! I told you, she lives in New York, and she's in show business! Tell 'em, Sissy, tell 'em."

I wanted to cry. I had to do something. It had been a couple of years, or close to it, since I'd been home for a visit. Everything had gotten older, more worn out. The building, Nanny, Mama. Especially Mama. She looked awful. She was bloated all over. Her puffy cheeks were covered with broken blood vessels, and the once big, beautiful blue eyes looked milky. Even though she couldn't eat much of anything, her stomach looked as if she had swallowed a basketball. She lived in an old nightgown and never left her apartment. The room reeked of Gallo smoke, and I didn't know what the other smell was. She was forty-six.

I'd been lying awake on the old couch for two nights in a row, when I finally made up my mind. It had been driving me crazy, and I wasn't sure I knew how to handle it, but I had to do it. For Christine's sake. I would have a talk with Mama. Alone. I didn't want Nanny in on this, because I knew she would queer the deal.

There was no way in the world they could handle Christine. Mama was too sick, and Nanny was too old and nervous. It was up to me. But the deal had to be struck with Mama. I couldn't leave her out. She was so sick. It would be too mean.

When Christine was at school and Nanny was at the store, I went in to talk with Mama. She lit a cigarette. We talked about New York. "You were pretty good on that Sullivan show," she said. "God, it must have been a kick meeting Elvis. I'm nuts about him." She brightened a little. "I always wanted to go there. That's *(continued)*




America's finest catalog offer...
selected for readers of LADIES HOME JOURNAL

# UNHEARD-OF MONEY BACK GUARANTEE.

***Your Full Subscription Price Refunded if Not Completely Delighted!***

## ONLY $2.00

**for a full year's subscription to any of these catalogs**

## *OR* TAKE ALL 6 SUBSCRIPTIONS— OVER 30 ISSUES FOR $7.50!

### Unique products, super savings.

Many of these catalogs feature items not available in any store. Others are well-known for sensational low prices! Some even offer famous designer-name items by respected makers at tremendous savings off regular retail. And *all* these catalogs give you a wide selection in their particular specialty.

*These are among America's most famous mail order catalogs, brimming over with full-color excitement, unique items, and super values in each issue. You're sure to find great discoveries on each and every page!*

**PENNSYLVANIA STATION.** A terrific collection of home accents, career and casual fashions, gift ideas, accessories, collectibles—at prices substantially below retail! Fashions are available in a wide range of sizes, from petite to talls. Many items are not available in stores. Every issue packed with bargains!

**COLONIAL GARDEN KITCHENS.** One-stop shopping for specialized kitchen, bath, and home products, hard to locate in most stores. Every issue is jam-packed with *hundreds* of time-saving space-saving devices to make your life easier. All products are of professional quality, fully guaranteed, and many at low sale prices!

**NIGHT 'N DAY INTIMATES.** It's hot— this catalog of sizzling styles in body-baring lingerie and beachwear, from casual cover-ups to sexy, lace-lavished silk and satin boudoir and evening wear. Plus shoes and jewelry. Even casual fashions and underwear *for men!* Hundreds of great looks, at prices far below what you'd expect.

**HALL OF HANOVER.** Fine quality fashions for career, evening, and at-home wear, in luxurious fabrics: suedes, crepe de Chine, charmeuse, lace, metallics, tapestries, silk jaquards, velvets, faux furs! Plus an impressive selection of gift items and accessories for the well-dressed woman. Everything affordably priced.

**DOMESTICATIONS.** Top-quality linens and home accessories, many by famous name designers, all at special, very low prices. Sheets, quilts, and more from top makers, including the latest in bed fashions, towels, hard-to-find waterbed and sofabed sheets. Plus children's patterns, window treatments, beach towels, and table linens.

**PREMIERE EDITIONS.** Excellent values in social, business, and leisure fashions. Everything for today's woman: dresses, shoes, sportswear, loungewear, intimate apparel, suits, accessories. This catalog showcases a wide range of petite to tall sizes. Many Made in U.S.A. items, and unique merchandise not available in shops.

### Take all 6 and SAVE!

Catalog Publishers Ltd.™ is offering *your choice* of one, two, three, or *all* of these catalogs, each issued at least 5 times during the year. Your subscriptions will be delivered to your home *for a full year,* for only $2 each. Or save even more, and request *all 6 subscriptions for just $7.50.*

### PLUS—Free Discount Coupons valued at up to $20!

Each catalog you request contains extra discount certificates of $2 to $5.

### MONEY BACK GUARANTEE OF SATISFACTION

And now, for the first time ever, your satisfaction is *guaranteed.* Yes, you must be completely satisfied with every catalog subscription you request from this ad, whether you subscribe to just one, or all 6 for only $7.50! Otherwise—*at any time during the year of your subscription*—just write to us and your payment will be refunded in full. This is a very special offer that can be made *only* by Catalog Publishers Ltd.™ Check your selections and mail the coupon today!

**Mail the coupon right now.** Check the catalogs you want, on the coupon. Fill in your name and address and send the coupon in an envelope with cash, check or money order to:
Catalog Publishers Ltd.™ Dept. 9611 Bldg. #71, Hanover PA 17333

**MAIL TODAY FOR [illegible]'S BEST CATALOG VALUES**

To: Catalog Publishers Ltd.™ Dept. 9611, Bldg. #71, Hanover PA 17333

YES, Please enter my subscription to the catalogs checked below, and send them to me for a full year. I understand I must be completely satisfied or I may write to you at any time during the year's subscription and ask for a *full refund* of my subscription price. **We Pay Postage And Handling.**

☐ Colonial Garden Kitchens ☐ Night 'n Day Intimates ☐ Premiere Editions
☐ Pennsylvania Station ☐ Hall of Hanover ☐ Domestications

*Payment (cash, check, or money order) is enclosed as indicated:*

☐ I have enclosed $2 for each catalog.
☐ *Send me all 6 catalogs for only $7.50 enclosed!*
☐ YES, send me discount certificates worth up to $20

PRINT NAME _____

ADDRESS _____ APT ____

CITY _____

STATE _____ ZIP _____

*Note: Catalog publication dates vary; your subscription will start with the very next issue of each catalog you order.*




**CAROL BURNETT**
continued

where all the smart ones are." She got up and poured herself a shot.

"Mama, let me have Christine. Let me take her to New York."

"For how long?"

"For keeps."

She looked at me, scared. "How about just for Christmas? She'd get a big kick out of that."

"Mama, she's growing wild out here. Let me have her. You know I'll take good care of her. I love her, too."

We didn't say anything for a while, and then she looked at me. "For keeps?"

I nodded.

After a very long time, she finally spoke. "Okay. I won't say anything. We'll tell Christine and the old lady it's just for the holidays."

We were thinking exactly alike. We knew Christine wouldn't leave with me if she thought she wouldn't be coming back. And we knew if Nanny got wind of it, she'd tell her. I'd secretly check Chrissy out of her school, and we'd leave for New York at the end of the week. I'd tell Chrissy after I got her to New York. It was for the best. I hugged Mama, and she smiled and cocked her head. She looked almost pretty.

"Take care of the baby for me. You'll do that for me, won't you, kiddo?"

"You know I will, Mama."

It was the best talk we ever had. And it was the closest I'd ever felt to her in my whole life.

Chrissy was ecstatic when I told her I was taking her back to New York with me for the holidays. Mama had backed me up in the lie.

Chrissy said, "I'll be back, Nanny. It's only for three weeks."

"Long enough," Nanny replied, downing some Bayer's. "January's a long time off." She looked old and lost.

I couldn't look at them. Dear Lord, let this be the right thing. Please.

We kissed Nanny and Mama good-bye the morning of December 11, 1957, one day before Chrissy's thirteenth birthday. I was scared to death Mama would back down and change her mind, but she didn't. We went into her apartment, and she was trying to get up. Nanny said, "Don't bother, Louise, I'll go into the lobby with them. Why don't you just stay in bed?" Nanny always had to be the last one to say good-bye and the last one to get a kiss. It was a thing with her.

Mama shot her a look. "I am perfectly able to walk them to the lobby, thank you very much."

The four of us walked into the lobby, and I turned to Mama. I kissed her and whispered, "Thank you, Mama. It'll be okay." She squeezed my arm. Then I kissed Nanny. Chrissy started to kiss Mama, and Mama said, "Kiss Nanny good-bye first." Nanny started to say something, and Mama stopped her with, "I wanna be last this time."

### New York, New York

Chrissy loved being in New York. She slept in the small living room on the foam-rubber couch. It was the first time she'd ever slept in a room alone.

Just before New Year's, Chris and I had been grocery shopping, and we were loaded down with bags. She said, "Sissy, school's starting next week. What day do you think I should leave to go back home?" Here it was.

"You're not, honey. You're going to stay here and live with me." I blurted it out before I had a chance to think.

She started to scream. "You can't do that! I don't live here, and you can't make me! Mama and Nanny won't let you! You kidnapped me!" Even the most insulated New Yorker turned his head on that one.

I got her across the street and into the apartment before any cops could nab me. I tried to calm her down.

She was hysterical. I explained it was the best thing for her. And I explained that Mama knew all about it and

greed. She wouldn't believe me. "You're ing! Mama would never give me up!"

We called Mama. But Mama had anged her mind. As soon as I heard er voice, I knew she was drunk. She ld Chris she wanted her to come me. Now they were both hysterical, d Nanny was busy having one of her tacks because she hadn't been let in it. Dear God.

I found the right words. I convinced em to at least give it a chance. I ould get the money somehow, even if I ad to borrow it, and find a nice school it in the country for Chris. I would see it she got the braces she needed for er teeth. I kept going, hardly taking a eath. Why, she'd just have two mes. And after all, Mama always felt ew York was the place to be, and asn't she happy the baby had a shot at is big opportunity?

"Mama, please give me the chance to ve Chris a chance."

It worked. They calmed down and greed to a tryout. Nanny wasn't for it all, but when I told her this situation ight take me to California more ten, she piped down.

I hung up the phone, exhausted.

Christine looked at me through her d eyes. "Sissy, will the braces give me etty teeth?"

I woke up late one night and saw the ving-room lights were on. I slipped it of bed to check on Chrissy. It was ound three A.M. She was sitting up on e couch writing a letter.

She looked disturbed. "Sissy, I had a eam about Mama, and it woke me up. ust wrote this letter to her, and I have mail it now." I asked her if it could ait until tomorrow.

"No."

She read it to me. In it, she told ama how much she loved her and ologized if she had ever hurt her in ay way. Chris insisted on mailing it mediately.

Mama got it a few days later, just in me. It was as if she waited for it to ach her and when it did, she let go.

We got the call from Nanny on Janu- y 10. "Carol? Carol? Is that you?" She as crying.

"Nanny! What is it? What's wrong?"

"She's gone. Louise. My baby."

Oh, God. Oh, dear God. Mama. I new it was coming. Down deep, I knew That's why I took Chris. And Chris— e knew it, too.

Nanny was saying, "She kept read- g that letter she got from Christine er and over. I didn't sleep at all last ght, and I got up early to check on r. Something was different. I felt it en before I went into her room. She as on top of the covers like always, but e wasn't breathing. She looked so d. Oh, Lord, she's gone, Carol." I had never heard Nanny sob like that. "What am I going to do without her? She was my baby. I don't know how I'm going to stand it. Nothing is worse than losing your own child."

Chrissy and I couldn't be there. We didn't have the money. We were three thousand miles away when Mama was cremated. I remembered her saying, "No hole in the ground for this kid. I'll come back and get you if you ever let 'em throw dirt in my face."

It had been such a beautiful face.

### Today

I'm fifty-two now. I'm one whole year older than that dark, secret age Nanny was, way back when she wouldn't tell anyone how old she was and I wormed it out of Goggy that hot summer day as she sat in her rocker on the porch in San Antonio. That was the day I had wanted to know how long it would be before I'd have to put my teeth in a glass by the bed, the way Nanny did. When Goggy had finally whispered the forbidden number in my ear after making me promise never to tell Nanny I knew, I was shocked and relieved at the same time. Shocked that Nanny was so very old and relieved that I had such a long way to go before *I'd* ever need store-bought teeth.

I still have my teeth.

And I'm not so old. **End**



continued from page 95

on the brain stem, would have to wait. They were too dangerous to remove unless absolutely necessary.

During her recovery, Sidney refused to discuss her hearing loss, and her stoic calm disturbed me. There was a yellow legal pad on the stand by her bed; we wrote notes to her, and she answered our questions carefully, her face impassive, her voice surprisingly unchanged. She had only one question—could she wear her three-inch dancing heels again? She couldn't; when the auditory nerves were cut, her balance was affected, too.

At home, though, Sidney seemed to loosen up. She even tried to make little jokes, to help *us* accept her deafness. One day I overheard her telling a friend that she didn't know where we were going on vacation—she said she hadn't heard from us lately.

After the surgery, an audiologist had suggested that she learn to lip-read rather than use sign language; this, combined with her memory of sounds and speech patterns, and her ability to speak, would provide a more efficient means of communication in a world where few people use sign language. Her friends were more than willing to help—it became a game.

But when we were alone, I saw a different side. Sometimes I would come upon her as she held the phone pressed tightly to her ear, listening hopefully for the dial tone. Other times she would go to her room, close the door and turn her stereo to top volume, willing herself to hear.

It was almost impossible, too, for me to accept that my child had to struggle so. As I watched her one afternoon, Sidney realized I was unusually silent. Reaching for my hand, she said softly, "Mom, accept it. Lipreading is the only way."

With a sense of outrage, I let my glance rest on her stereo and her beloved Iron Butterfly and Beatles albums. Lipreading? How will you lip-read music, I thought bitterly, or the sound of laughter, or the lazy drone of lawn mowers on Saturday mornings in summer? On the floor of her closet were the satin sandals she had bought for the Christmas dance last year, their towering heels so dear to her heart.

I turned my head away; I wasn't ready to accept it, not yet.

**January 1976**

Within months, Sidney's balance grew progressively worse. Curbs and stairs became impossible without support. She was hospitalized again for surgery. This time, the doctor found two more tumors on her spinal cord. He removed one; the other was asymptomatic for the time being.

It was then that we realized the full horror of Sidney's condition. For the first time, we heard the term *Von Recklinghausen's disease*—the Elephant Man's disease, first described by Dr. Friedrich von Recklinghausen, in 1882.

In measured words, Dr. Maroon explained that doctors still did not know what caused the disease; they believed it was often hereditary, though Sidney's appeared to be a spontaneous genetic mutation. Tumors formed in the nerve tissue. Could it be cured? Could anything stop new tumors from forming? "There is very little research being done at this time," he said.

We were forced to face the chilling facts. Our beautiful daughter was suffering from a rare, incurable and frequently disfiguring disease; a disease few people outside the medical profession had heard of, one most doctors seemed reluctant to discuss. Trying to soften the blow, the doctor told us that neurofibromas were unpredictable. They *may* stop growing.

*As gently as possible he told her the tumors would have to be removed, the nerves cut. She would be totally deaf.*

Three weeks later, on Valentine's Day, Sidney was released from the hospital, and shortly thereafter, John was transferred to Louisville, Kentucky. We welcomed the change, though we regretted having to leave our family and friends. We shopped carefully for a new house, a ranch-style with few steps. We wanted a pool: Sidney had had to give up her cherished ice-skating, but she could still swim.

And swim she did, thirty laps a day whenever possible. Over the summer, Sidney looked tanned and healthy and was making steady progress with her lipreading. We were confident that we had weathered the storm, that the tumors would somehow stop growing.

**June 1979**

By the time Sidney turned twenty-four, she was beginning to have momentary blackouts, and an ominous swelling appeared at the base of her skull. Come August, she was having three or four blackouts a day, fleeting seconds when the room would darke around her. Since Dr. Maroon ha taken a leave of absence that spring, h referred us to Paul Nelson, a to neurosurgeon at Pittsburgh Presbyte rian Hospital. Panicked, I called him and he told us to bring Sidney to th hospital immediately. The brain-ste tumor was exerting life-threatenin pressure; it had to be removed.

Cautiously, he prepared us for th worst: If Sidney survived the lon operation, the left side of her fac would probably be paralyzed. The tu mor had invaded the facial nerve What's more, since it was located in part of the body that acted like switchboard—sending messages to th brain to control breathing, swallowing waking and sleeping—those basic lif functions might also be affected.

We couldn't listen anymore. We coul barely muster the strength to writ down what the doctor had said s Sidney would understand what wa about to happen to her. Near the break ing point, we tried desperately to hol ourselves together. I couldn't let he know how terrified we were . . . I couldn bring myself to say "If you survive . . .'

She read what we had written, hesi tated a moment, then signed the con sent form for surgery.

We sat anxiously in the hospita waiting room. Late the next afternoon the doctor strode in jubilantly. The tu mor had been successfully removed. "A textbook case!" he said, although h had been unable to save the facia nerve. The left side of Sidney's fac would be paralyzed, and since so man sensitive nerves had been involved there could well be other complications

But we had heard all we needed t hear—she was alive! As the doctor ha warned us, though, complications di set in. Sidney's voice was barely audi ble. She couldn't eat or drink. Each at tempt to swallow triggered frightenin coughing spells. To supply her wit basic nutrients, liquid food was force into a tube inserted through her nos and into her stomach.

There were personality changes, too Her moods swung wildly between de pression and anger. Demanding to see mirror, she stared briefly at her reflec tion, then turned away. For days after ward, she lay in bed, wrapped in sulle silence. A psychologist tried to help but we felt instinctively that Sidne needed to mourn, to face her losses be fore the healing process could begin.

I begged Dr. Nelson to let us take he home. He looked thoughtfully a Sidney. Having spent many hours sit ting quietly by her bed as she vente her feelings, he had come to know he well. "Let's try it," he said firmly.

It was early October. At *(continued*

# A Playful Kitten Plots a Fishy Encounter



**Presenting a fine English bone china collector plate, offered in a strictly limited edition**

- **Created by famed Royal Worcester for The Hamilton Collection**
- **8" diameter with 24K gold rim**

## *Fishful Thinking*

What could be more typical of a kit-n's playful encounters than this por-ait of a fluffy little feline "admiring" ıe family goldfish? His eyes sparkle as e watches their fluid movements and ontemplates his "Fishful Thinking."

This latest, adorable kitten portrait by ıe talented British artist Pam Cooper ontinues her successful string of plate asterworks. Collectors all over the ountry have fallen in love with Ms. ooper's kitten portraits, and now Royal 'orcester and The Hamilton Collection ave commissioned her to create this olorful and amusing scene. The details e exquisite, from the expression and arkings of the kitten to the glinting old of the fish, and the greenery of their rroundings. Ms. Cooper uses the undness of the plate to simulate per-ctly the shape of a goldfish bowl.

"Fishful Thinking" premieres a col-ction entitled *Kitten Encounters*, om Pam Cooper and Royal Worces-r: eight gleaming English bone china ates, each inspired by the adventures playful kittens. Each plate in the col-ction will be accompanied by a num-ered Certificate of Authenticity, which ll attest to its limited-edition status.

As an owner of "Fishful Thinking," ou will be guaranteed the right to acquire all subsequent seven plates at the original issue price of just $29.50 each—*but you are not obligated to buy any others unless you choose to do so later.*

Furthermore, you may acquire "Fishful Thinking" and every plate in the *Kitten Encounters* Plate Collection at absolutely no risk. The Hamilton Collection *100% Buy-Back Guarantee* assures that you may return any plate for a full, unquestioned refund, within 30 days of receipt.

Because of the demonstrated appeal of Pam Cooper's other kitten plates and the charm of this new first issue, as well as the market price rises of cat-subject works in recent years, demand for this plate is expected to be immediate and strong. Because the edition is limited to just 14 firing days, *it is important that you respond promptly.* Applications will be processed in order of receipt, so to avoid any chance of disappointment, send in yours *today!*

**Respond By:**

**October 31, 1986**

*Limit: Two plates per collector*

Please accept my order for "Fishful Thinking" by Pam Cooper. I wish to purchase _____ (1 or 2) "Fishful Thinking" plate(s) at $29.50 (plus $2.14 shipping and handling) each, for a total of $_____ ($31.64* or $63.28*).

*Please check one:*

☐ I enclose full payment by check or money order

☐ Charge my credit card: ☐ Visa ☐ MasterCard ☐ Diners Club ☐ American Express

Acct. No. _____

Exp. Date _____ 99515

Name _____

Address _____

City _____

State _____

Signature _____

*Illinois residents add $2.22 per plate for tax. Please allow 6 to 8 weeks for delivery. All orders must be signed and are subject to acceptance. Deliveries made to the U.S. and its territories only.*

©HC 1986

**The Hamilton Collection**
9550 Regency Square Blvd., P.O. Box 44051
Jacksonville, FL 32231

NOW THERE'S AN AUTOMATIC BLANKET SO SENSITIVE,
IT KNOWS EXACTLY HOW YOU FEEL. ALL OVER.
THE NEW SUNBEAM P.M. PERSONAL MONITORING SYSTEM.




## SHE ONLY CRIED ONCE

continued

home, we experimented with different foods—some were too thick, some too crumbly, and liquids were impossible. We settled on a diet of puréed bean soup, rich in calcium, protein and vitamins, and various fruit puddings.

By Christmas, she was eating pizza, and she had gained eighteen pounds. When Dr. Nelson called and we gave him the news, his carefully cultivated professional demeanor deserted him—he whooped with joy.

**April 1980**

The following year, when Sidney had regained her strength, another intercranial tumor was removed. We had won the battle, we thought.

"Not quite," Sidney said, her crooked smile barely disguising the pain in her eyes. "Look at me!" The tumors were gone, but she had paid dearly.

Later, we realized the full extent of her despair; she had carefully cut her picture from every snapshot we had taken in the past two years.

More surgery. Doctors removed a small piece of tendon from her leg and used it to support her sagging cheek. Since the facial paralysis had also affected the lingual nerve, the pressure of her tongue against her teeth had resulted in severe malocclusion. An orthodontist worked to close her open bite. A Teflon injection in a vocal cord strengthened her weak voice, and after almost two years, she could at last speak above a whisper.

Her left eye remained her biggest source of unhappiness. Fearful of ulceration and infection, the doctors had to stitch it partially shut. She took to wearing dark glasses.

Watching her endure it all without flinching, I vowed that somehow, somewhere, I would find a doctor who could stop the tumors' relentless growth. John gathered newspapers from across the country, and together we searched for some mention of the disease. The articles were frustratingly few.

When the movie *The Elephant Man*, the poignant award-winning story of a young man disfigured by the disease, was released, our sense of grief intensified. People recoiled in shock and pity. I was unable to sit through the movie. When asked about her condition, Sidney began to say simply that she had been in an accident.

**March 1982**

Despite the improvement in her appearance, Sidney's personality had undergone a drastic change. Her bubbling sense of humor rarely surfaced. As an only child, she had been showered with affection; now she seemed to resent th least show of emotion. She rarely wro to her friends, who were busy now wit careers and families of their own.

We wanted her to rest, to recov from nearly three years of nonstop su gery. Instead, she spent part of eve day exercising, trying in vain to in prove her balance. She dieted. When told her she was too thin, her temp flared: "I can't do anything about m hearing or my face, but at least I ca keep a decent figure."

One day she came and sat beside m on the sofa. "I can't go on living lik this," she said abruptly.

"What do you mean?" I faltered.

"Like a house pet," she continued.

"But during the surgery, you we always so strong."

"That was different," she replie "Then I had something to fight for survival. I've survived. Now what d have to live for?"

I held my breath, not knowing wh to expect her to say next.

"I want to go back to college, pick where I left off and get my degree. want to have a job like everyone els Sidney said.

I looked at her, this proud you woman, my little girl. She was deaf, s couldn't walk without support, h right hand was partially paralyze




nd her damaged left eye made reading ow and laborious. "All right," I said ith far more confidence than I felt, et's get to it."

**ugust 1983**

idney enrolled as a sophomore at the niversity of Louisville, an urban cam-us with more than twenty thousand udents. I was still doubtful she could anage, but Sidney had it all figured it. She bought a backpack so she ouldn't have to carry her books; she ped her lectures, all the while con-ntrating on her lipreading, and I anscribed the notes in the evening. he taught herself to type on a spe-ally constructed left-handed type-riter. Her grades were excellent. dney had taken control of her life.

**ovember 1984**

started to feel uneasy. Several small mors, barely visible, appeared on dney's body. The headaches returned. hough the results of a CAT scan were gative the doctor suggested she have new test, called magnetic resonance aging (MRI), which yields more de-iled pictures than a CAT scan. That's hen we learned that the large brain-em tumor had grown back, a common oblem with neurofibromas. There ight be several small tumors as well. Sidney accepted the news with com-sure, saying only that she wanted to get the surgery over so she'd be ready to return to school in the fall. She entered the hospital in June, and this time, the operation lasted an agonizing fourteen hours. John and I sat in the waiting room, numb with fear. Dear God, I thought, how many times can she go through this?

I knew the answer . . . as many times as it takes. Twelve hours later she was sitting up in bed; she wanted to wash her hair. Dr. Nelson flashed us a triumphant grin. The following Friday, one week after surgery, we drove back to Louisville. And in August, Sidney returned to school for the fall semester.

Several months earlier, I had made contact with Vincent Riccardi, a professor of medicine and director of the neurofibromatosis program at the Baylor College of Medicine, who was studying neurofibromas. He asked if I had ever contacted the Texas Neurofibromatosis Foundation.

I couldn't believe what I was hearing—I couldn't believe that after all those years of searching for information, making calls and writing letters, I had actually found an organization to help people with our problem.

That summer a large brown envelope arrived, and with it, many of the answers we had searched for since 1968 (see box, page 194).

**July 1985**

Slowly, the mystery was unraveling further. One day, while shopping in a local department store, I bumped into a casual friend who asked how Sidney was. I told her, calling the disease by name. Why, she said, the daughter of one of her coworkers was recently diagnosed as having the same problem.

I was astounded. The realization that there were other people—nearby, even—struggling with the same pain set me reeling with a strange mixture of shock and elation. That night, the phone rang, and as I spoke to this other woman, I knew that our years of isolation were also coming to an end. This woman told me of several other NF victims like Sidney—all within a five-mile radius of our house!

**The Future**

Where do we stand now? Sidney, at thirty-one, knows her future is uncertain; the remaining tumors will have to be dealt with; more may grow.

But, as she says, hope helps us deal with the big things. "I'm confident," she told me, "that one day the phone will ring and I will hear it." The cochlear implant, a device that can be inserted into the ear, was developed several years ago and has already helped many hearing-impaired people. Though it can't help *(continued)*

Advertisement

## Ladies' Home Journal
# TRAVEL PLANNER

If you're planning a vacation, we'd like to help. Listed below are *Ladies' Home Journal* advertisers offering free booklets and brochures. Simply check the travel information you'd like, and circle the corresponding numbers on the accompanying Travel Planner coupon.

**1. AMERICAN CRUISE LINES.** Cruise the Mississippi River, New England or the East Coast aboard the nation's most luxurious cruise ships. Enjoy sumptuous cuisine, oversize staterooms and live entertainment. Choose from an exciting variety of 4-, 7-, 10- and 14-day itineraries.

**2. AMTRAK.** Free schedule/tour brochure. All aboard Amtrak.

**3. ARKANSAS.** Free vacation planning kit from the National State. When, where and how for festivals, history, Ozark crafts along with information, tour maps and coupons for discounts on lodging and attractions.

**4. BRUNSWICK—GOLDEN ISLES OF GEORGIA.** Enjoy Jekyll Island, St. Simons Island and the port city of Brunswick. Beaches, golf, tennis, history, shopping in a setting of unspoiled natural beauty. Brochures and maps FREE.

**5. "YOU'VE GOT A FRIEND IN PENNSYLVANIA."** Philadelphia offers special attractions, shopping, recreation in Bucks County for families, groups and individuals. Come see us.

**6. CARNIVAL CRUISE.** Send for Carnival Cruise line's 3-, 4- & 7-day "Fun Ship" brochure.

**7. DAYTONA BEACH RESORT AREA.** 23 miles of sandy beaches. Near Disney World.

**8. DELTA QUEEN STEAMBOAT CO.** Our free brochure shows you why steamboatin' aboard the Delta Queen is still the only way to travel.

**9. INNISBROOK, FLORIDA.** So many great Floridas in one. Golf, Tennis, Families.

**10. JEKYLL ISLAND.** Georgia's Island Resort is a year-round vacation destination with natural barrier island beauty, 10 miles of Atlantic Ocean beach, historic tours, golf, tennis, bicycle paths and 9 seaside hotels. FREE color brochure.

**11. LOUISIANA.** Experience the excitement of the World's Fair State. You'll find delicious food, great music. A world of sights that will live in memory forever. Louisiana—We're really cookin'!™

**12. WALT DISNEY WORLD GATEWAY.** Stay in Kissimmee—St. Cloud Resort Area. Be closest to Epcot Center, The Magic Kingdom, Central Florida's major attractions and sights. Big-time attractions. Small-town hospitality.

**13. MISSISSIPPI GULF COAST.** 26 miles of sugar white beaches. Excellent beachfront hotels. Fresh seafood, Antebellum homes, shopping, family attractions. Water sports. Free brochure lists money-saving vacation packages.

**14. MYRTLE BEACH.** Breathtaking beaches, splendid shopping, fabulous fishing, glorious golf, terrific tennis, superb seafood, non-stop nightlife, and incomparable innkeepers. Write for free color brochure.

**15. NEW ENGLAND LIFE** in the 1830's is re-created year-round at OLD STURBRIDGE VILLAGE in Sturbridge, Massachusetts. Over 200 acres, restored homes, shops, waterpowered mills, gardens, a farm, tavern, outstanding accommodations, and more. FREE brochure.

**16. BEST WESTERN PATRICK HENRY INN—CLOSEST HOTEL TO COLONIAL WILLIAMSBURG.** Just ½ block away. 262-room full-service hotel. Colonial dining room, remote color TV, AM-FM clock radio, game room, playground, pool, lounge, guest laundry. Busch Gardens 3 minutes away. Meeting, banquet and conference facilities. Jamestown & Yorktown Victory Center just minutes away.

**17. ROCKRESORTS.** Caneel Bay/Little Dix Bay/Woodstock Inn/Grand Tetons/The Boulders.

**18. ROYAL CARIBBEAN CRUISE LINE.** Exciting 7-, 8-, 10- and 14-day cruises from Miami to popular ports of call throughout the Caribbean, Bahamas, Bermuda, South America, Mexico's Yucatan and the Gulf of Mexico.

**19. SANDESTIN.** Nothing comes closest but the Gulf. Sandestin Beach Resort offers a spectacular Gulf Beach, two golf courses, 16 tennis courts, a variety of accommodations and a new harbor and marina.

**20.** Experience living history in **SAVANNAH,** Georgia's mother city and the nation's largest national urban landmark historical district. Vacation planning packet of brochures offering beach and city accommodations, restaurants, sightseeing, recreation map. SAVANNAH packet free.

**21. SEA WORLD OF FLORIDA.** World's largest and finest Marine Life Park. Color brochure.

**22. SEABROOK ISLAND RESORT.** A private Island Paradise with pleasures beside the sea.

**LHJ TRAVEL PLANNER**
P.O. Box 2772
Clinton, Iowa 52735

Circle items requested: 1 2 3 4 5 6 7 8 9 10 11 12 13 14 15 16 17 18 19 20 21 22

Offer expires January 31, 1987

Name _____

Address _____

City _____ State _____ Zip _____

## SHE ONLY CRIED ONCE

continued

Sidney—one intact hearing nerve is needed—perhaps someday something will.

For now, Sidney grumbles at times about the little things: She'll always miss ice-skating and dancing, the feeling of flowing effortlessly through space. "Sometimes I dream of running," she says, "and there are days when I'm so tired of trying to cope I just want to go home and talk to my cats." Maybe someday, she'll have that Christmas wedding. I know she's still dreaming of the gown and the white poinsettias.

When she first entered college in 1974, Sidney wanted to major in speech therapy. Unfortunately, she's had to rethink that and is now focusing on art history. "I'll be satisfied with a quiet niche in a small museum, where I can do research surrounded by timeless beauty," she told us one evening.

"But then—just when I think I have it all together—I pass a woman my age, wheeling twins in a stroller. And I can't suppress a momentary pang—especially if they are twin boys with bright red hair." **End**

## NF—THE MEDICAL FACTS

Neurofibromatosis (NF) affects an estimated eighty thousand people in this country alone, making it one of the most common of all genetic diseases. There are at least two distinct types: *Classic,* or *Von Recklinghausen's, NF* is characterized by brown marks (café-au-lait spots) on the skin and tumors of the nerve tissue, along with harmless spots on the iris of the eye called Lisch nodules. Because symptoms vary so widely, many cases go undetected each year.

*Bilateral acoustic NF* presents an even greater problem. There are few, if any, external indications; tumors form mainly on the auditory nerves. Puberty may signal a change in the growth and severity of the tumors.

Complications of the tumors are equally varied, ranging from minor headaches and learning disabilities to disfigurement, severe brain damage, deafness and blindness. The tumors may even become malignant, and the disease can shorten a patient's life span.

Since NF is frequently hereditary, genetic counseling can be crucial. The National Neurofibromatosis Foundation, headquartered in New York, now has chapters throughout the country to inform and encourage victims and their families. Write to the foundation at 141 Fifth Ave., Suite 7S, New York, NY 10010.

# BERNINA

# We Took The Time To Do It Right




## Introducing the Swiss-Made Bernina 1130.

### The easy-to-use, mistake-free computer that really sews

**The Machine with the Most Daily Advantages**

Bernina's new 1130 sewing machine is computerized, ut don't let the computer scare you. The 1130 combines ıe intelligence of a computer with the simplicity expected rom a Bernina.

Stepping into the future with the quality of the past, 's designed to be simple, easy-to-use, and easy-to-un- erstand. Simply turn it on and sew; it's virtually mistake-proof. The 1130 is a genius among machines. Never again will you wonder which presser foot to use; the 1130 tells you. The infinite stitch width and length adjust automatically for proper stitch formation. And the 1130 remembers things that you may not. If you have to stop a project to quickly sew a buttonhole, the 1130's memory saves your pattern and stitches at the touch of a button.

**ust a few features of the lew 1130 Bernina:**

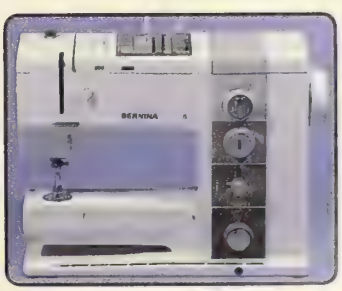
- A state-of-the-art infra-red buttonhole feature which automatically measures the buttonhole and conveniently repeats it.
- Reverse sewing button near the needle so your hands don't leave the fabric
- Automatic Needle-stop up and down
- Designed to meet every woman's fantasy.
- Unique cutter and holder for thread ends and much more

ee how the most advanced omputer technology makes for ıe simplest sewing on Bernina.

## Free Special Offer*

**While Supply Lasts or Dec. 31, 1986**

**— an estimated $700 Savings —**

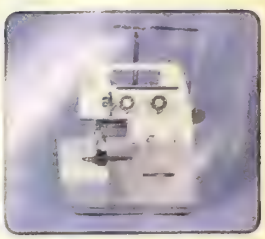


With the purchase of the Bernina 930, your choice of a Free Model 203 Bernette Overlock

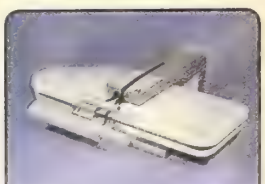
or

a Free Bernette Ironing Press Made in Switzerland

Made in Switzerland, the Bernina 930 Electronic is the most-sold European Sewing Machine in the U.S.A.



**The Bernette is the most-sold overlock in the world.**



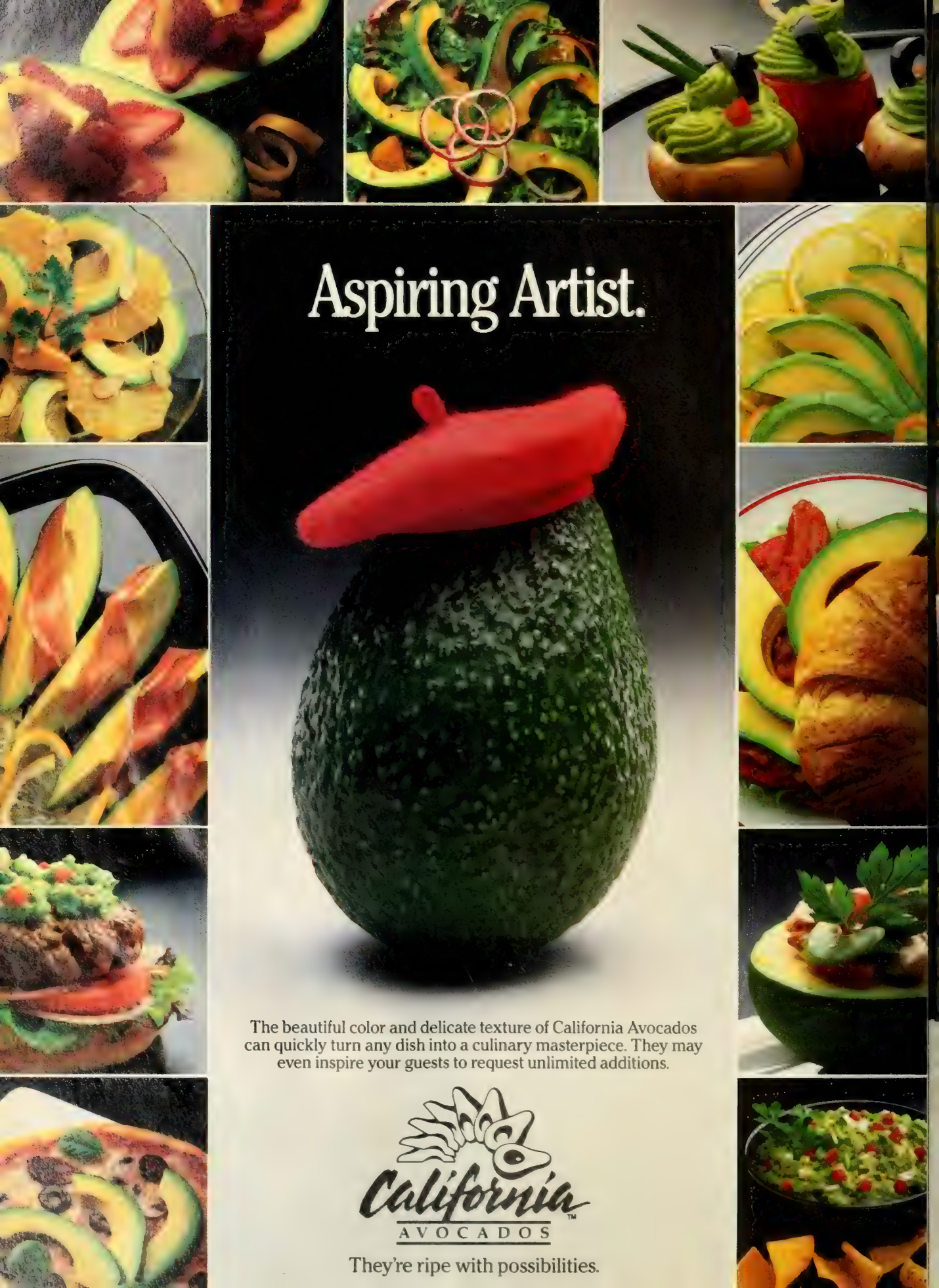
**"Meet the Press" and you'll never want to hand iron again.**

*Exclusive of Trade-ins or discounts at Participating Dealers only.

**Bring in this Coupon**

Importer: Bernina Sewing Machine Co., Inc. 70 Orchard Dr. North Salt Lake, Utah 84054 (801) 298-3882

Consult white or yellow pages for your authorized Bernina Dealer.



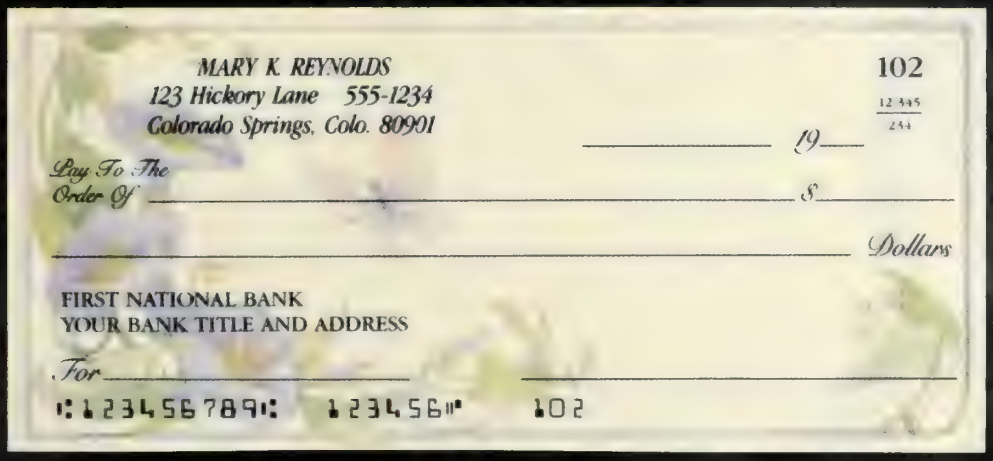

The beautiful color and delicate texture of California Avocados can quickly turn any dish into a culinary masterpiece. They may even inspire your guests to request unlimited additions.

California™
AVOCADOS

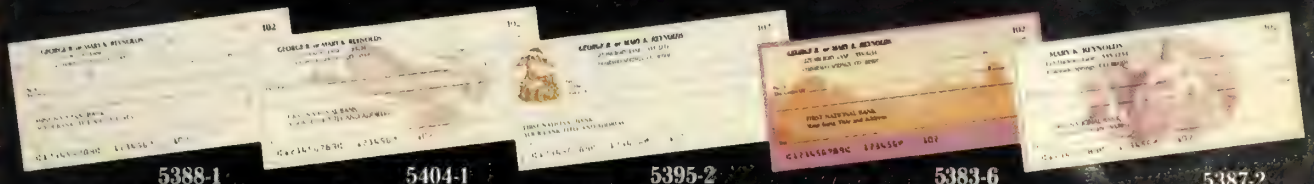
They're ripe with possibilities.

# Compare our checks to yours . . .

## You'll prefer our designs . . . you'll love our prices!




**Summer Blossoms 5389-0** 4 rotating designs



**5388-1**
**Graphic Hearts**

**5404-1**
**Countrysides**
4 rotating scenes

**5395-2**
**Current Critters®**
4 rotating designs

**5383-6**
**America the Beautiful**
4 rotating scenes

**5387-2**
**Photo Cats**
4 rotating designs

# Get 200 checks from Current® for just $2.95!

### SPECIAL INTRODUCTORY OFFER

**Save 50% or more off bank prices!** Get 200 top-bound checks, deposit slips and a **FREE checkbook cover** for just $2.95. Why pay $8.50 or more for personal checks, when you can save 50% off typical bank prices on your first order from Current . . . plus, continue to save 35% or more on reorders?

**Your satisfaction guaranteed or your money back!** Current checks meet all American Banking Association Standards—they feature all the necessary codes and information to service your account at **any** bank. If, for any reason, you're not completely satisfied with your Current checks, we will gladly replace your order or refund your money!

**Order your choice of designs!** Choose from the designs pictured here, and for our FREE brochure featuring 6 more check designs!

Have a question? CALL TOLL-FREE 1-800-525-7170. Ask for operator 82. (8 a.m. to 4 p.m. Mountain Time)

**To order:**

1. Enclose a reorder form from your existing check supply. (Please indicate any printing changes on this sample.)
2. Enclose a sample deposit slip from your existing checks.
3. Fill in the order form below.

Please print

Send check order to: _____

Address _____ Apt. _____

City _____ State _____ Zip _____

Daytime phone # (_____) _____

Number my checks beginning with #_____ (if different than reorder)

☐ Yes! Please send me 200 checks featuring design # _____. My check or money order for $2.95 is enclosed.

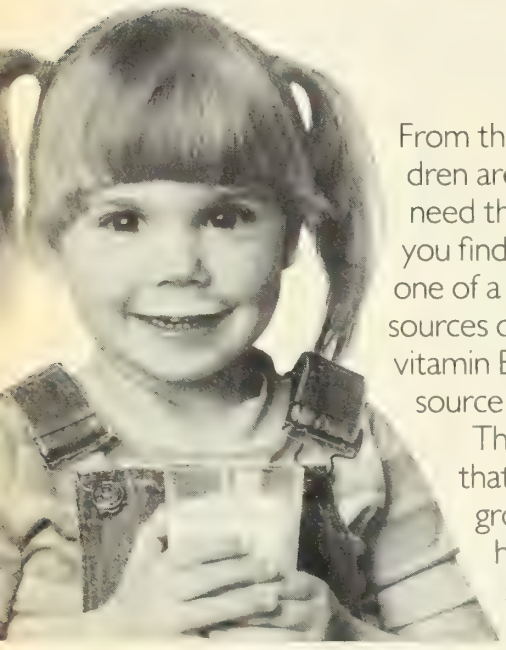
☐ Please send me more information and a FREE brochure featuring more check designs! 1QK6

Current pays all shipping and handling fees! Please allow 2-3 weeks for delivery.

**Mail to:** Current

**Check Printing Dept. 1MR5**
**Colorado Springs, CO 80941**

# UNIVERSITY STUDIES SHOW PAPER MILK CARTONS GIVE YOU MORE VITAMINS TO THE GALLON



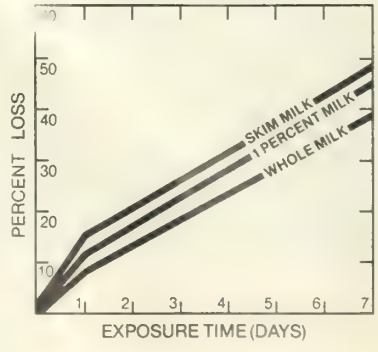
From the moment children are born, they need the nourishment you find in milk. Milk is one of a child's best sources of riboflavin, or vitamin $B_2$. And a good source of vitamin A.

These are vitamins that help a child grow and stay healthy, have soft skin and bright eyes. In fact, scientists include both vitamins in a list of *leader nutrients* that play a key role in human nutrition.

## Important vitamins lost in plastic containers

Over 20 independent studies conducted by scientists at major universities, including Michigan State and Cornell, have been published on the damage light does to milk. One study shows: In just 24 hours, milk in transparent plastic containers sitting under fluorescent lights can lose this much riboflavin (vitamin $B_2$): whole milk—8%; low-fat milk—10%; skim milk—14%.

**Riboflavin Loss**




This shows milk's loss of riboflavin in plastic containers under fluorescent lights.* Other tests show that milk loses even more of its vitamin A.
*Source: "Protecting Your Milk from Nutrient Loss," by Dr. G.F. Senyk and Dr. W.F. Shipe, Department of Food Science, Cornell University.

Much of milk's natural vitamin A is skimmed off with the fat in low-fat and skim milk. So Federal la requires dairies to "fortify" it, to replace what's los

## Bigger loss in low-fat milk

But fortified vitamin A is even more sensitive t light than natural vitamin A. In only four hours ligh can destroy up to 44% of vitamin A in low-fat an skim milk in plastic containers.

A few supermarkets have recognized the problem with fluorescent lights and have installed light shields. But this doesn't protect milk from other light.




Fluorescent lights penetrate plastic milk containers and destroy important vitamins. But paper cartons keep most harmful light out and more vitamins in.

## Paper cartons block out 98% of harmful light

There is a way to make sure your children's mi is better protected: buy it in *paper cartons*. Paper cartons block almost all harmful light. Scientific tests show that light penetration of plastic milk containers can be up to 35 times greater than wi paper cartons. Buy your children milk in protecti paper cartons. And give them more to the gallon

**Get more vitamins to the gallon with protective paper cartons**

© 1986 Paperboard Packaging Coun

# Jolie Gabor Discovers Helia-D A Moisturizing Secret...from Hungary!



arling,

lady never tells her age, and I am a oman who has always taken natural auty for granted. When I noticed that skin seemed to be losing that perfect-smooth, velvety glow I had enjoyed all life, naturally, I became very depress-. What could I do to turn back the nds of time? I considered a facelift on my return from a planned visit to native Hungary.

**My Friend Rozsika looked more than 10 years younger...**

nen I arrived in Budapest, my lfriend, Rozsika, met me at the airport. ouldn't put my finger on it, but there s something different about her. She s charming and appealing as ever, but uld it be possible, I wondered...she oked younger than the last time I had en her...ten years earlier. Then I alized she must have had a facelift. Darling," I said, "You look absolutely ishing. When did you have it done?" lave what done?" she asked. "Your elift, darling." She laughed out loud. laven't you heard,"she said. "We ve HELIA-D!"

**Then she told me the secret...**

lia-D, she explained, is a skin isturizer made by a patented process m the natural extracts of the sunflower nt stalk. Helia-D was tested by leading ctors and pharmacologists in a clinical vironment. The results of these tests re positive and they concluded that ly use of Helia-D will minimize those e lines around the eyes and mouth as ll as on the neck. Helia-D will help tore moisture to weathered and ydrated skin. Word of Helia-D spread ickly. By government permission lia-D was released to the public and men lined up to buy it. Some waited days, even weeks, as supplies sold . "But look around," said my friend. verywhere ...attractive women with autiful skin...All thanks to Helia-D!

**I could see and feel the difference immediately...**

skin became softer, more moist and vety again. Within a week, I could see difference, and my skin felt and look-wonderful. Only one minute a day, rning and evening.

**A treatment one minute per day...**

There is no time like the present to begin treating my skin with a little tender, love and care. Once I was convinced, I decided that I must make this extraordinary treatment for beautiful younger looking skin available to American women. My associates contacted government officials in Hungary, and after negotiations, the arrangements were made.



**Now you can try Helia-D with my personal Money-Back Guarantee... You have nothing to lose and fresh, new beautiful looking skin to look forward too!**

You can see for yourself how youthful my skin looks. And everyone knows how ravishing my famous daughters are. When it comes to beauty...we know! If you are tired of seeing so many dry, depressing lines...you absoulutely must try HELIA-D! HELIA-D IS THE ONLY BEAUTY CREAM I CAN HONESTLY SAY I HAVE COMPLETE FAITH IN. My private passion is helping women to be more beautiful. When I tell you that Helia-D works, it is more than just another fact. It is what I have seen, and felt. What I believe in my heart. You owe it to yourself, darling. Try Helia-D and see if it wouldn't help you look younger by the day. AS ONE WOMAN TO ANOTHER I CAN TELL YOU THERE IS NOTHING LIKE THE THRILL OF WATCHING YOUR SKIN BECOME SOFTER, MORE MOIST AND VELVETY AGAIN...RIGHT BEFORE YOUR EYES! I just know you will agree that Helia-D is the greatest discovery to help you obtain a softer and more beautiful skin...or I will personally refund the money. Trust me, darling. Helia-D, made from a patented process from the sunflower plant stalk is the beauty secret women everywhere have been waiting for!

Yours truly,

Jolie Gabor

**Doctor Tested! Doctor Approved! By Hungarian Government.**

"When used regularly, Helia-D is far superior to anything we've ever seen or tested. Its ingredients maintain the ideal moisture balance, and all this gives the skin a fresh and youthful appearance."

Dr. E. Nagy, Director
University Medical School
Hungary

***SEND CHECK OR MONEY ORDER TO: HELIA PRODUCTS INC.***
535 Fifth Avenue, New York, N.Y. 10017 Dept. RS 6501

**TOLL FREE CREDIT CARD ORDERS ARE ACCEPTED!**
**CALL: (800) 854-0561, EXT. 822, Dept. RS 6501**
**IN CALIFORNIA: (800) 432-7257, EXT. 822, Dept. RS 6501**

***★★ FREE BONUS: CLEANSING LOTION OR BODY MOISTURIZER ★★***

☐ Visa ☐ Mastercard ☐ American Express _____ CARD NUMBER _____ EXPIRATION DATE _____ SIGNATURE

☐ **1 JAR** (2.4 oz.) for $36.00 plus $2.00 handling and postage ..... **$38.00**
☐ **2 JARS** for $66.00 plus $3.00 handling and postage (Save $7.00) ..... **$69.00**
California Residents add 6½% sales tax.

**Check One For Your Free Gift!** ☐ **$18.00 VALUE - BODY MOISTURIZER, 5.8 oz.**
☐ **$16.00 VALUE - CLEANSING LOTION, 4.2 oz.**

NAME: _____ TYPE OF SKIN: ☐ Dry

ADDRESS: _____ ☐ Normal

CITY_____ STATE_____ ZIP_____ ☐ Oily

*Available at Rose Reti Salon, 673 Madison Ave., New York, NY*

©1986 Helia Products Inc.

## HOME SAFE HOME

continued from page 114

been inhaled, get the victim into fresh air and loosen his clothing. If the person isn't breathing, start artificial respiration and call for emergency help.

**Suffocation and choking** According to the National Safety Council, 1,900 people choked to death in 1984, and 600 more died from mechanical suffocation (such as smothering in bedclothes or plastic). Preventive measures: Chew carefully before swallowing. Don't talk with food in your mouth. If you have small children, pick up even the tiniest objects from the floor.

Treatment for choking: If an object has been ingested by an adult and the person is conscious but can't speak or breathe, perform the Heimlich maneuver. To do, stand behind the victim and place the thumb side of your fist against the victim's abdomen, slightly above the navel but below the rib cage. Grasp your fist with your other hand and press into the victim's abdomen with a quick, upward thrust. Repeat if necessary. If the Heimlich manuever fails to work and the victim loses consciousness, the American Red Cross suggests that you remove any foreign object from his mouth and give mouth-to-mouth resuscitation. (Check your local YMCA for courses in cardiopulmonary resuscitation—CPR.)

**Firearms accidents** These are usually the result of unintentional firing while cleaning or playing with guns. To prevent these accidents: Keep firearms locked up and hide the keys from children. Triple check to make sure a gun is not loaded before cleaning or handling. Don't handle weapons in front of children. Never point a weapon at a person, even if it's not loaded.

If a firearms accident does occur, call for emergency medical assistance. For severe bleeding, press a thick, clean cloth or bandage firmly against the wound until help arrives.

**Drownings** Children under five years old and adults seventy-five and over are most susceptible to drownings at home. It's estimated that more than half of home drownings occur in swimming pools, about one fourth in bathtubs, and the rest in wells, cisterns, cesspools and other water. To prevent drownings: Don't let children or elderly people swim unsupervised. Never leave a baby alone in a pool or bath—it takes only seconds to drown, and it can happen in as little as an inch of water. Enclose any bodies of water—both above and below ground—on or near your property. T treat a drowning victim: Call for help. I the victim is not breathing, give him tw slow breaths and check for a pulse. If ther is none, do CPR. Once you get a pulse, o if the victim already had a pulse, star mouth-to-mouth resuscitation.

**Cutlery, knives** The National Elec tronic Injury Surveillance System which compiles a sample of hospita emergency departments, estimate that more than 350,000 people a yea are treated in emergency rooms fo home accidents related to cutlery an knives. When using sharp utensils Hold the object correctly, pointing th tip and blade away from you, with you fingers away from the blade. A du knife may seem less dangerous, but forces you to use pressure. Use a shar knife so that you needn't apply as muc pressure when cutting certain foods.

Treatment for cuts: For severe bleed ing, press a thick, clean cloth or ban dage firmly against the wound and ge medical attention immediately. If th cut is bleeding slightly and doesn't sto within a few minutes, press a gauze pa firmly over the wound for approx mately five minutes. If a cut is deep o irregular or if the edges gap badl seek medical aid. **En**

## SPECIAL PRECAUTIONS FOR KIDS

**Poisonings** Authorities estimate that millions of children under the age of five ingest toxic substances in the home each year.

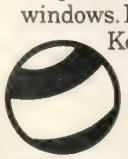
To prevent poisonings: If you're interrupted while using anything that is potentially poisonous, take it with you. Keep your purse, cosmetics and toiletries where kids can't get at them. Avoid taking medicine in front of your children. Make sure Grandma and Grandpa practice childproofing measures in their homes or when visiting children. Never call medicine candy or sweeten it with sugar. The child may find the so-called candy later and eat it. Install safety locks on all cabinets; buy cleaning products and medication in child-resistant packaging.



Rinse out empty containers and secure the tops before disposal. Don't store corrosive liquids, including lye products such as drain cleaners, in your home, because ingestion is permanently debilitating or fatal. Don't keep poisonous plants in your home, and never keep medicine or plants in a child's room.

**Fires and burns** Small children have a high death and injury rate from fire because they often respond by hiding in a closet or other small space. Hold fire drills so that even small children will know what to do. In the kitchen, install a safety gate in the doorway, and keep pot handles turned in. Install safety covers on hot water faucets if a child can reach them. Place safety plugs in unused electrical outlets and safety covers over outlets in use. Don't leave matches or lighters where children can get to them.

**Nursery equipment** According to the Consumer Product Safety Commission, about ninety thousand babies are treated in hospital emergency rooms each year for injuries associated with nursery equipment. Make sure a crib is in perfect condition, with no spaces between the mattress and crib. Keep side rails up, and keep cribs and playpens away from windows. Put safety gates on windows.



Keep curtain and shade cords out of reach. Use a toy box with a safety hinge. A free-falling lid can fatally injure a child.

**Choking and suffocation** The National Safety Council reports that in 1984, two hundred fifty children under five years of age choked to death on ingested objects, and another three hundred children died from mechanical suffocation (such as smothering in bedclothes or plastic).

To prevent such tragedies: Never put a pacifier cord around a baby's neck. Until their back molars come in (around the age of two), avoid giving children any food that doesn't melt or crumble in their mouth. Give children only those toys recommended for their age, and never give children under five years old toys with small parts. Never leave any plastic materials—even disposable diapers—where babies and small children can get at them. Keep all cords away from small children.



If an infant or child ingests an object and begins choking, place the child face down along your forearm with his head resting on your knee (making sure the child's head is lower than his trunk) and give four blows on the back with the heel of your hand. Then, if the child is over one year old, place your other arm parallel along his back, turn him over and tilt his head down. Put two fingers between his nipples, one finger width below them, and administer four chest thrusts.



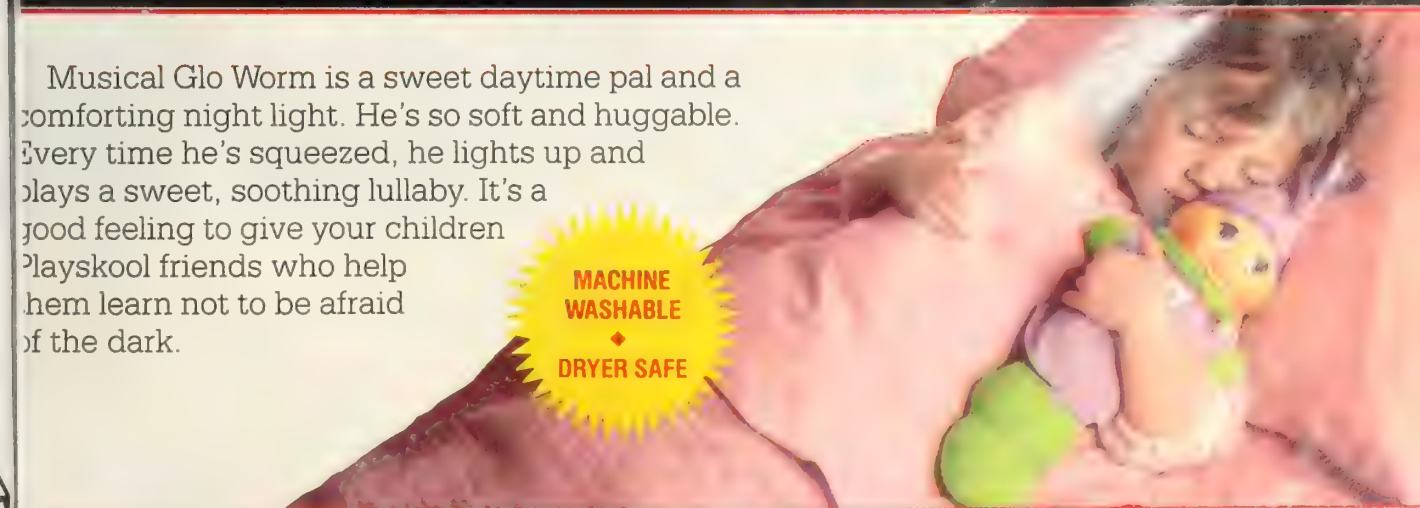


# Musical Glo Worm.

## When his face lights up and he plays a tune, the dark isn't such a big place anymore.

Musical Glo Worm is a sweet daytime pal and a comforting night light. He's so soft and huggable. Every time he's squeezed, he lights up and plays a sweet, soothing lullaby. It's a good feeling to give your children Playskool friends who help them learn not to be afraid of the dark.

MACHINE WASHABLE
◆
DRYER SAFE



Feeling good about the PLAYSKOOL Years.

© 1986 Playskool, Inc. A subsidiary of Hasbro, Inc.

©1985 Hershey Foods Corporation




# Give your kids an unexpected pleasure.

Wholesome ingredients you can feel good about, and the taste your kids love, make Reese's® Peanut Butter Cups a great snack. Two great tastes—pure milk chocolate and delicious peanut butter. Reese's Peanut Butter Cups.




Available in Miniatures and Snack Size bags.

Two great tastes that taste great together.®

## THE SECRET PROBLEM

continued from page 89

e learns that that's the way men get hat they want from women.

### The warning signs

ow does a woman know when her arriage is unsalvageable? Experts ree that psychological abusers exbit some common behavior and that ere's little hope for a marriage to suced if the husband:

denies any responsibility for the oblems in the relationship. Psychogical abusers often blame their wives r the way they act—"You made me gry" or "You nag so much."

denies his actions or won't admit ey're inappropriate. McClenahan rns wives, "If you hear 'That's your agination' often enough, you begin doubt what is real."

demeans his wife with his sexual bevior. A husband's infidelity can make woman feel unattractive and destroy r confidence. Refusing sex is another m of abuse. Hoffman's study showed at psychological abusers often were xually attentive while dating but st interest soon after marriage.

refuses to discuss problems rationy. Hoffman's research shows psychogical abusers often retreat into sice or explode with anger.

uses money to control his wife. Many men are forbidden to work or must n their paychecks over to their husnds. According to Hoffman's study, ychological abusers tend to be either y frugal or spendthrifts.

esists marriage counseling. Psychogical abusers often refuse counseling go several times but find fault with counselor's suggestions and refuse return. And they often try to keep ir wives from getting counseling.

n some cases, however, a man who ores his wife's needs may not be a e psychological abuser—he may just thoughtless and selfish. Marriage to se men can be painful, but often re is hope, especially if the man is ling to address the issue. Counsel can help such men because their ions aren't intentional—unlike se of a psychological abuser, who ins to "keep a woman in her place."

Counseling also helps with what exts call situational psychological se—when a husband in a basically althy marriage reacts badly to a cri such as unemployment.

Thirty-six-year-old Laura had been ppily married for seven years when husband lost his job and was out of k for eighteen months. "He said my was secure and that I couldn't possiknow how frustrated he felt. He'd lode over trivial things."

Counseling helped Dan see he was using anger to control and overpower Laura when what he really wanted was her support. Once he understood that his temper was driving Laura away, Dan stopped his outbursts and actively pursued a new job to boost his ego.

Not all women are as fortunate as Laura, however. Those who find themselves in either temporarily or chronically abusive relationships often feel ashamed. But Joanne Tangedahl, M.S.W., a psychotherapist in private practice in Houston and co-author of *A New Blueprint for Marriage* (Coleman Graphics, 1981), says that a woman can change the pattern of interaction with her husband.

### Finding new strength

"You act yourself into a new way of being," Tangedahl says. "If you are afraid to try, go ahead anyway, in spite of your fear, and you'll find the fear will go away." She offers these suggestions to cope with psychological abuse:

- If your husband refuses to go with you for counseling, go yourself to a family-services counselor, trained psychotherapist, or your pastor or rabbi.
- Visualize new possibilities. Talk with your husband about how you see your marriage and how you want it to be; without attacking him, tell him what you think and feel.
- Keep a journal and write in it every day. Describe specific incidents—what was said or done. Reading it will help you formulate your feelings more clearly. Write down what is important to you in your life and in your marriage, what you think is wrong or unfair, and what makes you unhappy. Become aware of what your true feelings are—not just what you think you should be feeling. When you understand clearly how you feel, it will give you the conviction to act accordingly.
- Contact a psychologist, your local family-services organization or the National Self-Help Clearing House (33 West 42nd Street, New York, NY 10036) to get a recommendation for a women's support group. There are hardly any groups designed to deal with psychological abuse. Yet participating in a group for wives who suffer physical abuse or an all-purpose women's group can help you see your situation honestly and decide what you should do about it.

Ultimately, of course, for some women there is no alternative but to end a relationship with a psychologically abusive man. But Hoffman's research holds a promise—women who leave will quickly recover from their feelings of shame and humiliation and usually go on to form new, more positive relationships with men. **End**

## TEENAGE SEX

continued from page 139

was so excruciating, she was doubled over. After a careful examination, Marilyn Joseph, director of the clinic, advised a hysterectomy, and Deborah agreed. "A hysterectomy for such a young woman is a terrible thing, but the infection had spread too far," says Joseph. "It's so hard to convince some girls of the risks they are taking. By the time I see them, it's often too late."

Frank Fernandez had his first sexual experience when he was fifteen. He had gone over to his girlfriend's house to watch television one evening, and when her parents went out and left the two of them alone, they began to kiss. A few minutes later, they went upstairs. "It just sort of happened," he remembers. "We had never even talked about sex." Neither one of them knew very much about birth control, and the thought of using contraceptives didn't occur to them. Nine months later, Frank's girlfriend gave birth to a son, whom he and his family help support. "In school, they always told us not to have sex," he says, "but they never taught us what to do if we did."

The numbers are enough to frighten any parent. Experts estimate that twelve million adolescents in this country—more than 40 percent of all teenagers—are sexually active.

"For many kids, you're considered out of it if you're not having sex—it's a rite of passage," says Su Yates, formerly of the Alan Guttmacher Institute, a nonprofit research corporation in New York City. "Today, more kids are having sexual relations in their early and middle teens than was the case even a few years ago."

### Unaware and unprepared

Studies by Guttmacher researchers show that the average American male is sexually active at the age of fifteen and the average female at sixteen—but some children are even younger. As the average age for beginning sexual activity gets younger and younger, doctors are increasingly alarmed about the emotional and physical dangers. More than twice as many cases of chlamydia occur in teenagers as in adults, and the head of one clinic reports seeing up to fifteen youngsters a day with *condylomata acuminata* (genital warts), which sometimes lead to cancer if not treated. Sexually active teenage girls are considered ten times more likely to develop pelvic inflammatory disease—an infection of the fallopian tubes that is often sexually transmitted and can result in miscarriages and infertility. More than fourteen thousand hysterectomies were *(continued on page 202)*

# $5 Wrinkly Pups

As part of a nationwide publicity campaign, a leading New York firm will give away its most expensive stuffed animal doll—the sensational best-selling wrinkly pup that is taking America by storm—for the astonishing publicity price of only $5 to every person who writes to the company address (below) before Midnight, December 25, 1986.



**This *original* publicity ad must accompany your request. No copies or photostats.**

These are the same famous wrinkly Shar-Pei Plush Puppies™ nationally advertised in leading media across America. Modeled after the rare breed of priceless Shar-Pei dog (you may have seen one of these pups on a top-rated prime time TV show), each stuffed doll has the floppy ears, soulful eyes and *lovable wrinkles* that have captured the hearts of children everywhere.

Irresistibly huggable, these wrinkly Shar-Pei puppies *stretch out to over a foot long.* They are great big *huggable* puppies your children can actually put their arms around and really make friends with.

The cutest, most lovable—and *wrinkliest*—dolls you've ever seen, these wrinkly Plush Puppies™ are perfect "pals". Every child in America would love to own one—so don't miss out by responding too late. These are the fastest selling and most popular pups ever sold by this multi-million-dollar firm.

These wrinkly Plush Puppies will *not* be sold at this price by the company in any store. There is a limit of two (2) pups per address at this price, but if your request is mailed early enough (before Dec. 17) you may request up to 7. Each wrinkly pup is covered by the company's full one-year money-back guarantee.

To order, mail this original publicity ad (no copies or photostats) together with your name and address and $5 for each pup. Add $2 shipping and handling per pup. (New York residents add sales tax.) Allow up to 6-8 weeks for shipment. *Make check payable to RTM Co.* Mail to: **RTM, Plush Puppy, Dept. 949-106, Box 1080, Hicksville, New York 11802. (R42200)**

© 1986 Raffoler Ltd., 1200 Shames Drive, Westbury, N.Y. 11590



386 PC
Peach Wreath



186 WB
Williamsburg
Blue Wreath



286 MV
Mauve Wreath

Approximate
Finished Size
Of Wreaths
16 inch Diameter

**$20 Each**




ct only the finest in custom designed wreaths
mpliment your home or office for holiday and
around decorating.

186 WB - Williamsburg Blue with a contrasting touch of French Blue

286 MV - Mauve with a blend of Antique Pink, Dusty Rose, and Frosted Green

386 PC - Peach coordinated with Frosted Beige/Cranberry, and Frosted Marzipan

486 FJ - Fragrance Jar - The two-piece rance jar comes complete with 1 potpourri ing of Vanilla Pudding, Cinnamon Apple, wberry Tart, or Mountain Pine, and 1 candle. dle and Potpourri are available in most ialty stores or reorderable through Old rica Pottery.

## ORDER BLANK

Please accept my order for the items shown below. ☐ Enclosed is my check or money order payable to Old American Pottery. Please charge my
☐ Mastercard ☐ Visa Exp. Date _____ (No Cash Please)

Account No. _____

Print Name _____

Address _____

City _____ State _____ Zip _____

I hereby authorize this purchase to be charged to my Visa or Mastercard account.

Signature: _____

(Allow 2 weeks delivery on phone orders and 3 weeks delivery on mail orders.)

Outside Texas Call Toll Free 1-800-225-6159
In Texas Call Collect 214-532-5409

| Item & Description | Quantity Ordered | Cost Each | Shipping-Handling | Total Due |
|---|---|---|---|---|
| 186 WB Williamsburg Blue | | $20.00 | $2.50 | |
| 286 MV Mauve | | $20.00 | $2.50 | |
| 286 PC Peach | | $20.00 | $2.50 | |
| 486 FJ Fragrance Jar | | $ 6.75 | $1.50 | |
| Total Order | | | | |

## TEENAGE SEX

continued from page 199

performed in 1982 on young women between the ages of fifteen and twenty-four, and experts worry that sexually active teenagers are at greater risk of developing cervical cancer later in life.

Even if they avoid the medical dangers, young people may not be emotionally prepared for sexual intimacy. "Adolescents are setting patterns for the rest of their lives," says Meg Gerrard, Ph.D., a professor of psychology at Iowa State University, in Ames, Iowa, who has studied the subject. "When young people engage in sexual activity too early, they are more likely to become involved in relationships based only on sex, not loving, caring and rewarding experiences."

But the greatest concern for doctors and social workers is a teenage pregnancy problem of epidemic proportions. This year, more than a million teenagers in the U.S. will become pregnant—at least three thousand every day.

Teen pregnancy has become so prevalent over the last fifteen years that the United States now has the highest adolescent pregnancy rate in the Western world, according to a recent Guttmacher study. American youths are twice as likely to conceive as their peers in Canada and England, and seven times as likely as adolescents in the Netherlands.

About 450,000 American teenagers get abortions every year. (Teens account for nearly 30 percent of all abortions in this country.) More than 500,000 choose to have and keep their children, most of them out of wedlock. The remainder—fewer than 100,000—put their babies up for adoption.

The picture is especially dismal among black youths in the United States, who have pregnancy rates nearly twice that of white teenagers. Sociologists note that poor blacks are far more likely to have their babies out of wedlock, and to raise them in poverty. But black leaders point out that the problem is not confined to the nation's urban ghettos. In fact, the Guttmacher study showed that the birth rate among unmarried white teenagers rose 27 percent over the last decade, while it actually fell 7 percent among blacks.

"Teen pregnancy knows no color," says Joyce Ladner, a professor of sociology at Howard University and chairwoman of a mayoral panel on teenage pregnancy in Washington, D.C. "It is not a black problem or a white problem. It is an American problem."

And it is a costly one. Half the young mothers drop out of high school, and many go on welfare. The Center for Population Options, in Washington, D.C., estimates that teen pregnancy cost state and federal governments $16.7 billion last year in welfare outlays.

### The need to face reality

But why is the problem so acute in the United States? European teenagers are as sexually active as our own, the Guttmacher researchers found. The difference, they concluded, is that other countries take an aggressive approach to the problem. Rather than trying to dissuade teens from sex, they concentrate on preventing pregnancies. Birth control is taught early in the schools and is more accessible than it is in the United States.

"Other countries have a far more realistic approach," asserts Su Yates. "They say, 'Our kids are having sex. Let's make sure they don't get pregnant.' In our country, we're still trying to pretend our kids aren't having sex."

Meg Gerrard blames the problem, in part, on our puritanical heritage. In Western Europe, she says, parents are able to talk openly with their teenagers about sex and contraceptives. "In our country, many adults can't talk about sex with one another, let alone their children."

Even when parents do convey the dangers of early sexual activity, sociologists fault the media for giving a very different message. Television shows, music videos, and movies with names like *Losing It* and *The Last American Virgin* lead young audiences to believe that *everyone* fools around. In the course of a year, the average televisio

CREAMERY BUTTER
WHOLE GRAIN FLOUR
FARM FRESH EGGS
IMPORTED SPICES
WHIPPING CREAM.

WHY STOP NOW?




SUN-MAID® AMERICA'S FAVORITE RAISIN.

viewer sees more than nine thousand scenes of suggested sexual intercourse or innuendo during prime time alone.

"Just look at shows like *Dynasty*," says Marion Howard, clinical director of the teen services program at Grady Memorial Hospital, in Atlanta. "The characters meet, fall in love, and sleep with each other—within five minutes. It's no wonder kids think they're nobody if they don't have sex."

Torn by conflicting messages from their parents and from movies and TV, many adolescents drift into sex without planning or precautions.

"Society tells them that bad girls have sex," says Kristen Moore, Ph.D., social psychologist for the research group Child Trends, in Washington, D.C. "If a girl uses birth control, that means she was planning to have sex, and that makes her a bad girl. Instead, sex just happens, like it does in the movies. In their minds, if you're swept away in a moment of passion, everything's all right."

As a result, only one in three sexually active teenagers regularly uses birth control, and most have been having sex for an average of twelve months before they start using contraceptives at all. To compound the problem, errors are often passed around and accepted as fact. More than half of all sexually active teenagers don't use birth control the first time they have sex because they think they can't get pregnant the first time, one study showed. Others believe they are safe if they have sex standing up or douche afterward. "One girl said she wasn't using the Pill because it would make her hair fall out," says Princeton University research associate Ellen Eliason Kisker, who conducted a study on contraceptive use.

Overwhelmingly, the boys she spoke with believed they did not need to take responsibility for contraception, particularly if they did not plan on having a long-term relationship with the girl. "I don't care if she's using anything or not," said an eighteen-year-old from New York. "That's her problem."

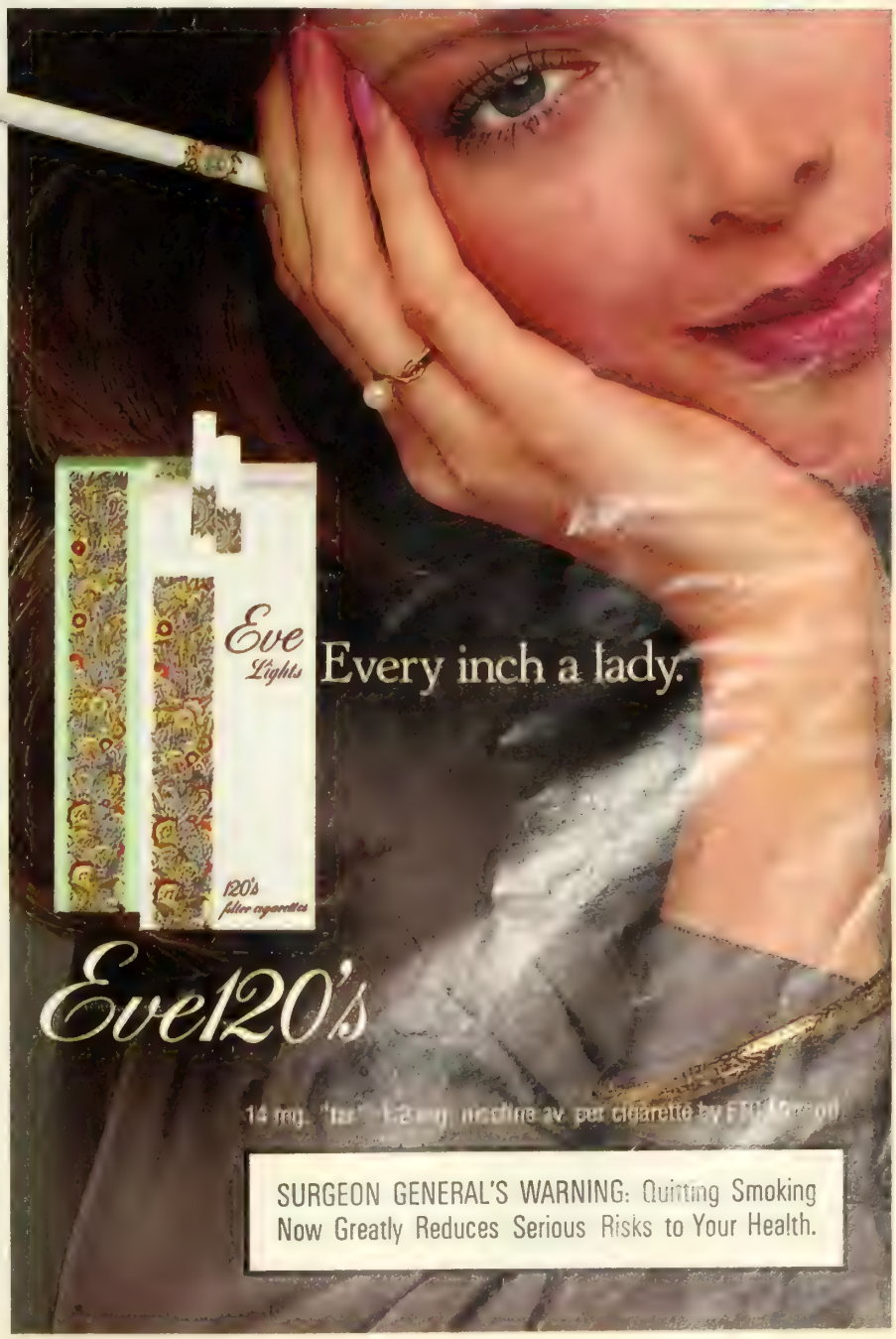
### Morality and sex

A number of experts think the way to deter teenage pregnancy is not through greater contraceptive information, but greater moral training. "Giving kids knowledge of birth control hasn't solved the problem," says Terrance Olson, Ph.D., a professor of family sciences at Brigham Young University, in Provo, Utah. "Maybe if we put morals and the family back into the picture, we've got a prayer." Olson has designed a curriculum, now taught in fifteen school districts in the Southwest, that promotes morality. "In most sex education classes, they don't give students the criteria to address the morals involved," he says. "But when you teach any other subject in school, you always address the ethical issues. If you're covering the Third Reich in history class, you teach that it was morally repugnant. That's what we should be doing in the area of teen sexuality."

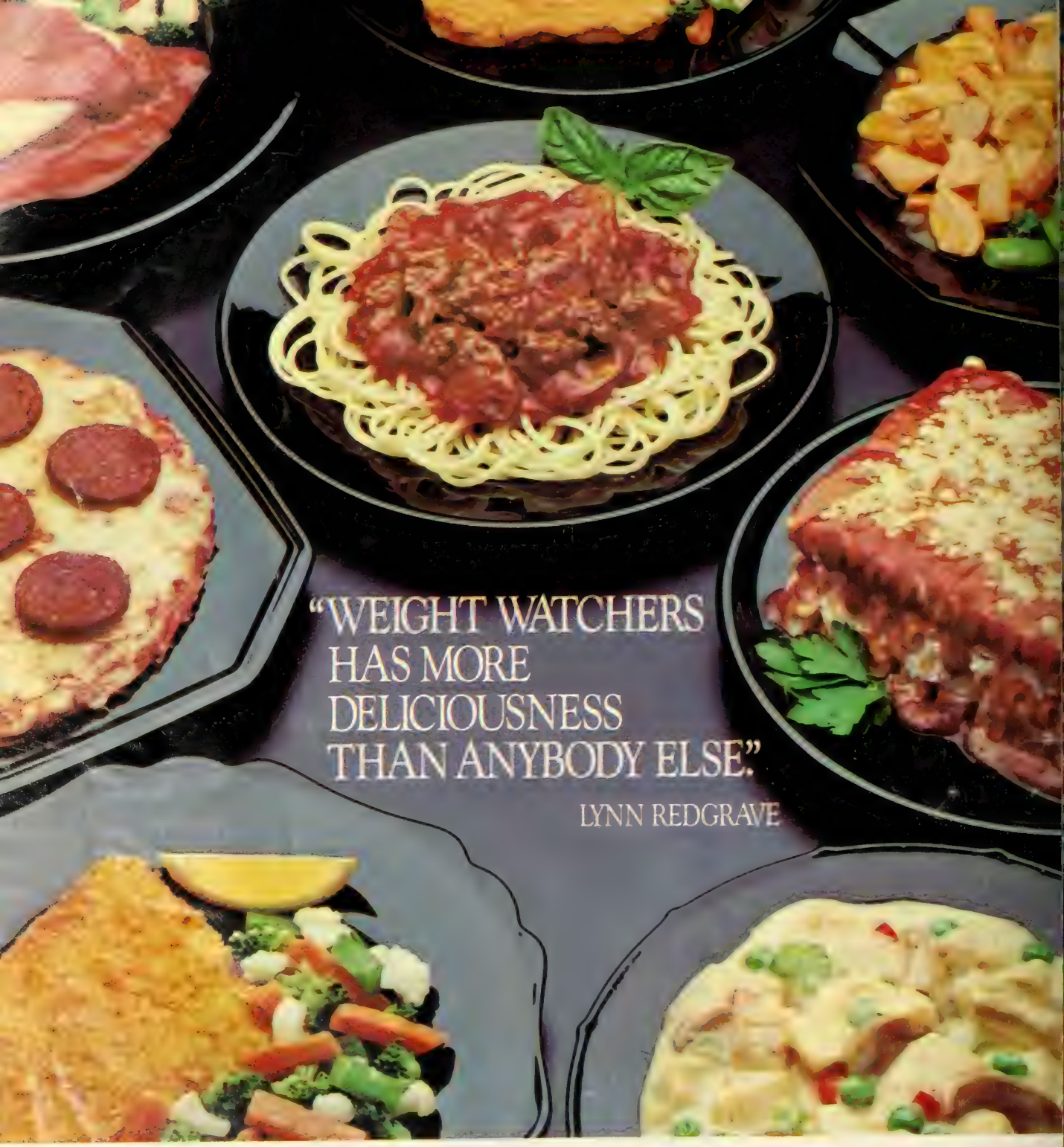
When Utah State University sociologist Brent Miller, Ph.D., surveyed more than fifteen hundred teenagers in junior and senior high schools, he found that the students who were least likely to have sex came from families where parents spoke openly with their teenagers about their values. "Just proposing rules arbitrarily is not healthy," Miller says. "Parents tend to see the best results when they discuss sex and dating with their kids."

While many experts agree that parents should take a larger part in their children's sex education, there is considerable debate about the role the schools should play. Two recent polls found that more than three quarters of the population supports sex education courses, but many religious leaders contend that these classes should emphasize traditional morality.

"We need to get back to helping our young people make decisions based on wholesome moral convictions," says Reverend David Markell, director of youth ministries for the Free Methodist Church of North America, headquartered in Winona Lake, Indiana. "The Bible reflects the best *(continued)*



©1985 Liggett Group Inc.







"Weight Watchers has 23 entrees. That's more than those others have. With Weight Watchers I can have pizza, divine Chicken Parmagiana or a pasta. Sweet and Sour Chicken. Creamy Chicken a la King. Or crispy Southern Fried Chicken. Or any one of 17 more. I don't repeat a dish in over 3 weeks of delicious dining—unless I get stuck on a favorite. Weight Watchers, this is living!"

WEIGHT WATCHERS® FROZEN FOODS

WEIGHT WATCHERS IS THE REGISTERED TRADEMARK OF WEIGHT WATCHERS INTERNATIONAL, INC. © WEIGHT WATCHERS INTERNATIONAL, INC. 1985.



ay man was created to live, and when an functions against it, that lifestyle nds to be destructive."

Opposition to sex education courses as been strongest when the classes in- ude discussions on how to obtain and e birth control. "Teaching teens out contraceptives is equivalent to ying it's okay to have sex as long as u're responsible," says Jo Ann Gas- r, U.S. Deputy Assistant Secretary r Population Affairs. "That's not the essage we should be giving our young ople. We should be teaching them to y no. The only sure method of not nceiving is abstinence."

President Reagan signed the Adoles- nt Family Life Act of 1981, designed fund new research projects that en- urage teenagers to abstain from sex. here are currently 113 such projects, cluding one in Chicago, Project Sex espect, with a text that tells teen- gers to "pet your dog, not your date."

"We teach young people that it's in eir best interest, and in the interest society, to postpone sex until its oper time—during marriage," says athleen Sullivan, of Project Sex Re- ect. "Sex draws teenagers into emo- onally charged relationships they're t ready for. They never learn to com- unicate—and no amount of contra- ptives is going to cure that."

However, other experts disagree, and lieve that birth control methods ust be taught. "I can understand the prehension," says Alice Radosh, co- dinator of adolescent pregnancy and renting services in the New York ty mayor's office. "But the fact is, the ds are already getting sex educa- n—only it's from friends in the hoolyard, and it's not what we want em to learn."

In reality, only 10 percent of all teen- gers receive a sex education course at includes information on birth con- ol, and fewer than half receive any nd of family-living education at all. A cent study of sixteen thousand alth-education programs throughout e country found that five other topics re stressed more often than family ring, with personal health and hy- ene receiving far more attention.

"I think that says a lot about our isplaced priorities," says Susan New- mer, director of education for the anned Parenthood Federation. "Our ds have clean fingernails but they en't learning something far more im- rtant—how not to get pregnant."

But even the most thorough family- ing courses have shown little success actually cutting down on teenage xual activity, according to Douglas Kirby, of the Center for Population Options, who has evaluated various sex education programs. The only school programs that have been effective, he found, are those that include on-site clinics that prescribe contraceptives and provide family-planning counseling. There are now 135 such school-based clinics either operating or planned throughout the country. Researchers at Johns Hopkins School of Medicine recently found that clinics in two Baltimore schools not only cut pregnancy rates dramatically, but also raised by seven months the average age when pupils first began sexual activity. Yet such clinics are the ones that are most strenuously objected to.

### Intelligent solutions

As the problem continues to worsen, however, many experts have recognized the need for compromise. "While we spend our time debating, the abortion and teen pregnancy rates are soaring," says Kristen Moore. "Why can't we stress morals *and* teach about contraceptives? Certainly we should be teaching kids to delay having sex until they are emotionally ready, but can't we get them the information they need?"

Several innovative *(continued)*

## What do you think?

Please answer the following questionnaire and return it to: Sex Education Survey, Ladies' Home Journal, 3 Park Avenue, New York, NY 10016.

**1** Are you in favor of sex education classes in public schools? ☐ **Yes** ☐ **No**

**2** Should sex education classes stress moral views about abstinence? ☐ **Yes** ☐ **No**

**3** Are you in favor of teaching teens about contraceptives in the schools? ☐ **Yes** ☐ **No**

**4** Do you support school clinics that dispense birth control prescriptions? ☐ **Yes** ☐ **No**

**5** What is your age? ____
Sex? ____
Marital status? ____

**6** If you have children, what are their ages and sexes? _____

LADIES' HOME Journal SHOPPING SERVICE

**SWEATER AND PANTS OFFER as seen on page 120**

**Ladies' Home Journal**
**Dept. J105, P.O. Box 506**
**Chappaqua, New York 10514**

**Fully refundable if not satisfied!**

Please send me _____ sweater and pants set(s) at $49.90 per set. I understand that you will pay postage and handling.

| | QUANTITY | | |
|---|---|---|---|
| Sweaters | S (6–8) | M (10–12) | L (14–16) |
| #(674) Blue with black | | | |
| #(675) Black and white with turquoise | | | |
| Pants | | | |
| #(676) Full-cut pants | | | |
| #(678) Jersey-cut pants | | | |

The price for each sweater ordered individually is $29.95; for each pair of pants, $22.95. Add $3.00 for each sweater or pair of pants for postage and handling.
Enclosed is my check or money order for _____ made payable to RMS Sales, Inc. Or charge my ☐ Mastercard or ☐ Visa.

**Signature**_____
**Card No.**_____ **Exp. Date**_____
**Print Name**_____
**Address**_____
**City**_____ **State**_____ **Zip**_____

For Canadian orders use U.S. funds. Add $3.00 to postage & handling charges. Please allow 4–6 weeks for delivery.
Vendor: RMS Sales, Inc., 107 Seven Bridges Rd., Chappaqua, NY 10514.

projects are trying to do just that. In Atlanta, Marion Howard has designed a program that supplements required health courses and gives students the skills to postpone sexual activity. High school students are trained to go into the junior highs to lead discussions and teach ways to combat peer pressure. "We tell kids that everybody's *not* doing it, that girls don't have to say yes, and that boys don't have to have sex to be macho," she explains.

Throughout the country, professionals are experimenting with other creative ideas to curb teenage pregnancy:

- In Clinton County, Missouri, parents attend family-living courses one evening a week with their children aged nine to twelve. The program is designed to encourage family communication and to teach parents to get across facts and ideals to their children.
- In Wisconsin, a new state law makes parents financially responsible for their teens' children. Failure to support these grandchildren could lead to prison terms of up to two years and a maximum fine of $10,000. Lawmakers hope to ensure better care for the infants and to encourage parents to prevent their children from becoming pregnant.
- In Milwaukee, Janice Anderson, a successful black businesswoman, recently began Reach for the Stars, a program that pairs inner-city adolescents with black role models,on the premise that teens will delay becoming parents if they have hope for the future.

Unfortunately for millions of teenagers, these efforts come too late. Many have already found just how difficult it is to bring up a child when you're not even an adult yourself. Nineteen-year-old Maria Roberts, of East Berkeley, California, the mother of a three-year-old daughter, is one of them. "I love my little girl, but if I had the chance to do it over, I wouldn't get pregnant," she says. "Some people treat me like an adult, but most people just treat me like a baby with a baby." **End**

*The names of all the teenagers in this article have been changed.*

*Additional reporting by Nora Zamichow, Beth Weinhouse, Diane Salvatore, Jeanne Curry and Diane DiPiero.*

## FURTHER READING

**BOOKS FOR TEENAGERS**

*Preparing for Adolescence*, by James Dobson (Vision House, 1978). Teaches teenagers how to postpone sexual involvement and resist peer pressure.

*Changing Bodies, Changing Lives*, by Ruth Bell (Random House, 1980). Treats various aspects of teen sexuality, including contraception and abortion.

**BOOKS FOR PARENTS**

*Reaching Your Teenager*, by Elizabeth C. Winship (Houghton Mifflin, 1983). Discusses concerns parents have about their teenager's emotional and social development.

*Raising a Child Conservatively in a Sexually Permissive World*, by Sol Gordon and Judith Gordon (Simon & Schuster, 1983). Stresses sexual responsibility for teenagers.

*Growing Up Free: Raising Your Child in the '80s*, by Letty Cottin Pogrebin (Bantam, 1981). Covers child rearing from conception to maturity. Emphasizes nonsexist sex education.

# HIGH SCHOOL CONFIDENTIAL

Students in the crowded halls of a large public high school near Philadelphia are hurrying to classes, enthusiastically discussing basketball practice or cheerleading squad—the same concerns that have occupied American teenagers for decades. But for all their seeming innocence, today's high school students differ from previous generations in one important aspect—many are already experienced in sex.

I recently spent two weeks at this middle-class school, pretending to be a seventeen-year-old junior. I quickly discovered that on the surface, today's teenagers don't resemble the rebel generation of the sixties, or even the eager-to-get-ahead generation of the seventies. Instead, they seem quite young and immature, conforming to peer pressure and following the latest fads.

More than anything, the girls were interested in boys, clothes and their appearance. During each break between classes, many of them headed straight for the bathroom, where they crowded in front of a long mirror, fixed their makeup and added spray to their already-stiff hair.

At lunch, the girls giggled uncontrollably about the boys they liked while the boys huddled together and snickered as they told smutty jokes.

Many girls spent their afternoons at the school gym watching the boys play basketball. They stood on the sidelines, commenting on how cute Tim was or how great John looked without a shirt on, until the boys walked over. Then everyone started talking about classes and tests.

After listening to all the innocent chatter about boys and watching those couples who were officially "going together" kiss and then tickle and chase each other like little kids, I began to think that my classmates were right out of *Happy Days*. But I was amazed to discover that when it came to sex, my classmates were not as naive as they appeared.

The clearest evidence of this came during my health class. We were talking about teenage sex when someone asked the teacher how many girls in the school got pregnant.

"About two hundred girls a year," she replied.

There were only about fifteen hundred girls in the school, which meant that one out of every seven girls got pregnant every year!

"Do any of you know someone in this school who was pregnant?" the teacher asked. Many of the girls nodded. "And can all of you think of friends who you know are having sex?" Most of the girls and the boys said they did. "How many of them use birth control?" the teacher asked. The students shrugged, but from their embarrassed looks it was clear that not many of them did.

The teacher told the class that if they did have sex, they should be sure to use contraceptives, and she suggested Planned Parenthood as a confidential place to get them.

"But dating isn't just for sex," she said, explaining that the couple should wait until they were emotionally ready to have sex.

"Remember," the teacher repeated, "it's okay to say no. But if you are going to have sex, use protection."

My classmates seemed to take the advice seriously, but I realized that the girls, who giggled when a boy smiled at them, and the boys, who smirked at jokes about sex, were unlikely to follow sensible advice about contraceptives. Although these kids are having sex, emotionally they are still children unable to handle—or even consider—the consequences of their sexual activity. They seemed a dangerous combination of innocence and experience—and of all the things I learned during my two weeks in high school, that was the most shocking. —PAMELA GUTHRIE


Looks like a Dinty Moore® day.
Dinty Moore® Beef Stew makes any day better. Serve your family America's favorite. Make It A Dinty Moore Day™ with A Real Meat And Potatoes Meal.™
MANUFACTURER'S COUPON | NO EXPIRATION DATE
Dinty Moore Beef Stew
FORESTLAND PALS™ STICKERS AND GAME. FREE WITH REQUIRED LABELS. LOOK FOR SPECIAL OFFER ON DINTY MOORE® BEEF STEW.
RETAILER: Hormel will redeem this coupon for 25¢ plus 8¢ handling provided you and your customer have complied with the terms of this offer. Any other application constitutes fraud. Invoices showing purchase of sufficient stock to cover coupons redeemed must be shown on request. Coupons void where prohibited, taxed or restricted. Customers must pay any sales tax. Offer good only in U.S.A. To redeem coupon, mail promptly to Geo. A. Hormel and Company, PO Box 730002, El Paso, TX 79973. © 1986 Geo. A. Hormel and Company
37600 350666
SAVE 25¢
ON 15 OZ. OR LARGER DINTY MOORE® BEEF STEW.
Hormel
5 37600 26125 3

# JOURNAL STORE

**By Sheryl Kraft**




**Stop here for convenient shopping with this wide selection of merchandise. Enclose your personal check or money order; allow 4 to 6 weeks for delivery!**

1. **Exclusive label selection** These self-adhesive labels come in seven colors: white, gold, silver, transparent, blue, pink, or yellow. Printed in black ink; up to 26 letters and spaces per line, 3 or 4 lines. Select your favorite type style: Block (#PR), or Calligraphy (#CPR). Select from two quantities: 450 or 1,000 labels. 450 white, gold or silver for $7.95; 1,000 white, gold or silver for $12.50. Transparent, blue, pink or yellow labels are $8.95 for 450, $13.50 for 1,000. Add 75¢ to each order for p&h. BRUCE BOLIND, Dept. LHJ10, BOLIND BUILDING, P.O. BOX 9751, BOULDER, CO 80301.

2. **Bosom Buddy Breast Form** Breast form for mastectomies fits inside your bra, matches former size and contour. Cool, comfortable, washable. No plastic, silicone or rubber used in construction. Fits your regular bra. Please specify bra and cup size. $49.95. Larger sizes. $55. Add $3 postage. Money back gaurantee. Free brochure. Visa/MC. B&B Company, Dept. LJ-116, Box 5731, Boise, Idaho 83705. PH: 208-343-9696.

3. **Heart of Wisconsin Championship Cheese Club** ships the world's finest natural cheeses at flavor peak direct to you or someone special. Mouthwatering monthly selections of premium Aged Cheddar, Baby Swiss, Brie and more . . . created by Wisconsin's U.S. and World Award Winning Cheesemakers . . . comes with newsletter, recipes, bonuses, personalized gift plan. For information, call or write: HEART OF WISCONSIN CHAMPION CHEESES, P.O. Box 1, Madison WI 53710.

4. **Natural-looking EVA GABOR wigs** See America's most beautiful fashion collection of famous EVA GABOR wigs in our FREE 32-page catalog. So natural-looking, feather-light, and easy to style! A real convenience for those surprise special occasions. Try our fast mail order service with No-Risk, Unlimited Guarantee! Send for your free catalog today! Write: WIGS BY PAULA, Dept. 6181, Southeastern, MA 02375.

5. **Brighten your kitchen** These decorative burner covers come in eighteen beautiful designs, and are affordably priced. Electric and gas range sizes available; constructed of strong steel and fine porcelain enamel. For free color brochure, write: MAX BURTON ENTERPRISES, Dept. 710, 502 Puyallup Ave., Tacoma, WA 98421.

6. **Roman Research - FREE FASHION EARRINGS -** At last, guaranteed relief from earring irritation. The Simply Whispers Catalog, features over 500 styles and colors of earrings priced from $4.98 to $14.98. For a color catalog and free trial earrings, send $1.00 for postage and handling to: Simply Whispers, Dept. 2234, 77 Accord Park Drive, Norwell, MA 02061.

7. **Two Famous Farmers!** Thousands of the large (14" x 18"), full-color posters have been ordered across the U.S. Just $3 plus $1.25 shpg. Also available 14" x 18" Wall Plaque of our full-color poster, mounted on a wood base, then sealed with acrylic for a quality finish that'll last a lifetime. $12.95 plus $2 shpg. Holst, Inc. Dept LHP-1086, 1118 W. Lake, Box 370, Tawas City MI 48764.

## 32 COLOR PHOTO SPECIALS $2.45



Full color quality copies of your favorite photo—at low, low prices! Send any color slide or photo (up to 8"x10")—no negatives, please! Your original returned unharmed.

Your choice only $2.45!

P6359 **32 Wallet Photos**
P6360 **16 Wallets, Two 5"x7"**
P4082 **Two 5"x7", One 8"x10"**
P6406 **Two 8"x10"**

Order by item number. Add 55¢ per set for shipping & handling. Satisfaction guaranteed or your money back.

**Walter Drake Photo Labs**
2030 Drake Building, Colorado Springs, CO 80940

## U.S. SAVINGS BONDS

*Paying Better Than Ever*



ADDRESS LABELS WITH NICE DESIGNS

Any initial in Old English or Script, most dogs, palm, gui saguaro, U.S. flag, pines, horse, treble clef, rose, happy face. . also any zodiac sign, roadrunner, palette. Printed in blac ink on 500 white or 250 gold gummed labels. To 20 lette per line, 4 lines. Order by initials shown. . . .

| | | |
|---|---|---|
| #DD | 500 white 1¾"x⅔" | $3.9 |
| #GDD | 250 gold 1¾"x⅔" | $3.9 |
| #DR | 500 white 1½"x½" | $3.5 |
| #GDR | 250 gold 1½"x½" | $3.5 |

Please add 75¢ postage and handling. Useful 80-P. Gi Catalog, $1.00. Bruce Bolind, 310-L Bolind Bldg., Boulde CO 80302. (Since 1956, thanks to you!)

## Two Famous Farmers!




These little farmers are warming hearts in rural homes across the country! Thousands of large (14" x 18"), full-color posters of this picture have been ordered across the U.S. Now you, too, can order one of the posters for just $3.00 plus $1.25 shpg. WALL PLAQUE gives our full-color poster picture a gleaming, quality finish that'll last a lifetime. Full-color picture of our "Two Famous Farmers" is mounted on 14" x 18" wood base, then sealed with acrylic for lacquered effect. Only $12.95 plus $2.85 shpg.

Send Check or M.O. 20 day money back guarantee.

**HOLST, INC.** Dept. LHP-1086, 1118 W. Lake Box 370, Tawas City, MI 48764

## High School at Home
DIPLOMA AWARDED

thout obligation, get free info on low cost
me study method, accreditation, Diploma.
salesman will call on you.
CALL FREE ANYTIME

American School, Dept 204
850 E. 58th St.
Chicago, IL 60637
1-800-228-5600

---

## COLOR PHOTOS $1.75



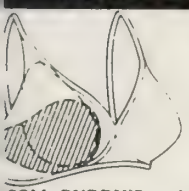
YOUR CHOICE
- 24 Wallet Photos 2⅛x3⅛"
- Three 5x7" Enlargements
- One 8x10" Enlargement

Send any photo. 8x10 or smaller (returned). Add 65¢ per selection for post./handl. and an add'l. 50¢ ea. for 1st class mail. Money back guarantee

**COLOR LAB**
P.O. Box 230A, Irvington, NJ 07111

---

## MASTECTOMY?



BREAST FORM only 49.95 each
size DD & DDD - $55
plus $3 p/h
SEND FOR FREE BROCHURE

'SOM BUDDY'S weighted fabric breast form. :SIGNED by a MASTECTOMEE as an alternative silicone . . . Never hot or sticky. Cool & comfort- e soon after surgery. Weight is adjustable. Excellent ice for long-term wear or before reconstructive gery. Looks and feels NATURAL. Fits regular bra. Specify cup & bra size Money-back guarantee

VISA (208) 343-9696 MasterCard
B & B COMPANY
ot. LJ-106 Box 5731 Boise, ID 83705

---

REAT COLOR WALLETS and ENLARGEMENTS

## EXPRESS PHOTO SERVICE℠ ONLY $2.50



FULL COLOR • BORDERLESS
Five choices only $2.50 each
- ★ 40 Wallets
- ★ 32 Wallets & One 5"x 7"
- ★ 8 Wallets & Four 5"x 7"s
- ★ 2 Custom 8" x 10"s
- ★ 20 Jumbo Wallets

Vibrant Permaprint™ copies on KODAK paper. Send any instant print or photo up to 8x10 (returned). Add 75¢ each set for handling and postage. For Rush Express Photo Service add $2.00 per order. Enclose check or M.O. with return address, send to:
RELIANCE COLOR LABS, INC.
JDIO E-852-10 BOX 159 STAMFORD, CT 06904

---

## Personalized Quality LABELS
Printed in Black with Red Border on White Cotton.
TO SEW INTO THE LOVELY THINGS YOU MAKE

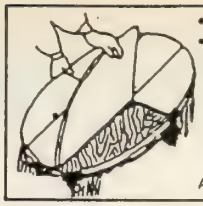



Actual Size 2 1/2" x 1 1/16"
**Prices 40/$5.75 · 70/$7.75 · 100/$9.75**
(prices are for one name and one style only)

**NAME TAPES** for Schools, Camps or Homes
BOBBY SMITH
style 1 sew only
100 Name Tapes $4.00
200 Name Tapes $6.00

Please enclose self-addressed stamped envelope
(2 postage stamps for 70 or more labels)
Approximately 10 day delivery
Enclose check or M.O.
Canadian residents, enclose M.O. in U.S. funds.
**IDENT-IFY LABEL CORP. Dept. 21**
P.O. Box 204, BROOKLYN, N.Y. 11214

---



• CUSTOM MADE • HEAT RESISTANT
## TABLE PADS 50% off
$44.95 Reg $89.95
American Table Pad Co
Toll Free 1 (800) 828-8263
Arizona Collect (602) 345-7474

---

## PERSONALIZED GOLF TEES
2 1/8" Tees, asst'd. colors. 17 letters & spaces. Same name on each set. Allow 4 weeks for delivery. Check with order. **100 Tees - $5.00.**
Send Cheek To:
**ATLAS PEN & PENCIL CORP.**
P.O. Box 600, Dept. L106 , Hollywood, FL 33022

---

## IT'S UNHEARD OF!

*See for yourself, on page 187*

---

## Ladies' Home Journal SUBSCRIBER SERVICES

**Change of Address:** Please attach mailing label from this magazine and write in your new address below. 6-8 weeks advance notice is needed.

**Mailing List Name Removal:** We occasionally make our mailing list available to organizations whose offer we believe might be of interest. If you do not wish to receive any mailings from companies not affiliated with Meredith Publications, Inc., please check the box below and attach your mailing label.

**Complaints:** For duplicate issues, late delivery or any problems, attach mailing label and send details to the address below.

☐ Change of Address
☐ Please remove my name from your rental list

NAME _____
ADDRESS _____
CITY _____ STATE _____ ZIP _____
Mail to: LHJ P.O. Box 10895 Des Moines, IA 50336-0895

**ATTACH MAILING LABEL HERE**

---

## The Best Kept Secrets of Sex Appeal



fredericks OF HOLLYWOOD

Enjoy the excitement of indulging yourself in a new world of **fashion, fantasies, romance** and... **fun!** Come alive wearing **fredericks**, exclusive designs in glamorous dresses and alluring sportswear, sensuous lingerie, bras and foundations, swimwear, shoes, accessories and much more. Plus an exciting collection of men's wear. Send $3.00 for a **one year catalog subscription** — with our **guarantee** that if you're not satisfied with your first catalog, just cancel your subscription and we'll refund your $3.00—

*Plus Receive...*

**$10.00**
WORTH OF DISCOUNT GIFT CERTIFICATES INCLUDED WITH YOUR FIRST CATALOG.

**FREDERICK'S OF HOLLYWOOD**
6610 HOLLYWOOD BLVD., DEPT. 2346
HOLLYWOOD, CA 90028

☑ ENCLOSED IS $3.00 FOR A ONE YEAR CATALOG SUBSCRIPTION. PLEASE SEND ME MY $10 WORTH OF DISCOUNT GIFT CERTIFICATES.

NAME _____
ADDRESS _____
CITY _____
STATE _____ ZIP _____

©1986

---



## Decorator Brass Sleigh

Add the charm of an old-fashioned sleigh to your home decor. Ideal for Holiday greenery, fresh fruit, dried arrangements. It's perfect for any room in your home.

Gleaming, tarnish-resistant brass plating. 17¾" L × [illegible] H × 5[illegible]"

ONLY $21.95

**ORDER NOW FOR CHRISTMAS!**
**1-800-423-8769**
Call 8:00 AM–8:00 PM (Central)

Send check or money order for $21.95 (Texas residents add 5% sales tax, plus $3.75 for postage/handling to:
JRD Brass Co. [illegible] Regal Row, Dallas, TX 75247

Your Name _____
Address _____
City _____ State _____ Zip _____
Please allow 3 to 4 weeks for delivery.

# LAST LAUGHS

## OUT OF THE MOUTHS OF BABES

While walking past the city park, my six-year-old noticed that the American flag was at half-mast. She asked me why, and I absentmindedly said, "I guess someone must have died." She looked up with amazement and asked, "You mean before he got the flag all the way up?"
*—Jill Breach, Sharpsburg, IA*

I asked a new student in my kindergarten class what kind of work her father did. "Well," the five-year-old replied, "I'm not sure, but I think he has his secretary do most of it!"
*—Sister Laura Carollo, St. Leo, FL*

During a recent family reunion dinner, Gregory, my cousin's three-year-old, burped very loudly. His embarrassed mother quickly asked him the usual "What do you say?" to which he in all seriousness replied, "Gross!"*—Lydia Garino, Folsom, CA*

When my mother smiled at two nuns who were sitting near us in a restaurant, my five-year-old son asked her whom she was looking at. "The Sisters," my mother replied. He looked at them and said, "Oh, yes, the twins."
*—Sharon Ragsdale, Bridgeton, NJ*

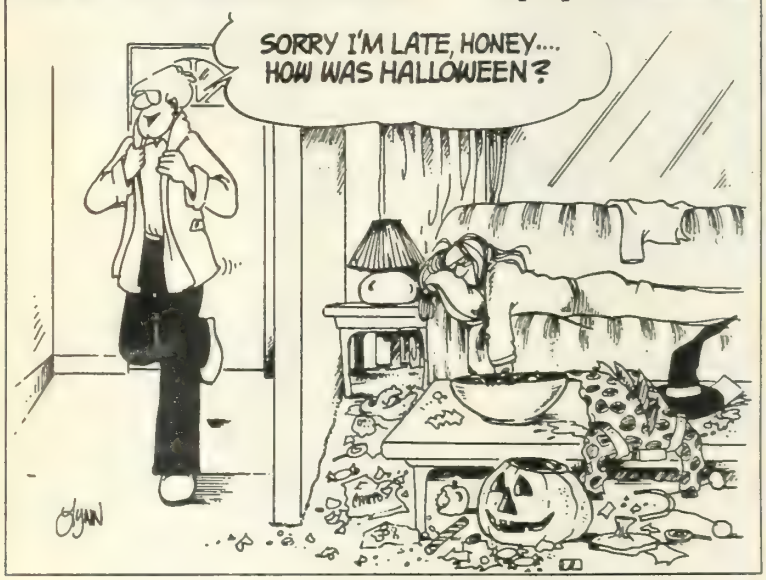
## CHOCOLATE BLUES

**My husband limits salt and fat,**
**My daughter eats no sweets.**
**My son thinks protein's where it's at,**
**And I've cut high-cal treats.**

**We're thriving on lean stews and soups,**
**But habits slowly budge,**
**So when our mouths begin to droop,**
**It's tofu—with hot fudge!**

***—Dion Frischer***

**FOR BETTER OR FOR WORSE** **By Lynn Johnston**




From the 1987 FOR BETTER OR FOR WORSE CALENDAR, by Lynn Johnston. Copyright © 1986 Universal Press Syndicate, published by Andrews, McMeel & Parker. Reprinted by permission.

## It happens every Halloween

■ An hour before trick-or-treat is to begin, you'll realize you forgot to go out and buy the candy. If you did get the candy, you'll find you didn't get enough. If you got enough, the kids will tell you that you got the wrong kind. And besides, it's exactly the same kind they'll come home with their bags full of.

■ A group of older "kids" will come to your door dressed as Rambo. Without protest, you'll empty your candy tray into their bags and offer to go back in the house for more.

■ Your kids will make their own ghost costumes—all by themselves. Of course, they will cut up your best sheets.

■ In an effort to keep your kids from eating too much, you'll hide some of their trick-or-treat candy, forget where you put it and probably not find it again until next Halloween.

*—Jessica Summers*

# COMING ATTRACTIONS

**November**



Tohru Nakamura

***ANTI-AGING BEAUTY AND FASHION GUIDE***
Look younger, feel great with this special eight-page section that is packed with everything from the latest styles to hair-care tips and makeup tricks

***THANKSGIVING MADE SIMPLE***
Make it a feast they'll never forget with our low-calorie, less-work holiday menu. You'll get raves with our do-ahead dishes such as the easiest-ever cranberry relish, perfect whole wheat popovers and an elegant pumpkin charlotte

***WHAT'S YOUR SEX IQ?***
Find out with a surprising quiz that just might help improve your lovelife. Definitely not to be missed!

***THE YO-YO DIET SYNDROME***
Have you ever fought to lose weight only to gain it back—with a few extra pounds? We give you the latest research on why this happens plus diet tips that really work

***MUST-KNOW MEDICAL TESTS***
Help your family and yourself with our up-to-the-minute report on new diagnostic tests that even your doctor may not know about

***WHY KIDS ACT THE WAY THEY DO***
What makes one child easy to handle and another more difficult? At last, leading psychologists reveal what really influences your youngster's behavior. You'll be amazed!

**Plus interviews with super celebrities, desserts from around the world, and more! On sale October 14**

LADIES' HOME JOURNAL
November 1986

3 9042 01506963 3



$1.50
ember
1986
dies'
lome

SPECIAL SURVEY: AMERICA'S FAVORITE MEN

# Journal

reast cancer:
hat doctors
e doing wrong

NDA EVANS



"My toughest experience ever"

ne world's
est desserts

ROL BURNETT



"What I've learned about myself"

nti-aging beauty
fashion guide

fficult kids:
ow

ian
ss work, less calories



TOM SELLECK

HE'S NUMBER ONE IN SEX APPEAL

Find out who is:
Most admired

Most interesting

Most inspiring

How to stop gaining it back
THE YO-YO SYNDROME DIET

BURLINGAME CA 94010
480 PRIMROSE RD
BURLINGAME PUB LIB
JUN87 ED 02521 02
91-BRLPRM-480995 2 07ANL
**********CAR-RT-SORT**CR46

BURLINGAME
OCT 17 1986
LIBRARY



© 1986 CLAIROL, INC.

# "EVEN EUROPE NEVER MADE SHADES MORE BEAUTIFUL THAN LUSTROUS, LUMINOUS... ULTRESS."

Linda Evans



Ultress is Clairol's newest. Delicate blondes...rich auburns...browns, black.

The unique Ultress gel formula gives real control. And extra conditioner keeps hair feeling wonderful.

Try Ultress...your hair's greatest chance to look really fabulous!

BE THE BEST YOU'VE EVER BEEN!

ULTRESS®

GEL COLOURANT

By CLAIROL®



LADIES' HOME Journal®

**MYRNA BLYTH**
EDITOR-IN-CHIEF

**Tamara Schneider**
ART DIRECTOR

**Jan Goodwin**
EXECUTIVE EDITOR

**Mary Mohler**
MANAGING EDITOR

ARTICLES
**Margery D. Rosen, Beth Weinhouse, Roberta Anne Grant,** senior editors
PAMELA S. GUTHRIE, DIANE SALVATORE, ERIC SHERMAN, associate editors
PATRICIA FEATHER JEANNE CURRY

BOOKS AND FICTION
**Mary Lou Mullen,** editor
SOFIA MARCHANT

BEAUTY AND FASHION
**Lois Joy Johnson,** editor
MARGARET L. O'HANA

FOOD AND EQUIPMENT
**Jan Turner Hazard,** editor
SUSAN J. SARAO
DIANE DILALO HOLTAWAY
ELIZABETH A. MARKS BEVERLY STEPHENS
MARGOT ABEL BERNICE MITTMAN

DECORATING AND DESIGN
**Marilyn Diane Glass,** editor
ROBYN GLASER
SALLY J. JONES

COPYWRITER
**Linda Glassberg**

EDITORIAL PRODUCTION
**Nina Keilin,** editor
JANE FARRELL, CAROLYN B. NOYES, copy editors
CARALEE JOHNSON

EDITOR-AT-LARGE
**Sondra Forsyth Enos**

PUBLIC AFFAIRS
**Margaret Hickey**

READER SERVICE
**Lietta Dwork**

ART DEPARTMENT
**Jane Wilson,** design director
**Stephanie K. Birdsong,** associate art director
**Jeffrey Saks,** associate art director
KAREN E. WARD, photo researcher

**Paul Sawyer,** graphic system manager

EDITORIAL BUSINESS MANAGER
**Marion Davies**

ASSISTANT TO THE EDITOR-IN-CHIEF
**Alberta Harbutt**

**Contributing Editors**
LAWRENCE BALTER, Ph.D.
KATHERINE BARRETT MARGARET DANBROT
DOROTHY CAMERON DISNEY
SONYA FRIEDMAN, Ph.D. CLIFF JAHR
CONSTANCE LEISURE ARNOLD PALMER
RITA ROONEY JEFF ROVIN
MICHAEL J. WEISS (WASHINGTON, D.C.)
NANCY J. WHITE

**ROBERT D. THOMAS**
PUBLISHER

A Meredith Publication
**Robert A. Burnett**
President & CEO
**Jack D. Rehm**
Executive Vice-President

# EDITOR'S JOURNAL



**One of six panels of leaded stained glass by John La Farge to appear in the Metropolitan Museum exhibit**

# WORKS OF ART

## By Myrna Blyth

If you are in New York this November—and yo just might be—I'd like to invite you to a ver special exhibition at the Metropolitan Museu of Art. The exhibit, "In Pursuit of Beauty," wi be open from October 23, 1986, to January 1 1987, and was made possible by Meredith Corpora tion, the owner of *Ladies' Home Journal*. The exhib focuses on the Aesthetic movement, which arose i the late 1870s and 1880s, just around the time *Ladie Home Journal* began publishing. (The *Journal*, by th way, is 103 years old this December, and friskier tha ever!) The Aesthetic movement introduced principle of art into furniture, metalworks, ceramics and wal paper. For the first time, people decorating their home could buy well-designed, mass-produced objects. Als it was the first time that the talents of women a tisans and women decorators were acknowledged.

In a way, the *Journal*'s decorating story this month (page 140) is our pe sonal salute to the exhibition. It is by a woman decorator, Katherin Stephens, who let us share a very private experience with her, redecora ing her own home. We think you'll agree her home is now both beautifu *and* comfortable-looking, something the artists and artisans of the Ae thetic movement would have understood and applauded.

Another private experience the *Journal* shared this month was th fortieth birthday reunion of six friends who went to high school togethe (page 123). Susan Cosmai, the reunion's leader, wrote to ask if we wanted to cover this event. Since *LHJ* is practically the official record of how women live today, we sent Mary Kay Blakely, who writes frequently about women, to share this unique baby-boomer celebration. She came back with a very special story.

There's lots more in this bountiful issue. Enjoy it—and have a wonderful Thanksgiving.





Ted Hardin

**Decorator Stephens (left) redoes her own house. Writer Blakely joins a baby boomers' 40th party**

© 1986 Meredith Corporation. All rights reserved. "Never Underestimate the Power of a Woman" is a trademark of Meredith Corporatio registered at U.S. Patent Office. Title "Ladies' Home Journal" registered at U.S. Patent Office and foreign countries.

Ladies' Home Journal® (ISSN 0023 7124) November 1986, Vol. CIII, No. 11. Published monthly by Meredith Corporation, 3 Park Avenue, Ne York, NY 10016. Back-issue copies available. Subscription prices U.S. and Possessions, 1 yr. $19.95; Canada, 1 yr. $27.95; all other countri $27.95. Second Class postage paid at New York, NY, and at additional mailing offices. Authorized as second-class matter at Post Offi Department, Ottawa, Canada, and for payment of postage in cash. **POSTMASTERS: Send address changes to Ladies' Home Journal, P Box 10895, Des Moines, IA 50336-0895.**

**Send all subscription correspondence and change of address (include latest mailing label and allow 8 weeks for chang to P.O. Box 10895, Des Moines, IA 50336-0895.**

Robert D. Thomas, SVP/Publisher
Robert Kelly, Advertising Director
James C. Whitelaw, New York Manager
Frederick W. Becker III, Eastern Manager
Mary Morgan, Prime Showcase
Jack Sackley, Midwestern Manager
Paul Bade, West Coast Manager
Sharon Rogers, San Francisco Manager
Terry Giella, Sales Administration Manager

Myrna Blyth, SVP/Editor
Jeremy Grayzel, SVP/Operations
Dean Pieters, VP/Development
Carole Mandel, SVP/Circulation Director
Mitch Lurin, VP/Marketing Services
Esther Laufer, VP/Promotion Director
John W. Condit, VP/Manufacturing
Michael C. Senior, Newsstand Sales Director
Michael I. Cook, Business Manager

The Journal cann process unsolicite manuscripts or o material, and th Publisher assum no responsibili whatsoever for the return.




NEW REFORMULATED PUPPY CHOW.

# Does your puppy's food measure up?

Look closely enough and you can practically see your puppy grow. And at this crucial stage in his life, he depends on you for new reformulated Puppy Chow® brand puppy food.

Improved Puppy Chow means your growing pup will digest more nutrition from every bite—extra nutrition his developing bones and muscles need. And it means he's getting higher quality ingredients for improved feeding efficiency.

Of course, none of this will excite your puppy nearly as much as the great new taste of Puppy Chow.

But you'll both agree, anything less than new Puppy Chow misses the mark.

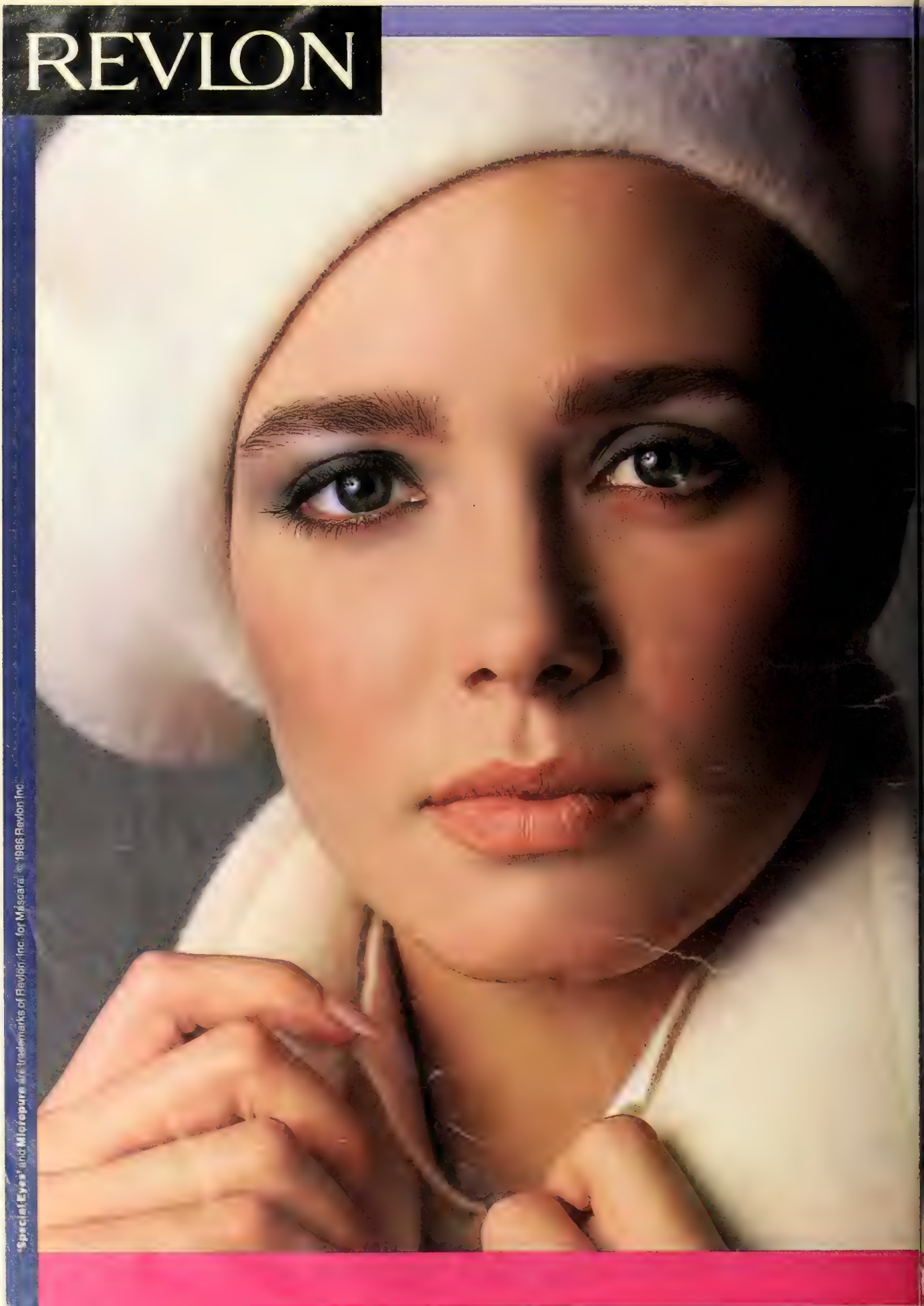



Purina

Helping pets live longer, healthier lives™

® ©Ralston Purina Company, 1986

REVLON



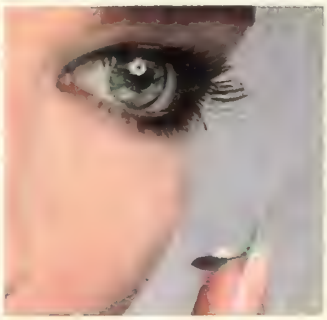
'SpecialEyes' and Microspun are trademarks of Revlon, Inc. for Mascara. © 1986 Revlon Inc.



# Revlon invents 'Special Eyes' Micropure* Mascara.



## Non-irritating even to contact lens wearers.

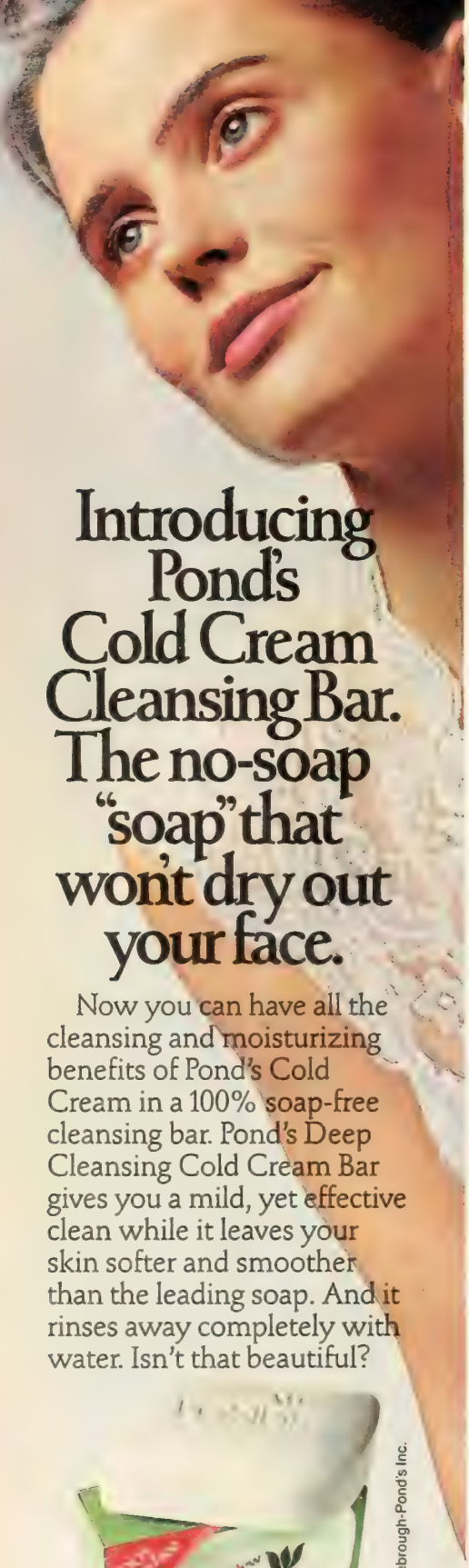


Mascara can be a real pain. Especially if your eyes are sensitive.† That's why the Revlon laboratories created new 'Special Eyes' mascara. The ophthalmologist-tested Micropure™ mascara. It lengthens without fibers. It's tear-resistant, won't flake, smear or run. And feels beautiful.

New 'Special Eyes.' Even the contact lens wearers who tried it, loved it. And if it's good enough for them...it's good enough for anybody. Three custom brushes give you lashes just the way you like them.

*Uniquely processed and purified to the highest cosmetic standards
†Eyes that irritate easily

**Revlon. The difference between looking good and looking great.**



Introducing Pond's Cold Cream Cleansing Bar. The no-soap "soap" that won't dry out your face.

Now you can have all the cleansing and moisturizing benefits of Pond's Cold Cream in a 100% soap-free cleansing bar. Pond's Deep Cleansing Cold Cream Bar gives you a mild, yet effective clean while it leaves your skin softer and smoother than the leading soap. And it rinses away completely with water. Isn't that beautiful?




© 1986 Chesebrough-Pond's Inc.

No soap can do what Pond's does beautifully.



LADIES' HOME

# Journal

VOL. CIII NO. 11 NOVEMBER 198


## ARTICLES


2 • **EDITOR'S JOURNAL**

14 • **CAN THIS MARRIAGE BE SAVED?**
"My husband hit me" *By Laurie Werner*

22 • **A WOMAN TODAY**
"I'm fighting for my life" *By Amy Sloan*

32 • **THE SPECIAL STRENGTH OF SARAH BRADY**
Nearly six years ago, her husband was shot by John Hinckley, Jr. Today, as Jim continues to recover, Sarah is waging her own battle—as a crusader for handgun control. *By Phyllis Battelle*

38 • **PSYCHOLOGIST'S JOURNAL**
*By Sonya Friedman, Ph.D.*

40 • **CAROL BURNETT: WHAT I'VE LEARNED ABOUT MYSELF**
An honest talk with Carol about what she's like today. *By Phyllis Battelle*

44 • **NEW MEDICAL TESTS YOU MUST KNOW ABOUT**
The latest tools and procedures doctors use to keep you healthy. *By Gloria Hochman*

46 • **MAMMOGRAPHY: WHAT DOCTORS ARE DOING WRONG**
What you need to know about the most important examination a woman can have. *By Penny Wise Budoff, M.D., and Nancy J. Dintenfass, D.O.*

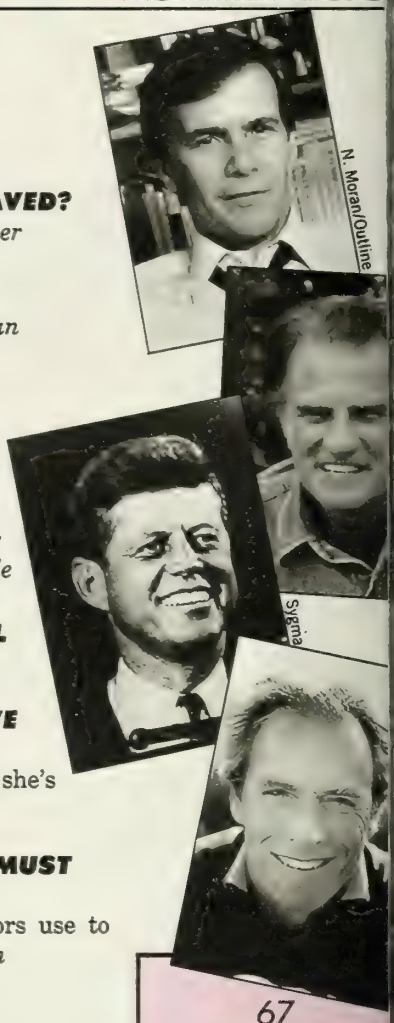
58 • **MONEY NEWS**
*By Katherine Barrett and Richard Greene*

60 • **TRUE ROMANCES**
Our readers sent us their real-life love stories—guaranteed to warm your heart!

80 • **ROUGHING IT WITH LINDA EVANS**
On location in Australia with Linda in her most challenging role. *By Alan Markfield*

82 • **PLANT MAKEOVERS**
Give your houseplants a great new look.
*By Wendy Korn*

88 • **PET NEWS**
*By Nina Keilin*


67
**AMERICA'S FAVORITE MEN**
Who are our most admired, most interesting, sexiest men? The Roper Organization found out your number-one picks! *By Katherine Barrett and Richard Greene*

Cover photo of Tom Selleck, CBS. Insets: Paul Newman, A. DeJean/Sygma; Don Johnson, N. Ellison/Sygma; Ronald Reagan, D. Halstead/Gamma Liaison; Phil Donahue, A. Levine/NBC; Bill Cosby, NBC; Linda Evans, D. Kirkland/Sygma; Carol Burnett, G. Gorman/Gamma Liaison.

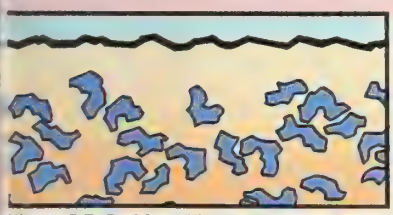
# How To Stop A Wrinkle From Happening:

## NEW ANTI-AGING DAILY MOISTURIZER.

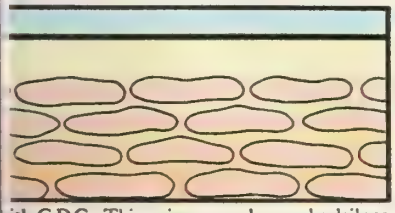
**Wrinkles. They don't start where you think they do.**
They start underneath your skin. That's why New Anti-Aging Daily Moisturizer goes beyond mere surface treatment. This formula protects the vulnerable skin underneath your face, where wrinkles start. And it does it with C DC.*

**Beyond protection: the breakthrough complex C DC.**
Cellular Defense Complex helps stop wrinkles before they start. It even helps put a halt to skin damage and reverse the visible signs of aging. Intensive moisturizing gives immediate help, and essential emollients work over time to keep skin smooth, strong and resilient.





Without C DC: New skin cells are damaged by age and environment, causing them to break down. And that's how wrinkles are formed.



With C DC: This unique complex works daily to keep young skin cells healthy and strong, preventing damage and stopping wrinkles before they start.

C DC can actually prevent damage from the two most common wrinkle-makers, sun and fluorescent lighting.

**A difference you can see. And feel.**
You'll watch dry lines become visibly reduced, see your skin start to look younger, feel softer. And it's the first anti-aging formula made to suit your skin type. It has a protective sunscreen, no fragrance, no colorants. And it will never clog your pores. New Anti-Aging Daily Moisturizer from Moon Drops. Now you can stop a wrinkle from ever becoming one.




© 1986 Revlon, Inc.

MOON DROPS
REVLON

*CDC, Cellular Defense Complex, Moon Drops and Revlon are trademarks of Revlon, Inc.


Introducing Luvs Extra
The diaper that fits when

# arge Baby Pants.
# arge gets too small.

Luvs just came up with the biggest idea in diapers yet. Bigger Diapers.

New extra large size is not only cut wider at the leg, it leaves more room at the waist to fit bigger babies better. And like all "Super Baby Pants," Luvs Extra Large is extra thin with padding that's just about leak-proof...once wetness gets in, it's sealed in so it can't squeeze back out.

So if you need a bigger diaper, try Luvs new extra large size with new thin padding. It's not only bigger, it's better.

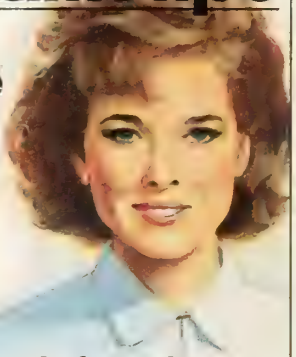
Watch for "What Every Baby Knows" hosted by Dr. T. Berry Brazleton on the Lifetime cable network.

© 1986 Procter & Gamble.



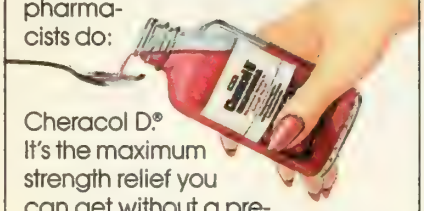
# Health tips

## From Nurse Joan Kane



### What to do for a dry, hacking cough.

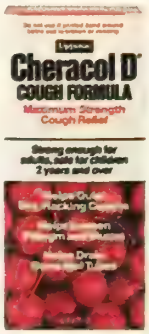
Coughs due to the common cold can be so irritating – to you and to those around you. For relief, I recommend the same thing so many doctors and pharmacists do:



Cheracol D.® It's the maximum strength relief you can get without a prescription. This good-tasting cough formula helps quiet the reflex that causes coughing, and helps you cough less. Cheracol D® contains no narcotics. Everyone in your family two years and over can use it.

### What to do for bronchial congestion.

The answer again is Cheracol D.® It has an expectorant action that helps provide drainage of the bronchial tubes at the same time it's helping to control your cough.




### What to do for a cough plus a head cold.




When your cough is accompanied by a stuffy head cold, I recommend Cheracol PLUS.® It not only helps control your cough, it also clears your nasal passages and dries a runny nose.

Use Cheracol D® and Cheracol PLUS® only as directed.

Upjohn

© 1985 The Upjohn Company



92 • **THE YO-YO SYNDROME DIET**
If your weight tends to go up and down, we've got the perfect diet for you. *By Maxine Abrams*

96 • **WHY KIDS ACT THE WAY THEY DO**
Some children are impossible to handle, and others are a joy. Find out what causes the difference. *By Olie Westheimer*

100 • **MEDINEWS**
*By Beth Weinhouse*

102 • **I GO TO A PARTY WITH LIZ TAYLOR**
A Hollywood gala where you mingle with stars. *By Sherry Suib Cohen*

110 • **NEWS FOR PARENTS**
*By Mary Mohler*

123 • **HAPPY BIRTHDAY TO A GENERATION**
Meet six baby boomers celebrating their fortieth birthdays and find out how their lives reflect a generation of women. *By Mary Kay Blakely*

212 • **LAST LAUGHS**

## FICTION

114 • **SNAPSHOTS**
A flood had destroyed everything—how could they start all over? *By Adele Aron Schwarz*


Tohru Nakamura

130
**ANTI-AGING BEAUTY AND FASHION GUIDE**
Eight pages of terrific tips to help you look and feel younger—plus two *inspiring* makeovers.
*By Lois Joy Johnson*

## GOOD LOOKS

26 • **BEAUTY JOURNAL**
How to add holiday sparkle to your eyes; the latest technique in cosmetic surgery; the new artificial nails; and more.


Thom DeSanto

138
**THANKSGIVING: LESS WORK, FEWER CALORIES**
The classic holiday fare your family loves—including simple instructions for the big bird—made quicker, easier, lighter than ever!
*By Jan Turner Hazard*

## AT HOME

140 • **TIME FOR A NEW LOOK**
A stunning makeover! Here's what happ when a decorator redoes her own home.
*By Katherine Stephens and Marilyn Glass*

## FOOD

78 • **EASY AS 1-2-3**
A beef and broccoli stir-fry, sesame-cucum salad and an almond dessert. *By Lisa Brai*

126 • **THE WORLD'S GREAT DESSERT**
From an Austrian torte to American pe pie, here are the best from eight countries.

146 • **COOKING WITH SPICE**
Zesty international dishes from Cajun to nese, plus a handy clip-and-save spice cha

162 • **RECIPE INDEX**

# "When practice kicks off his appetite, SNICKERS® satisfies him. And me."

I want to give my uarterback a good snack. nd when he comes home om practice, he has one al. Filling up. So he grabs SNICKERS® Bar.

The peanuts and peanut utter nougat make it a whole- me, filling snack. And, vered with caramel and ilk chocolate, SNICKERS® has taste he really loves. Then 's dated for freshness, so I ow SNICKERS® has no eservatives.

That helps me know that NICKERS® not only tackles y hero's hunger but also tisfies my need to give him mething good.




**Packed with peanuts, NICKERS really satisfies."®**







# *ALL-AMERICAN. LADY STETSON.*

Lady...

you're free!

Country proud.

Playing in the big leagues.

You're so busy

taking care of everybody else.

Who's going to take care

of you? You!

You're an American

phenomenon. With a new

fragrance all your own.

All-American. *Lady Stetson.*

Every other woman in the world

wishes she were you.



# Did you know that saturated fats in your diet can increase the risk of heart disease?

And that may come as a surprise. Because you've undoubtedly heard that a diet high in cholesterol is bad for your heart. But the fact is *both* cholesterol and saturated fat in your diet can raise your serum cholesterol level. And recent medical evidence has conclusively shown elevated serum cholesterol levels can lead to heart disease. That's why choosing the right foods is important. Like new Promise® Spread.

**Promise®, made from sunflower oil, is low in saturated fat and has no cholesterol.**

And that's why Promise is a valuable part of a total dietary plan to reduce your family's risk of heart disease by lowering serum cholesterol.

**Your whole family will love the taste of Promise.**

Whether it's melting on hot homemade biscuits, or part of a topping for your favorite casserole, Promise is absolutely delicious. So make new Promise a part of your family's total dietary plan to reduce their risk of heart disease.




## Get Heart Smart.™

New in most areas.

©1986 Lever Brothers Company.

# "MY HUSBAND HIT ME"

*Joel slapped Ellen's face at a dinner party. How could she live with a man who abused and belittled her? By Laurie Werner*



*This case is based on information from the files of the East Side Center for Short-Term Psychotherapy, a private agency in New York City. It is a true story, taken from interviews, though names and details have been changed to conceal identities. The counselor in this case was Debra Pearl, M.S.W., C.S.W.*

## ELLEN'S TURN

"I thought I could handle whatever abuse Joel directed at me, but this time, he's gone too far. I want a divorce," said Ellen, thirty-six, a delicately pretty blond who chain-smoked as she spoke. "I always knew he was difficult—I've seen him be extremely critical of and sarcastic to other people—but he was *always* considerate of me. Certainly, he's never treated me as terribly as he does now.

"I met Joel four years ago at a friend's party. We dated for three years, and for most of that time, our relationship was storybook perfect. We both loved moonlight walks along the beach in summer, winter weekends skiing in Vermont, croissants and strawberries for breakfast on Sunday. Our family backgrounds were similar, too. So when Joel suggested we move in together, it seemed to be the natural thing to do.

"I suppose we had problems all along, but at the time, they seemed so inconsequential—silly things like who forgot to put the cap back on the toothpaste. We would bicker, but who doesn't? And if we ever had a real flare-up, Joel would cool down quickly.

"The problems really started after we were married. In fact, those few months just before the wedding were the last happy times I can remember.

"Now it's quite apparent Joel doesn't think I have a brain in my head. Whenever I try to discuss anything that is even slightly serious, he sneers. I can't tell you how many times I've been in the middle of a conversation when out of the blue Joel interrupts, shouting 'That's the dumbest thing I ever heard,' and continues the conversation himself. Once he even broke off his own conversation to walk across the room and announce, 'You're telling that story all wrong.'

"Joel is particularly vicious when he gets on me for talking too much. I know I sometimes talk a lot. And when I get nervous, I talk even more. Instead of helping me to calm down, though, Joel just screams, 'Ellen, shut up!' Of course, then I get even more flustered.

"But it's not just how much I talk, or what I say, that triggers this constant criticism. He even makes nasty comments about what I wear. My mother taught me always to look presentable, even if I'm only going to the supermarket. For some reason my preparations bother Joel, and he'll carry on for twenty minutes about it.

"Then there's the matter of shopping, something I really love to do. And I'm good at it. I always seem to find great things on sale. But instead of being pleased that I'm saving money, Joel argues about each purchase.

"Of course, Joel can't miss getting in nasty cracks about my job, too. I'm an administrator in the public school system. Most people think that's a pretty responsible position, but not Joel. He's forever referring to my work as 'a civil servant's spot,' one that hardly compares with his. True, he owns a graphic arts business, and he's done very well in a tough, competitive field. I admire him for that, and I've told him so. But if I ever try to talk to him about his work, he tells me I wouldn't understand.

"Well, I can take just so much, and we've had some pretty bloodcurdling fights recently. The funny thing is, if Joel could only see that he's acting just like his father—whom he hates—I know he'd stop. Joel's father is a hostile, domineering man from the old country who was always critical—especially of his only child. You just wouldn't believe the way he acts toward Joel's mother.



Richard Osaka

"I'm also upset with myself, though—I should be able to take it. I always thought that if a woman was strong, she could handle anything. My mother always did; my real father died when I was two, and my stepfather, who pretty much ignored me while I was growing up, was cold and verbally abusive. Yet Mother took it with dignity, never letting on how much he was hurting her. I could never understand why she married him, and since we were never close, I could never ask her.

"In fact, I understood it even less when, about a year ago, Mother told me for the first time about my real father, how loving he was and how happy they had been. Apparently, our family doctor had advised her not to tell me anything about my real father, that it would be easier for me to accept his death if I had no real impression of him. So the only father I did know made me feel totally insignificant.

"Frankly, that's the way Joel makes me feel now. Last month he did the most unspeakable thing—he hit me in the face at a friend's dinner party. Same old story—I was in the middle of a conversation with my friend, when he came up and, without provocation, slammed me right in the eye.

"Luckily, I got to the emergency room fast, and though I was badly bruised, there was no damage to my vision. But there *is* damage to my marriage. And if I don't leave Joel now, who knows what he'll do next?"

## JOEL'S TURN

"Smacking Ellen was reprehensible, and I'm disgusted with myself for doing it," said Joel, forty, an attractive, well-dressed man with a *(continued)*

© Lever Brothers Company 1986



*"You know that tight, dry feeling you get after you wash with soap? I didn't feel that with Dove."*
*Junell Wingate, Wayzata, Minn.*

*"When I stopped using soap and started using Dove, my face just wasn't dry anymore. I feel 20 years younger."*
*Gloria Carter, Los Angeles, Calif.*



# DOVE VS. SOAP

*"Soap made me feel like I had a mask on. Tight and pulling. Dove is 1/4 MOISTURIZING CREAM better than soap."*
*Carol Vines, Atlanta, Ga.*






Dove® doesn't dry like soap.
Because Dove isn't soap.




This happy bear is Berg.
And you can getta Gund at all fine department, toy, gift and infants' stores.
Gund, Inc., P.O. Box H, Edison, New Jersey 08818

**PLAYTEX PUTS A HOLE IN THE THEORY THAT CHEAPER IS BETTER.**

ORDINARY LATEX GLOVES



PLAYTEX LIVING GLOVES






Playtex Gloves may cost a little more initially. But not necessarily in the long run. Because Playtex Gloves last longer than ordinary latex gloves for your toughest household jobs with solvents, like paint stripping. That's because Playtex Gloves are blended with neoprene to help prevent holes, cracking and splitting. Neoprene is the same tough material used in industrial gloves.

Try the comfortable taper fit, soft absorbent lining and powerful protection of Playtex Gloves. You'll love your hands for it. **Playtex® Living® Gloves**

Playtex® and Living® are registered trademarks of International Playtex, Inc. © 1984 Playtex.



confident, resonant voice. "It was unbearably stuffy in that room, I had been drinking . . . and I lost control completely.

"But frankly, I just had to do *something* to get Ellen to stop talking so much. She goes on and on and on without ever getting to the point of a story, and after an hour or so, you're climbing the walls. Friends have said the same thing to me over the years—I'm not the only one who reacts to her this way—but when she starts, they feel helpless.

"That's what was happening at the party the other night. She was rambling on about a vacation we had taken last year, getting all the details wrong. I looked over, and I could see that the person she was talking to—a new client of mine—was becoming exasperated. I became enraged, and before I could stop myself, I hit her. For a second, the silence was such an enormous relief . . . until I realized what a terrible thing I had done.

"I know I'm very impatient with Ellen, but I can't help that either. I'm not a saint. I know she's intelligent, but to be honest—her kind of work is simply *not* as demanding as mine. And though she complains that we don't talk anymore, she doesn't realize that she is so scattered in her thinking that it's virtually impossible to have a conversation with her. If I try to discuss a problem, she weighs one side, then another, then rambles off in a hundred directions until she forgets what we were talking about in the first place.

"In fact, Ellen is scattered in everything she does. Trying to get her out of the house for a dinner engagement is a major ordeal. She tries on so many different outfits before leaving that we are always the last people to get anywhere. I don't like to be late—especially if I'm meeting clients for dinner.

"If she shows so little concern for things that matter to me, why should I assume she knows or cares anything at all about what goes on at the office? That's why I don't like to talk to her about my work. And while it may not be exemplary behavior to snap 'Leave me alone,' I don't think it's terribly unusual either. My father did it, and I'm sure our friends do, too.

"If Ellen only acted the way she did when we first met, we wouldn't be having these kinds of arguments. Ellen's ability to talk to anybody about anything was one of the qualities that first attracted me. I've had a problem with shyness ever since I can remember, but Ellen was so open and friendly; she always knew the right thing to say.

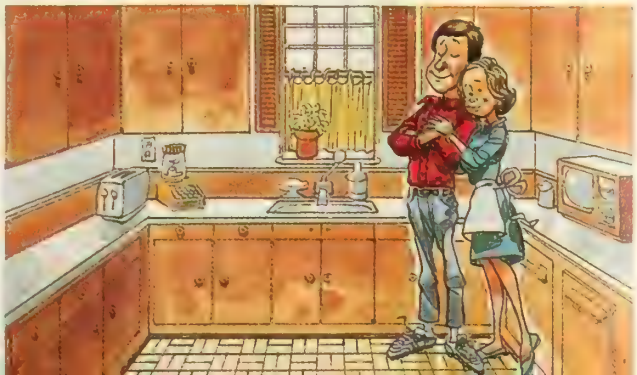
"I don't know what *(continued)*




# Go on, cut. You'll be brilliant. Armstrong guarantees it.

Install your new Armstrong sheet vinyl floor with a Trim and Fit™ kit, and if you goof while cutting or fitting, your Armstrong retailer will replace both the flooring and the kit.

Free. That's the Fail-Safe™ Guarantee. Just see your local home center or building supply retailer for details.



FREE. For a free Floor Project Planning Pack, call the Armstrong Consumer Line at 1 800 233-3823 and ask for Dept. 6BGLH. Or, send this coupon: Armstrong, Dept. 6BGLH, P.O. Box 3001, Lancaster, PA 17604

Name _____
(please print)

Street _____

City _____

State _____ Zip _____

Armstrong

so nice to come home to™



# CAN THIS MARRIAGE BE SAVED? *"The day I hit her was the culmination of years of frustration," said Joel.*



**continued**

happened, but now she's this whirling dervish. She says I've changed, but I don't see it that way. My friends always told me I have a caustic, Don Rickles sense of humor. Ellen's known that, so why is it such a big deal now?

"Maybe after all these years of the same arguments I'm just tired of it all. That fight she mentioned about the toothpaste? I had asked her to please put the cap back on, and she whined for twenty minutes about how she had meant to buy the pump-type toothpaste that didn't need a cap but instead bought three electric shavers for me because they were on sale. Who needs three electric shavers?

"So you see, the day I hit Ellen was the culmination of years of this kind of fighting and frustration. I really can't stand living with her anymore, but I'm not sure what to do next. Can a marriage like this really be saved?"

## THE COUNSELOR'S TURN

"During our first few meetings, there was so much anger between Ellen and Joel that every statement provoked a fight," said the counselor. "Ellen was furious that Joel was treating her so poorly; he was at his wit's end about the way she was behaving. Neither realized the effect words and actions had on the other because they had long ago stopped communicating their real feelings to each other. However, Joel's recent act of violence had frightened them.

"To get a sense of why they both acted the way they did, we started talking about family backgrounds. Both came from lower-middle-class homes where values such as working hard were prized but also where abusive, nonexpressive fathers—stepfather, in Ellen's case—and silent, long-suffering mothers were the only role models.

"Clearly, Joel had absorbed his father's sexist attitudes toward women: that they were inferior, illogical creatures who should do what their men wanted—and deserved a good smack if they didn't. His mother's tolerance of this behavior reaffirmed its appropriateness to Joel, so he automatically transferred this view to Ellen, discrediting her job and everything she said, as well as leaving her out of any of his own business discussions.

"We also explored the impact that being the only son of foreign-born parents had had on him. His parents had come to this country in search of a better life, and they had instilled in their son the need to be the best and to fight for what he wanted. It's not so surprising, then, that Joel grew up to be a demanding person who was critical if anyone fell short of his expectations.

"Though Joel resisted my suggestions initially, insisting there was nothing about him that needed changing, after a few sessions, he began to see how chauvinistic he was. 'I love you, Ellen,' he said during one session, 'and I'm sorry I've been so bullheaded.' Just hearing her husband admit this gave Ellen the encouragement she needed to work on her own problems.

"The first point we had to focus on was Ellen's incessant talking. I explained that her nonstop chatter was actually her means of self-protection—having spent her childhood listening to her stepfather's ranting and raving, she had learned to create a wall of words around her that allowed her to tune out a frightening situation.

"What's more, since no one in Ellen's family ever really listened or communicated real information—her mother's refusal to tell her about her father was typical—Ellen did not know that to have a conversation, not just make party chatter, you have to listen carefully and then respond to what the other person is saying. Joel hadn't noticed this in the beginning—admittedly shy, he had admired what he viewed as her social grace. But once he did notice, it drove him crazy; *his* means of self-protection was to become extremely critical.

"However, before Ellen could temper her anxieties, she had to boost her self-confidence. Ellen's mother had shown by example that women were passive, dependent and obligated to tolerate any abuse. Though Ellen didn't wholly believe this vision of a woman's role—she was, after all, a capable woman with a responsible job—when she was part of a couple, she unconsciously slipped into it.

"Furthermore, Ellen was totally unaware that many of her actions clearly provoked her husband. Her shopping, for instance, *was* excessive. And she *was* often late for important appointments because she had so little confidence in her ability to choose an appropriate outfit.

"It was clear that this couple needed to make an all-out effort to open the channels of communication. To this end, Joel and Ellen agreed to set aside fifteen minutes during the day—after dinner or before they went to sleep if they had been out that night—for a discussion period. Each was to choose an upsetting incident and explain, in a noncombative way, why it was upsetting. Then the other person was to describe the same incident. This gave them an opportunity not only to see themselves through their partner's eyes but also to share their feelings.

"During these discussions, Ellen agreed to keep the reins on her shopping. This pleased Joel, and when he saw how hard Ellen was trying to make the marriage work, he made a similar effort. As Joel became less caustic in his comments, Ellen relaxed; her confidence rose, and after a while, even her constant changing of clothes became something they joked about.

"Of course, recognizing how they each contributed to the problems in their marriage was only the first step. Joel and Ellen needed the tools to defuse volatile situations when they did arise. Joel agreed that from now on, if Ellen was rambling on at a party, he would sidle up to her, lightly touch her elbow, and in a loving, perhaps humorous way, signal her to slow down. This dispelled Joel's frustration without belittling Ellen, and since he was being nice and not critical, she did not become overanxious. As a result, she found she actually *could* slow down.

"Ellen used another technique for avoiding conflict. If Joel ever slipped into his old abusive patterns, I suggested she first tell him calmly but firmly that she wasn't going to put up with it. If that didn't work, then she should simply leave the room.

"The night Joel stormed through the door after losing a big account, Ellen had a chance to put this technique to work. While Joel was screaming at her, she quietly got up from the sofa, walked into the bedroom and closed the door. Realizing his mistake, Joel followed her, apologized and started telling Ellen exactly what had happened.

"After about a year, Joel and Ellen stopped coming to see me. Though they haven't stopped fighting altogether, their arguments have become less frequent, and most important, their *tone* has changed. What's more, if their fights ever get explosive, I'm confident that they love each other enough *and* have the tools they need to work the problems out together." **End**



# The Best Grown Is Florida's Own. From The Florida Sunshine Tree.®

The Florida Sunshine Tree. A symbol that tells you the citrus fruit or juice you're buying is 100% Florida grown.

And why is that so special? To begin with, Florida citrus is raised under our ideal growing conditions to yield a fruit that's juicier, sweeter, thinner skinned. And because of Florida's high standards for shipping fruit and juice, you know you're getting it as good as we picked it.

Look for the Florida Sunshine Tree every time you buy oranges, grapefruit and their sweet, delicious juices. It's your guarantee of 100% pure Florida citrus. From the Sunshine Tree. Florida's own.



The Florida Citrus Growers

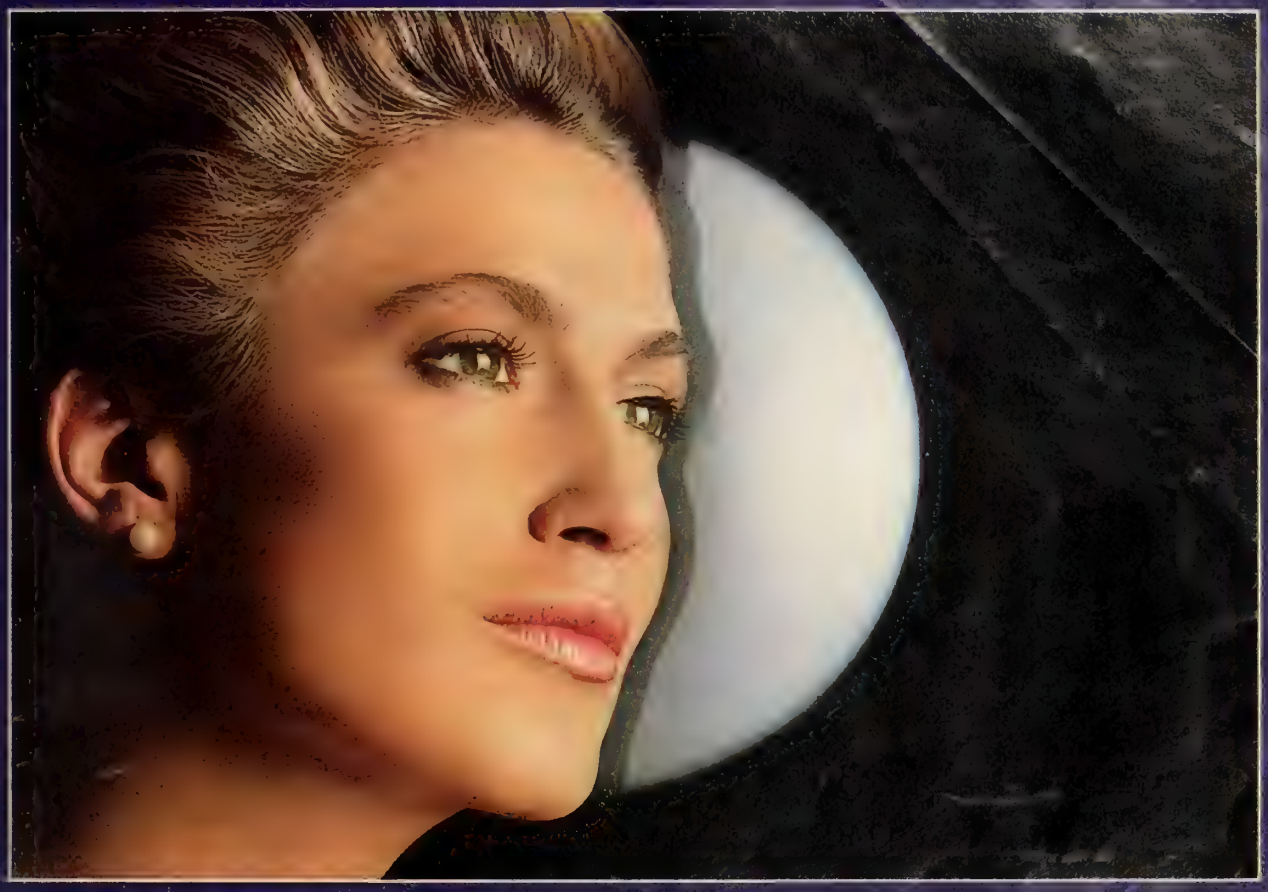



Special gifts to share this holiday season.

Emeraude® by Coty

# overnight success

Cellular Replacement Formula



© 1985 Coty N.Y.

# Phase out the aging look of dry skin.

Remarkable advance in face treatment technology: This night-strength formula is so effective it virtually reverses the aging look of dry skin while you sleep. Phases away dry lines. Phases in softer, smoother, younger looking skin.

Clinical tests prove it: Overnight Success begins to work overnight. After just 3 nights use, 98% of women showed measurable improvements. Discover Overnight Success tonight.




## Wake up to younger looking skin tomorrow.

# "I'M FIGHTING FOR MY LIFE"

*At twenty-three I became pregnant with my first child. Two days after getting that joyful news, I learned I had AIDS. By Amy Sloan*

Fall of 1982 started out as a happy time for my husband, Steve, and me. We were newly married and filled with dreams. At twenty-one, I was working as a dental assistant. Steve, twenty-four, worked in a supermarket near our home in Lafayette, Indiana, and attended Purdue University part-time.

But in October, one month after our wedding, ulcerative colitis, an inflammation of the colon, caused me to become anemic. The colitis was successfully treated with medication, and my doctor told me that I needed a blood transfusion to treat the anemia, so I received three units of blood. How could I have known that action would change my life?

A year and a half later, I became very sick again. I had pains and constriction in my lungs, a terrible cough, a constant fever and profuse night sweats. Steve took me to various doctors, but none of them was able to diagnose my condition. Finally, in April 1984, we found David Emery, M.D.

After examining me, Dr. Emery sent me to a nearby hospital for a lung scan. But before I could be X-rayed I had to be certain that I wasn't pregnant. I didn't think I was, but my doctor wanted to be sure, so I was given a blood test. The next day, a nurse from my doctor's office called to tell me that I was going to have a baby! Steve and I were happy. What a wonderful surprise! But we were very scared, too, because I was so sick.

Two days later Steve and his mother had to rush me back to the hospital because I could hardly breathe. This time, the doctors did a lung biopsy and discovered that I had pneumocystis carinii pneumonia, a virulent type of pneumonia. Then they told me that this kind of pneumonia was almost invariably seen only in people with AIDS, acquired immune deficiency syndrome.

Steve and I were devastated. We couldn't believe what the doctors were telling us. But after they did a series of tests, there was no doubt that I did indeed have AIDS.

Steve and I both felt almost incapable of comprehending the events of the last couple of days. Why me? I kept wondering. What did I do to deserve this? But even in our state of confusion, Steve and I realized that I must have contracted the disease from the blood transfusion I'd had for the anemia almost two years earlier. There was simply no other way that I could have been exposed to the AIDS virus. And at that time, it was not necessary for blood banks to screen their donors.



Steve and Amy Sloan and their twenty-two-month-old son, Brant, share some precious family time at home

With all our dreams crumbling around us, Steve and I felt as if the world should just shut down altogether. But despite our shock and pain, life went on. Steve still had to go to work every day. (Fortunately, tests had proven that he did not have AIDS.) Meanwhile, I was put into the hospital's intensive care unit to treat the pneumonia.

Once the shock about my condition wore off, I experienced a surge of hope. The doctors warned me that most people who have AIDS don't live longer than two years after the diagnosis, but I was determined to prove them wrong. "I'm going to fight this disease," I told them. "I'm going to have my baby!"

Until then, I knew almost nothing about AIDS. But in the hospital, I began to learn. In simple terms, AIDS breaks down the body's resistance to a variety of diseases. Illnesses that would normally be repelled by the body's immune system, such as the pneumonia I was suffering from, have a field day in the body of an AIDS patient.

But as I learned the medical facts about AIDS, I also discovered how frightening and isolating it can be. The nurses and doctors taking care of me suddenly began wearing gowns and masks. And some of the nurses started questioning me about what I was going through emotionally. I was still grieving and trying to accept the terrible facts, and I didn't want to talk about it with anyone else.

For a month, I lay in my hospital bed, feeling angry, hurt, confused and scared. I was in total isolation and was not allowed out of my room. During my entire stay in the hospital, I left my room only once—and that was for a chest X-ray.

My doctors had told me that I couldn't go back to work because of the risk of infecting someone else, so I resigned from my job right away. It was very painful to realize how much the disease was forcing me to change my life.

I left the hospital in June and continued to recover from the pneumonia at home. Of course, the thing that worried me most was that my baby might get AIDS. It was impossible for me to understand how my body could be slowly getting weaker while a new life was growing inside me. Each day, I prayed that I would be able to have *(continued)*

# You can wait for a store sale and pay over $20 for a place setting of Oneida Community stainless. Or buy it now from Betty Crocker for $7.99.

**Now, for a short time,** you can buy up to four 5-piece place settings of this fine Oneida flatware from Betty Crocker, for just $7.99 each.

**At a store,** you could pay as much as $30 a place setting for Oneida Community Stainless. Or $20 on sale. But with this special introductory offer you can start or add to your set at a fraction of retail cost!

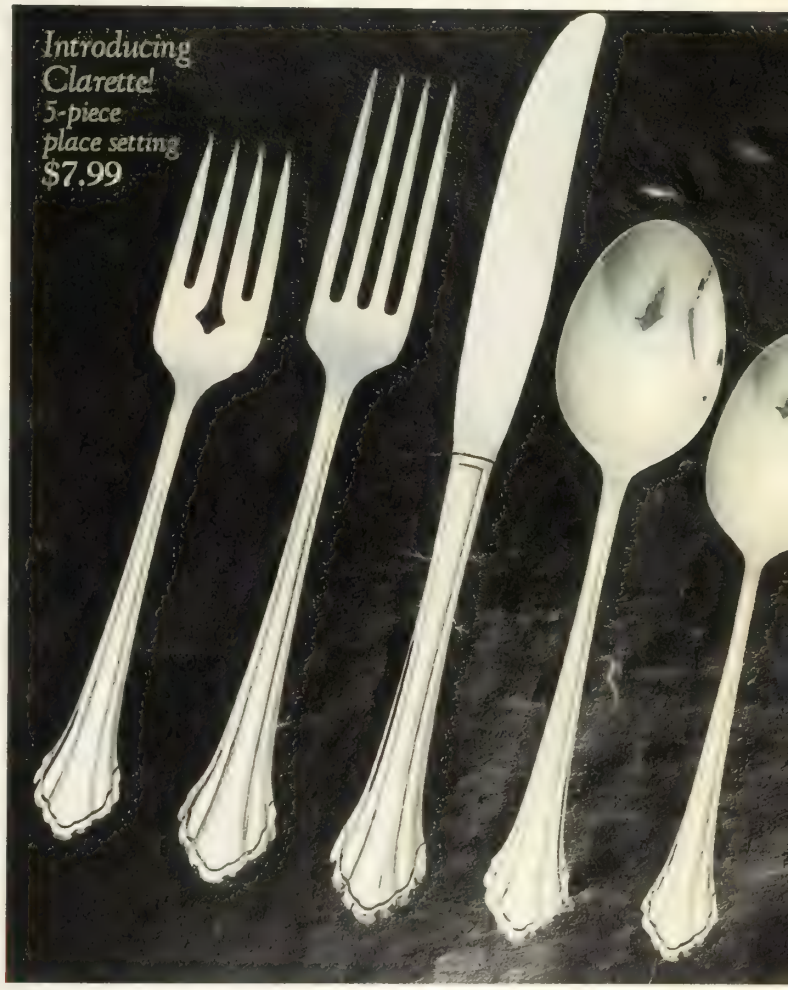


**Betty Crocker,** a trusted name in homemaking, is America's largest seller of top-quality Oneida Community Stainless. Your satisfaction is 100% guaranteed. If you're not pleased with your order, simply return for a full refund.

**Start your set today!** Order up to four 5-piece place settings (salad fork, dinner fork, dinner knife, soup spoon, teaspoon). Then complete your set through the famous Betty Crocker Catalog program at even greater savings with Betty Crocker coupons found on hundreds of General Mills products. A FREE catalog containing Oneida flatware and other fine items for your home will be sent with your order.

*ADDED BONUS! Each order will receive a coupon worth 50 Betty Crocker coupon points redeemable on your next Betty Crocker Catalog order.*

Betty Crocker®




**Mail To: General Mills, Inc. Box 1864, Minneapolis, MN 55440**
**HF**
For faster service, call toll-free

## 1-800-233-5780

(In Minnesota, call 1-800-322-8325)

Call between 7 a.m. and 7 p.m. CST Monday-Friday and have order information and credit card ready. (Mastercard and Visa cards only). Toll-free number for merchandise order ONLY.

**Choose one of these exclusive Betty Crocker patterns:**

☐1. ☐2. ☐3. ☐4. ☐5. ☐6. ☐7.




☐ **YES!** Send me the place settings I've indicated below at $7.99 each. Each 5-piece place setting includes one salad fork, dinner fork, dinner knife, soup spoon and teaspoon.

| | | |
|---|---|---|
| $7.99 x _____ (no. of place settings—Limit 4) | = | $ (subtotal) |
| Add postage and handling | + | $ 1.00 |
| Order total | = | $ |

☐ Check or money order enclosed
(do not tape or staple payment to order form.)

Charge to my: ☐ VISA ☐ Master Card
(minumum charge order $10.00)

Credit Card Number

Expiration Date Mo. ___ Yr. ___

Signature X _____
(Charge not valid unless signed)

Print Name _____

Address _____ Apt. # _____

City _____ State _____ Zip _____

Daytime Phone (_____) _____
(in case we have a question about your order)

Please allow 4-6 weeks for shipment. Offer expires: January 15, 1987. Good only in U.S.A.

Betty Crocker®

© 1986 General Mills

A47469

my baby as long as he was going to be healthy. But if the baby was destined to contract AIDS or if I was going to die soon after his birth, then I felt that it would be better if I miscarried.

A few months later, Steve and I asked our lawyer to contact the Centers for Disease Control (CDC), in Atlanta, to trace the source of the blood used for my transfusion. Several weeks later we learned that a homosexual male had given one of the units of blood I'd received and that he had since tested positive as a carrier of AIDS.

At first I was very angry. But gradually I learned to accept my situation. I realized that there was nothing I could do about what had happened to me, but maybe I could help prevent other people from getting AIDS. After much discussion and soul-searching, Steve and I decided to go public about my illness, to alert people that it was possible to get AIDS through blood transfusions. I'm glad that we did, because it was only after we had spoken up, in November 1984, that the CDC began to push for mandatory blood screening for the AIDS virus.

After our public announcement, our family rallied to support us, as did members of our church. But we also had friends who never spoke to us again even though they live in our town. Steve and I were very hurt by that. We don't even know whether these people feared getting AIDS or thought I got the disease because I did something wrong.

We have tried not to let those kinds of situations get us down. After all, we have many things to be thankful for—especially our son, Brant, who was born in January 1985. His birth was a truly joyous occasion—blood tests showed that Brant had no signs of the disease. Steve and I thanked God.

I felt truly blessed to have given birth to a healthy, beautiful child and to have a supportive family. But I knew that many people with AIDS are not as fortunate. In November 1985, the Indiana State Board of Health asked Steve and me to work for them to help educate the public about AIDS. We talked it over and decided that the job was something we wanted to devote our time and energy to, so we agreed. We give about six speeches each month at colleges, health-care facilities and community groups and describe what it's like to cope with AIDS.

I also serve as a board member for the National Association of People with AIDS, an organization created to help others with the disease. To reach people in isolated areas, we publish a national newsletter that covers all aspects of AIDS. We also hope to set up food and clothing banks, housing, support groups and counseling services in the Midwest.

Although I try to devote as much time as possible to my jobs and my son, since Brant's birth, I have been very sick. The pneumonia comes and goes, and my mother-in-law, who lives nearby, cares for Brant during those times. When I don't have pneumonia, I have a constant flulike feeling, with a fever, headaches and a sinus inflammation, and I often get very tired.

But in spite of how I feel, I do my best to make sure that Brant has a normal childhood. It doesn't matter if the house is messy as long as he is taken care of. And even though I know he's perfectly healthy, I worry that my son will somehow get AIDS. Every time he gets sick or runs a fever, I'm afraid the disease has been hiding inside him all this time.

And of course, I worry about Steve, too. It's hard for him to cope, because I'm sick so much. I guess the thing most people wonder about is whether we still have a normal husband-wife relationship. We do, but when we make love we take precautions to minimize the chances that Steve will become infected with AIDS. I think there are a lot of couples who would have crumbled under the weight of what we've gone through these last two years. But Steve and I love each other very much.

Some days I believe there is a force deep within me that tells me I will survive. But there are other days when I have to admit I have trouble believing in anything—including God. I'm not afraid of death, but I am afraid of being so ill that I can't take care of Brant or that my health-care costs might leave Steve financially devastated.

I still go through periods when I wonder, why me? But I try not to spend too much time on that kind of useless thinking. Instead, I put all the energy I have into making the most of each day, helping other people who have AIDS and praying that my loved ones will never get the disease. Although I'm not certain what the future holds, I want more than anything to watch my son grow up. And to be able to do that, I'll keep my faith in God and fight as hard as I can to stay alive. **End**

# UPDATE ON AIDS

AIDS has become a nationwide, as well as worldwide, epidemic. In the U.S., 24,011 cases of the disease have been reported, and 13,272 people have died. Some experts believe that as many as five to ten million people around the world harbor the virus and are capable of giving it to others. And according to the U.S. Public Health Service, as many as 270,000 people in the U.S. alone will have developed AIDS by 1991; 179,000 will have died from it.

The AIDS virus can be transmitted from one person to another by sexual contact, through direct introduction into the blood stream (such as with a hypodermic needle that carries the disease), through AIDS-infected blood and from a mother to her unborn child. At this time, more than 70 percent of the people diagnosed with AIDS are homosexual and bisexual men, 17 percent are intravenous drug users, and approximately 2 percent are adults who contracted the virus through blood transfusions.

The disease has so many different patterns; and most patients can be treated only for the symptoms of AIDS, and not for the disease itself. The following are some of the recent changes noted in the course of the disease:

- An increasing number of AIDS patients are experiencing dementia and brain damage.
- Doctors report that they are treating more AIDS patients for intestinal infections caused by salmonella bacteria, and pneumonia caused by streptococcal and hemophilus influenza bacteria.
- Pneumocystis carinii pneumonia is the most common opportunistic infection that attacks AIDS patients in the U.S.
- There has been a decline in Kaposi's sarcoma, a rare cancer, among homosexual males with AIDS.
- Although many people infected with AIDS rapidly become extremely sick and die, a few people, for unknown reasons, seem to have spontaneous remission of the disease and survive longer.

So far, there is no cure for AIDS, although an experimental treatment at the National Institutes of Health has put one patient into remission by reactivating his immune system. Doctors used a combined treatment of a bone marrow transplant, an antiviral drug and transfusions of lymphocytes, a variety of white blood cells. For now, this procedure is limited to patients with identical twins who are willing to donate bone marrow.




# THESE BODYGUARDS HELP ARREST HARMFUL FREE RADICALS.

Your body's cells may come under attack from harmful chemical substances called free radicals. They may be taken in as part of polluted air or cigarette smoke. They may be generated from alcohol and medications, or they may come from the body's own natural processes.

Excessive free radicals can attack vital cell structures and cause damage. Scientists theorize that constant cell damage from free radicals may contribute to the development of certain chronic disease conditions.

Vitamins E, C and beta carotene work along with nature's other protectors to help protect cells and tissues from free-radical damage. That's why it's important to get adequate amounts of these Protector Vitamins. This can be done by eating a variety of foods such as oranges, carrots, dark-green vegetables, nuts, seeds and vegetable oils.

But, if your diet, like that of so many people, is coming up short, consider taking Protector Vitamins E, C and beta carotene. They represent an easy, safe and inexpensive way to ensure added protection.

PROTECTOR VITAMINS
VITAMIN E
VITAMIN C
BETA CAROTENE

Hoffmann-La Roche Inc.

More than just nutrition.

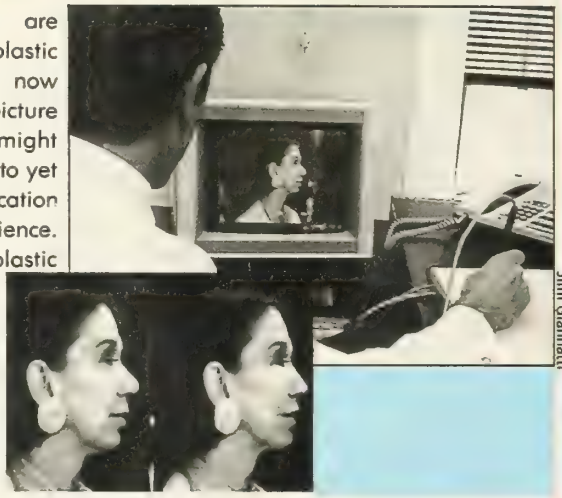
RCD 4759

# BEAUTY JOURNAL

*Festive eyes for the holidays, a super thigh toner, high-tech plastic surgery. Next page, how-tos for great fake nails*

## COMPUTER SURGERY

Women who are thinking of plastic surgery can now get a real picture of how they might look, thanks to yet another application of computer science. Growing numbers of plastic surgeons are using TV cameras linked to computers with video screens and electronic drawing pads to give patients a good idea of how surgery will help them. The surgeon begins by filming a patient. He then freezes one frame, enlarges it and slowly redraws the face—etching away a bump on a nose or adding prominence to a chin—with an electronic pen.



Jimi Giannatti

Are you sure to look the way you do on the screen? Absolutely not, experts say. "You have to make a patient realize that you cannot guarantee anything," says Robert L. Cucin, M.D., a plastic surgeon affiliated with The New York Hospital–Cornell Medical Center. Several factors, he explains, can affect the outcome of surgery. Aside from the skill of the surgeon, the procedure may be complicated by wound-healing problems, infections and subsequent scarring as well as one's age and skin type.

Although inexact, the computerized picture does help the patient and physician formulate aesthetic goals and visualize how surgery could carry them out. "It's a great way to show a patient what you can't explain in words," says Cucin. "It's not perfect, but it's one more tool."

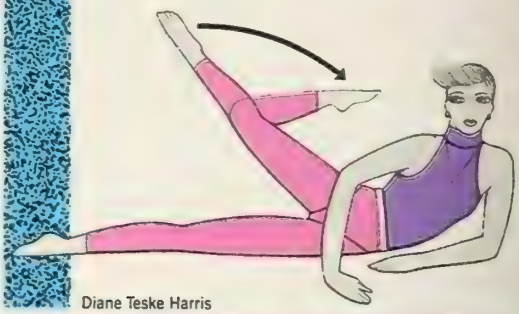
### NEW PRODUCTS

**● Maybelline's Expert Eyes Quintet Shadows—for women who want fashionable, finished eye makeup with a professional look ● New Toni Volumizer perm by Gillette provides soft, lush volume and body without the curl of an ordinary perm ● Coty's Elegant Accent Mascara comes in three exquisite shades—Sequin Blue, Violet Tinsel and 18 Karat Gold ● Try Neutrogena's new Norwegian Formula Emulsion, which moisturizes your skin, leaving it velvety soft.**

### THIGH-FIRMING KICK

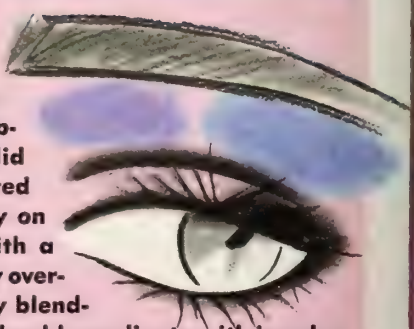
For sleek, toned thighs, this exercise is tops. Lie on your left side, legs straight. Support yourself with left elbow and forearm and right hand; keep torso slightly lifted. Extend right leg behind you as high as possible and bend and straighten it twelve times. Keep toes pointed and buttocks firmly contracted. Roll over and repeat on the other side. Repeat entire sequence three times.

Exercise designed by Barbara Pearlman, director of exercise, Elizabeth Arden



Diane Teske Harris

## HOLIDAY EYES



David Croland

**● *Color:* This season, eyes are boldly defined with vibrant jewel tones—emerald, teal, topaz, sapphire and amethyst. For evenings, eyes are aglitter with shimmery metallics. ● *Application:* Apply color to the upper lid only, from corner to corner. Use frosted colors close to the lashline and only on the middle of the lid. Surround with a harmonizing matte shade that slightly overlaps the frosted. Soften the edges by blending well. Silver or gold eye makeup should coordinate with jewelry. For day, limit shadows to neutral, matte colors. ● *Eye-color best bets:* Coty's makeup artist Kathleen O'Meara suggests these matches. Blue eyes—Gray, smoky blue, gray-taupe and burgundy used with rose. Green eyes—Plum, violet, burgundy and electric blue. Brown eyes—Gray, deep blue, copper and bronze. ● *Trick:* To make powder eyeshadows last longer, apply them over an eyelid foundation. Or use a cover-up stick as an eyeshadow base. A dusting of translucent powder under eyeshadow also helps prevent oily creases.**

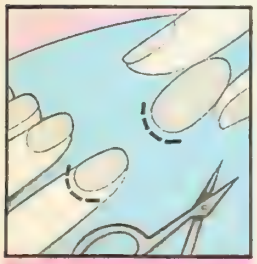



©The Dial Corporation, 1986

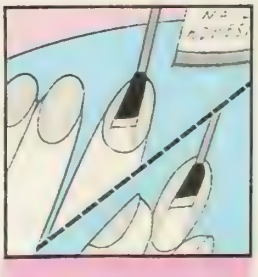
# BEAUTY LAB

***ARTIFICIAL NAILS ARE A PERFECT SOLUTION FOR ANYTIME GRACE AND GLAMOUR***

**Short, well-kept nails are fine for every day, but for special times, it's fun to have long, beautiful nails. If your nails never seem to grow long enough, try artificial ones. There are several brands to choose from, offering different lengths and nail shapes.**



For long wear, choose the nails that require an application of glue. Use self-adhesive nails for short evenings out that don't require much use of the hands. Read package directions carefully before applying artificial nails. It's imperative, for example, to remove all old nail polish first. Hands must be clean and not oily before nails are applied. If using self-adhesive nails, hold each nail in place for at least thirty seconds after it is applied. If applying regular nails, spread a thin layer of the semipermanent adhesive to your own nail and more on the portion of the artificial nail that will attach to your own. Wait five to ten minutes, then press the artificial nail firmly in place and hold for thirty seconds.



Nails should be custom-fitted before applying them. If you are not expert enough at cutting or shaping them, the manicurist at a nearby salon may be willing to do it for you. Artificial nails can also be polished before they are applied. The easiest way is to attach them in a row to a piece of double-stick tape.

The best time to apply artificial nails is at night, to allow for complete drying. Keep hands away from water for at least thirty minutes after application. For best results, keep nails and hands dry for two to three hours. For glamorous evening nails, decorate with glitter, rhinestones or sparkling glaze. Now show off your elegant hands and improve your holiday look!

*Caution:* If you have cuticle problems, allergies or nail disease, be sure to check with a dermatologist before using artificial nails.

# READER TESTED

***AN ARTIST IS DELIGHTED WITH HER FABULOUS FAKES***

**Marjorie, an artist, tried the regular and the self-adhesive nails. While both types were easy to use and looked terrific, she preferred the regular, which lasted for almost a week, through typing and light housecleaning. Years ago, said Marjorie, artificial nails "all looked so phony and never fit correctly over my real nails." Some of the newer ones, however, look very natural, she said, particularly if they are carefully shortened and shaped so that they closely fit the natural nail.**

# TRENDS

**What's hot in lingerie? As buyers and the fashion press see it:**

V-shaped bikini underpants, dubbed "V-kinis" or "hi-kinis" by some makers, are among the biggest sellers. The V style comfortably hugs the derriere, eliminates the "two-tummy" line as well as the panty line, and accentuates the length of the legs. This style can range from the modest scoop to the racy plunge.

Comfortable cotton is more in demand than ever. It is being used alone or blended with Lycra. Look for more new cotton undies with decorative ribbing, embroidery and appliqué work. Also important: soft, stretchy lace—made from 100 percent nylon—used for everything from sexy bodysuits to bras and stockings. Silk is still strong for slinky gowns and underwear. Coordinating jackets add elegance to the glamorous floor-length gowns.

T-back, front-closure bras, which give support for sports, have become one of the most popular designs. Also big, the alluringly brief bra with underwire demi-cups, which flatter every woman with a gentle uplift. Petticoats are following skirt shapes. Some are long with trumpet styling, others are almost bouffant.



Color! White, beige and black may be basic underwear colors, but they pale next to the shocking hues of the newest underwear. Electric blue, forest green, hot pink, burgundy and deep coral are just a few of the attention getters. Prints! Bold batiks, jungle flowers and animal patterns will liven up the look of lingerie and sleepwear.

What will American women be sleeping in? After they pack away their flannel nighties, manufacturers say, two-piece short sleeper sets—with matching tap pants or boxer shorts—will be the biggest sellers.

David Croland


The perfume for days of gold and sapphire nights
Lutèce
Houbigant

# Softsoap™ for soft hands.

Liquid Soap Brand

*The impression is soft. And silky smooth. This could only be Softsoap.*
*With a unique moisturizer that enhances your skin's own natural moisturizers.*
*Bathe your hands in softness with Softsoap.*



# *FREE*
# *Original Teddy Bear for You*

Imagine having this plush, cuddly, warm-nosed 11" Teddy—for yourself or a favorite friend. Original design. Limited edition, only from Jan Stuart. This $24.95 value can be yours free...

## *...with purchase of any*
## *Jan Stuart Toiletries for Him*

Jan Stuart products are featured in over 2,000 department stores. Jan Stuart Signature Cologne is an alluring American Classic: a long-lasting blend of spices, woodland herbs and musk...for the man on the move. Entrepreneur Cologne is more exotic, sexier, with a hint of cognac...for that special man on the road to success. The Grooming Gift Set contains travel sizes of both colognes, plus four natural fragrance-free skin care products.




## CALL SANTA'S HELPER TOLL FREE 1-800-852-5000 Ext. 88

### GUARANTEE

I personally guarantee your complete satisfaction with any of my products...or you may return them directly to me for a full, prompt refund.

*Jan Stuart*

Jan Stuart
President

© Jan Stuart Natural Skin Care and Fragrance for Men™1986

or mail coupon today!

To: *Jan Stuart* 521 Fifth Avenue
New York, New York 10175

| Qty | Item Description | Total |
|---|---|---|
| | A. Signature 1.7 oz splash; $17.50 ea | |
| | B. Signature 3.4 oz spray; $26.00 ea | |
| | C. Entrepreneur 1.7 oz splash; $18.00 ea | |
| | D. Entrepreneur 3.4 oz spray; $28.50 ea | |
| | E. Grooming Kit for Normal/Dry Skin Type; $17.50 ea | |
| | F. Grooming Kit for Normal/Oily Skin Type; $17.50 ea | |
| | (N.Y.S. residents please add appropriate sales tax) | |
| Please add $3 for each order for shipping/handling. | TOTAL: | |

LHJ-1186 Allow 2-3 weeks for delivery.

Please rush me my Free Limited-Edition Christmas Teddy Bear—a $24.95 value—along with the items ordered on the left. (Only one Bear per customer, please.)

Please check method of payment:
☐ Check enclosed for $_____
(Make payable to: Jan Stuart Corp.)
Or charge my: ☐ AMERICAN EXPRESS
☐ VISA ☐ MASTERCARD

Card No.

Expiration Date: _____

Signature: _____

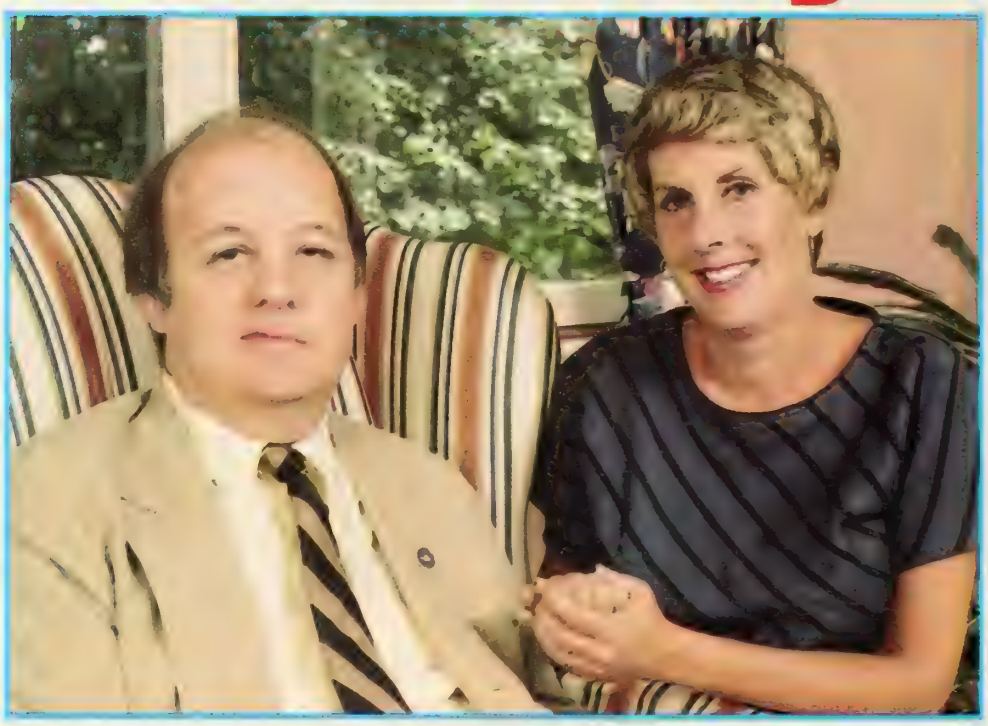
Print Name _____

Address _____

City _____

State _____ Zip _____

# THE SPECIAL STRENGTH OF Sarah Brady



Fred Ward/Black Star

*It's been almost six years since her husband, the President's press secretary, was shot by John Hinckley, Jr. Today Jim Brady continues to recover . . . and Sarah has become a leading crusader for handgun control. By Phyllis Battelle*

Sitting in the glass-enclosed sun-room of the family's modest home in Arlington, Virginia, Sarah Brady looks deceptively docile. With her dark hair and bright smile, she is slim and far prettier than her photographs. One of two family cats snoozes on a chair, and when Sarah opens sliding doors to an outdoor patio, a yellow Labrador retriever named Molly Brady swoops inside to nuzzle Sarah's knees and sweep a glass of iced tea to its doom with her tail.

Despite the momentary chaos, nothing in this cozy household scene even hints that Sarah and her family are still battling to overcome the tragedy that occurred nearly six years ago. On March 30, 1981, Sarah's husband, James Brady, President Reagan's press secretary, was shot in the head by John Hinckley, Jr. As everyone knows, the President and two security men were also shot. But Jim Brady was by far the most critically wounded. The bullet entered his skull just above the left eye and tore into the right side of his brain. His injuries were so severe that all three TV network anchormen initially reported that their friend Jim Brady had died.

Sarah was spared those reports. She had been keeping vigil at George Washington University Hospital, where Jim was in surgery for hours. When he came *(continued)*

# The 4 month curl that gave us a 10 year headache.

We didn't know whether to break out a bottle of champagne or another bottle of aspirin when we finally did it. The longest-lasting maximum curl possible, minus one important thing. Damage you used to live with.

Finally, Rave® Performance Perm.

A mere decade. To give you what no one else can.



A perm that's full of glorious body and curl, curl, curl.
A perm that's 4 months of manageability.
A perm that has no odor. (It's our curls that linger, not the smell.)
A perm that's no regrets.

Why the 10 year wait?

You see, up until now, perms that curled a lot were full of harsh smelling chemicals that damaged a lot. If you knew just how much damage, you'd have waited, too.

If not us. Who?

If anyone knows about perm technology, it's Rave. In 1978, we invented the no-frizz perm. The question that kept us up for nights, 3,130 of them, was how to combine that technology with more curl.

Our competition was tough.

We experimented with the perms you used. And learned what not to do. Like give you a perm that looks good–if you don't look too close.

We searched for strong curl that looks better the closer you get to it. A perm that holds up, month after month after month.

And then one month, it happened. Rave Performance Perm!

Nice guys really do finish last.

Sure we could have given you a perm with maximum curl before the Bicentennial. Before you chose a L'Oréal or a Lilt or an Ogilvie perm. Before you went gray. But that would also mean giving you damage. And we have to look in the mirror, too.




© 1985 Chesebrough-Pond's Inc.

Rave Performance Perm.
Curls that last and last. At last.

out of the operating room, Sarah was there. She held her husband's hand and asked in a whisper, "Are you afraid?" He couldn't open his eyes, but she remembers feeling a light pressure as he tried to squeeze her hand. "From that moment on, I never gave up hope," she says with conviction.

Today, Jim is still struggling to recover from his critical injury . . . with Sarah at his side every dogged, painful step of the way. Jim still suffers near-constant pain, has difficulty walking, and remains incapable of driving an automobile or even riding in one for extended periods.

### Learning to cope

Never one to brood idly, Sarah has channeled her anger and frustration into action. She has become one of the country's most ardent and effective lobbyists in favor of gun control. "I figure that if we keep fighting for some sane laws to control handguns," she says resolutely, "at least some of Jim's suffering will come to good."

Until the morning her husband was shot, Sarah, then thirty-eight, had it all—a two-year-old toddler, for whom she gladly gave up a career as a Republican congressional staffer, as well as witty, burly Jim, aka the Bear, who had been appointed to his dream job of presidential press secretary. Sarah recalls wistfully the fun of seeing her husband nightly on the TV news, and the flurry of after-hours parties at their house with colleagues who enjoyed Jim's quirky humor.

All that changed instantly. In the first year after the shooting, Jim underwent a series of medical crises, including pneumonia, epileptic seizures and a pulmonary embolism. Because surgeons had had to remove 20 percent of the right hemisphere of Brady's brain, he suffered memory loss and an inability to control his speech and emotions; his voice sometimes took off, as though disembodied, ending in a high-pitched whine. He laughed and cried at inappropriate times. Those problems are all but gone. "His voice is very good now," Sarah says, "and his mind is fine."

Other problems, however, remain intractable. When he was allowed to go home, after eight months and four operations, Jim was walking stiffly with a cane. Sarah says that after continual intensive therapy, Jim, now forty-five, makes brief sorties unassisted, but he still relies on the cane for better balance and uses the wheelchair when he's tired. Which is all too often. "Last week, Jim said, trying to make a joke of it, 'I have all the stamina of a *daffodil*!'

"Right now it's just very painful for him even to climb into the seat of a car," Sarah says matter-of-factly, "so we use a mini-van to get around. It gives him more space." Whether he will ever be able to drive again is uncertain. Doctors have stopped making predictions. "The prognosis is wait-and-see," explains Sarah. "I don't think anyone knows when dealing with head injuries."

In spite of Sarah's cheerfulness and Jim's quips, the couple's greatest disappointment is that Jim cannot return to full-time work at the White House. Sarah says that President Reagan has been "very kind" in continuing her husband's $61,000 salary and allowing him to keep his title as White House press secretary (Jim's former assistant, Larry Speakes, remains deputy press secretary). And Brady still spends a few hours each Friday at his old office, "answering mail—he gets a lot of mail," Sarah says quietly.

The family may be in less fortunate financial circumstances, however, when Brady loses his paycheck in 1988, at the end of the Reagan administration. Their astronomical medical bills, estimated at nearly $200,000 (excluding surgeon's fees) in the first year alone, have been paid by Worker's Compensation. In 1984, James Lynn, former director of the Office of Management and Budget, and a former boss of Brady's, established the James S. Brady Foundation, to provide financial assistance to Jim and other federal officials or candidates wounded in assassination attempts. With President Reagan's support, the foundation has raised $1.3 million. "I don't know if we'll ever have to use it. We haven't, to this point, but it's reassuring to know something is there," Sarah says gratefully.

> *"Jim is alive, and he's making progress. You look for the good things, and one is that our marriage is even stronger."*

Jim's continuing medical problems, which require constant therapy, are partial paralysis and ongoing pain in his left arm, hand and leg. Doctors had hoped those conditions would improve but now say Brady may always be afflicted by them. Arthur Kobrine, Brady's physician, has said, "The damage to the part of the brain that moves the left leg and arm is irreversible." Painkillers are forbidden because of other strong drugs he must take to control seizures. And although he rarely complains, "Jim lets you know when he's hurting," Sarah says. "It's the moan. You can hear him moaning."

But he doesn't let the pain stop him from his favorite form of therapy, horseback riding. "He rides once a week at the National School for Therapeutic Riding," Sarah says. "And his regular therapist—he calls her his 'physical terrorist'—agrees that she sees gains she's never seen before through the traditional kinds of exercises."

As she talks, occasionally lighting a cigarette and sipping a soda, Sarah makes it clear that she really doesn't like to make her life look like an ordeal. "One thing we don't want is pity," she says firmly. "I think Jim deserves respect, not pity." Rather than feeling sorry for himself, Jim, she says, "takes the basic positive attitude that considering the circumstances, we've been very fortunate."

But not nearly so fortunate as if the shooting had never happened. And so Jim and the two injured security men (a Washington, D.C., police officer and a Secret Service agent), jointly filed a multimillion-dollar lawsuit against Hinckley. Sarah doesn't want to talk about the complex litigation while the suit is pending. She doesn't even like to think about it, or about John Hinckley Jr. "His name is rarely mentioned at home—only when someone asks a specific question," she says. "One reporter wanted to know how Jim *really* felt about Hinckley, and Jim's response was, 'I'm glad he's a poor shot.'"

Suits against Hinckley's psychiatrists, who, Brady charged, misjudged his patient's mental state, and the American manufacturers of the pistol Hinckley used, were filed and dismissed; the latter case is being appealed. And a suit against the German firm that manufactured parts for the gun is still pending. *The New York Times* has commented on its editorial page that the legal proceedings raise "a profound question which Mr. Reagan and Congress should hear: Isn't somebody responsible for this handgun madness?"

It's a question to which Sarah Brady has given a great deal of thought, and one that spurred her decision to become a lobbyist for tougher gun-control legislation. Although caring for her ailing husband and making life "as normal as possible" for their son, Scotty, now in second grade, remain her top priorities, Sarah has become national *(continued)*

# What a wonderful time to be a puppy.

For all the puppies born today, now there's a puppy food that's never been before.

New Gaines® GRAVY TRAIN® Puppy Food features the great taste of real beef gravy that older dogs have enjoyed for years. But now we've made it lighter, especially for the little ones.

Moreover, our new formula also provides the extra protein, vitamins, calcium and other minerals for the nutrition puppies need to grow strong during their first twelve months.

Gaines® GRAVY TRAIN® Puppy Food.

For him, a pretty neat world just got a little better.

**The special nutrition he needs.**
**The taste he loves.**




GAINES FOODS, INC. 1986 *Subsidiary of* Anderson Clayton & Co.

spokesperson for Handgun Control Inc. The organization lobbies against the powerful National Rifle Association (NRA), which lists both President Reagan and Vice-President Bush among its members. The NRA is considered one of the most powerful special-interest groups in Washington, and few legislators will oppose it. But Sarah has become its formidable adversary.

Sarah's involvement with this issue began in the summer of 1985, when she read the details of the McClure-Volkmer bill, which would dramatically ease the country's gun laws. She remembers thinking, I just can't allow this to happen! Her determination to fight the bill went beyond her husband's trauma. "My father was an FBI agent, and he always talked about how America had too cavalier an attitude about weapons," she says. "He was so concerned about the dangers that he kept his service weapon under lock and key, and he never let me lay eyes on it." Before her family's tragedy, her father's concerns about handguns were reinforced when one of Sarah's best friends was shot to death. The woman was murdered by her fiancé, who, ironically, used a pistol he had given his victim for self-protection. "These crimes of passion are common, and they're heartbreaking," Sarah says.

### Speaking out

Sarah knew she must do something, but she faced a torturous dilemma. The McClure-Volkmer bill had the full backing of the NRA, and Jim's mentor, the President, backed the NRA. She talked to her husband, "who felt that as a private citizen, I had a right to speak out." Jim hasn't taken a public position. "He works for the President," says Sarah simply. From that point, it was a matter of boning up and buckling down, and these days Sarah is proving herself such an articulate spokesperson that the NRA, which at first considered her only an annoyance, looks on her as a threat to their stand. "When they hear that Sarah's going to speak before a group," Barbara Lautman, director of communications of Handgun Control Inc., says, laughing, "they've begun to call and demand equal time."

Sarah travels around the country, often taking her son along but rarely spending the night away from home. She outspokenly accuses the rifle lobby of "spreading misinformation and trying to polarize the country between gun lovers and gun haters. I'm not against guns per se. We don't hunt, because we happen to love little animals, but I am not against hunting weapons, and I'm not for gun bans or confiscation." What she *is* for, Sarah says, are safety controls she hopes will someday be implemented as law: a waiting period and background check on the prospective buyer of a handgun; a license for anyone carrying a handgun outside the home; mandatory safety training for anyone who buys a handgun. Such preventive legislation seems sensible, but the NRA, Sarah charges, has terrified many members of Congress by "spreading the message that there are only two factors: gun control versus no gun control. It's all black or white; there's no middle ground."

As a lobbyist, Sarah has heard many different views on the issue of gun control, but none shocked her as much as an opinion she recently heard in the House of Representatives Subcommittee on Crime, where legislators were debating the McClure-Volkmer bill. Taking notes during the early testimony, Sarah was, as always, cool and calm. Then, moments into the speech of Rep. Thomas Robinson (Democrat, Arkansas), she was suddenly stunned.

"When he started to talk, I learned for the first time that there is an 'inconvenience issue' in our system of justice," she recalls wryly. "Tommy Robinson testified that the 1968 gun laws which had *(continued on page 200)*

Go ahead, get close.




You've got the fresh breath Freedent® gum gives. It's the only gum that won't stick to your dental work, and it cleans in between to freshen your breath while you chew.

So go ahead, get close. You've got the fresh breath Freedent gum gives.

Try Freedent. The only gum that freshens breath, without sticking.

©Wm. Wrigley Jr. Co., 1985.

# NOW EVERY WOMAN CAN HAVE A PERFECT FRENCH ACCENT.



It's so easy. All it takes is a dab of the right fragrance in the right places.

LESSON ONE:
HOW TO FLIRT
Fascinate them with La Rose Jacqueminot.
Romantic. Captivating. The scent that started it all in Paris, in 1905. Wear it and absolutely no man will be able to resist.



LESSON TWO:
HOW TO KEEP THEM GUESSING
Intrigue them with Chypre.
Elegant. Evocative. The scent that has inspired so many imitations. Yet it has gone unrivaled. Its sensuous aura says you're a woman of style, and a bit mysterious, too.



LESSON THREE:
HOW TO COMMAND ATTENTION
Seduce them with Les Muses.
Coty's highly guarded secret. Dramatic. Sensuous. A multi-faceted scent that leaves men longing for your affection.



Now that you're fluent in French, it's up to you to decide exactly what to say.

LA ROSE JACQUEM'NOT • CHYPRE • LES MUSES
THE CHATEAU COLLECTION BY FRANCOIS COTY

Coty

© Coty, N.Y. 1986

# PSYCHOLOGIST'S JOURNAL

*Why you feel the way you do, plus the newest psychological research. By Sonya Friedman, Ph.D.*

### ROMANTIC FANTASIES

**Q: Even though I'm happily married, I often think about old boyfriends and imagine that my life would have been more exciting if I'd married one of them. Does this mean I'm unfulfilled?**

**A:** No matter how happy we are in a relationship, once our lives become familiar, it's natural for us to think about former lovers and create a romantic fantasy about them. We wonder whether our lives would have been different if we had made another choice. It's easy to imagine a more exciting lifestyle with someone other than our mate, since we never have to find out if the reality of the situation would be like the dream.

Rest assured that your romantic fantasizing does not necessarily mean that you are unfulfilled in your marriage. We all do it to some degree, more often when our lives seem dull or we're feeling disappointed. As a rule, it is a fleeting distraction and not a measure of general happiness.

### AFRAID OF THE DARK

**Q: My six-year-old son is afraid to go to sleep at night. He insists that we check his closet and under the bed, and he wants to sleep with his bedroom door open and the light on. What causes this behavior?**

**A:** This is one of the developmental phases all children go through. Kids feel vulnerable to the variety of terrors they see on television or hear about from their parents—such as being snatched by strangers or the bogeyman—and they add these fears to ones they already have about being hurt or abandoned. Your son's behavior is completely normal. Honor his requests to check his room, leave a light on and keep his door open. Assure him that you are nearby, that the house is locked and that you would always alert him to anything that was potentially harmful. Let your son continue this routine as long as it is effective and comforting.

However, if the change in your son's behavior has come on suddenly and is accompanied by other symptoms, such as clinginess, fearfulness and hostility, it could signal that something traumatic has happened to him (including an abusive situation at school or with a sitter). Consult a professional.

### INTERFERING IN-LAWS

**Q: My husband and I have been married less than a year, and during that time, his parents have come to visit us frequently. While they're staying at our house, they criticize everything from my cooking to my wardrobe. What can I do about it?**

**A:** It might be easier to take your in-laws' criticism if you could understand their motivation. Perhaps they feel that their own lives are empty now that their children are grown. Therefore, their criticism may be a way of asserting their power once again. They may also want to feel that they're needed in your lives. In that case, consider involving your husband's parents in the household routine during their stay with you.

However, if your in-laws are simply so difficult that you cannot deal with them, it's important that you and your husband act as a team. Tell them that you appreciate their suggestions, but that you know the most important thing to them is that the two of you are happy. Thus, when they're in your home, you'll consider making any adjustment they request, as long as it's something that both you and your husband are comfortable with. A simple thank-you for the suggestion gives them the opportunity to feel that they have been heard and gives you the chance to do what you choose.

*LHJ welcomes your questions for Psychologist's Journal. Send them to Sonya Friedman, LHJ, 3 Park Ave., New York, NY 10016. Dr. Friedman regrets that she cannot respond personally.*

### LISTENING: THE KEY TO PARENT-CHILD COMMUNICATION

**Do your children ignore you when you ask them to do something? Or do they fail to hear you even when you're shouting? If so, the real problem may be that you don't listen to *them*, says Wilbur T. Blume, Ph.D., professor emeritus of communications at United States International University, in San Diego.**

**According to Blume, parents wait anxiously for a baby's first words. "When kids get older and talk all the time, parents wish they'd be quiet," he says. "They tend to turn off their children's prattle."**

**And because many parents today have demanding schedules, they are often too busy to have more than a brief conversation with their children. But making time to talk with and listen to your kids has real payoffs, Blume says. Children who feel they can communicate their emotions to their parents tend to have fewer behavior problems at home and in school, and when they grow up, these children are often more open in their relationships with their parents. To keep the lines of communication open, Blume advises parents to sit down with their children every day, perhaps at the dinner table, and listen to them talk about school, their friends, what they did that day or any problems they might have.**

SURGEON GENERAL'S WARNING: Smoking Causes Lung Cancer, Heart Disease, Emphysema, And May Complicate Pregnancy.

©1986 R. J. Reynolds Tobacco Co.



A celebration of style and taste by YVES SAINT LAURENT

# RITZ




13 mg. "tar", 1.0 mg. nicotine av. per cigarette by FTC method.

Last month the *Journal* ran an exclusive excerpt from Carol's autobiography, *One More Time*. It told the story of her early life. Now Carol talks frankly about her life today. By Phyllis Battelle

# CAROL BURNETT

## WHAT I'VE LEARNED ABOUT MYSELF

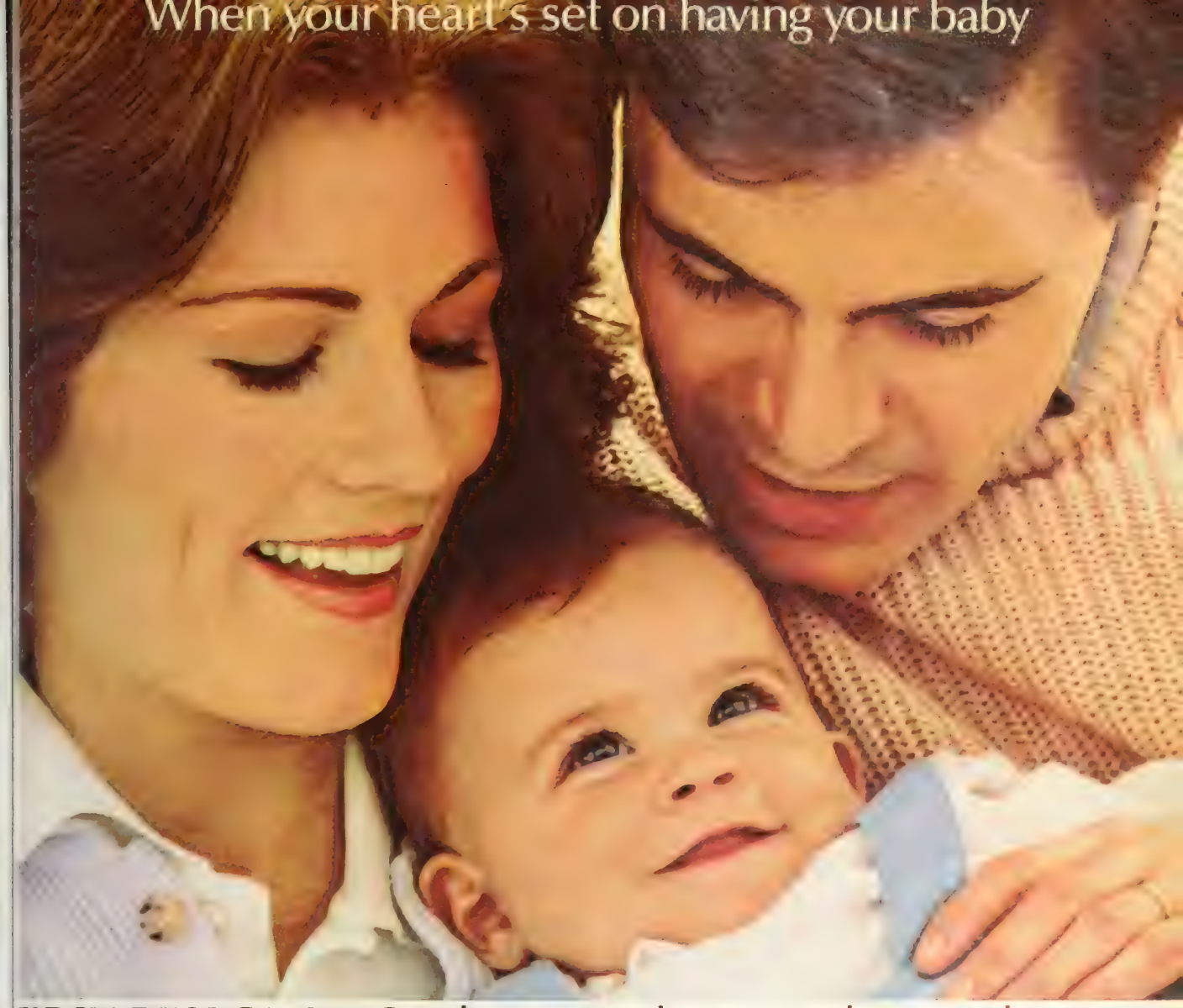


Greg Gorman/Gamma Liaison

When Carol Burnett was a child, living on welfare with her grandmother because her estranged parents were alcoholics, she had unique ways of coping. Sometimes she would retreat into a silent inner world—eyes open, but mind closed to unpleasantness. "Mama called it my 'shade,'" Carol remembers. "She said when I pulled my shade down, she couldn't even talk to me. It was as if I wasn't in there." An even more remarkable technique involved looking in the bathroom mirror and concentrating on the image of a girl she saw as "trustworthy and friendly" but also "gangly and ugly." "If I stared *really hard* into my eyes, I would feel myself floating out of my body and up somewhere over my right shoulder. I'd be looking down at the kid looking in the mirror." The phenomenon never lasted long. "As soon as I started asking 'What's this all about?' I'd come down again, because it scared me."

Carol doesn't think there's anything mystical about it. "Maybe it was a form of meditation. Scientists probably have a name for it," she says with a relaxed smile. "My name for it is *survival*. I was escaping reality."

Today, at the age of fifty-three, Carol has finally faced up to the realities of her youth and has come out a winner. After two years of reliving her past, an emotional odyssey that necessitated the help of a psychologist to unlock painful memories, she has produced an engrossing, funny, often heartbreaking *(continued)*




# FIRST RESPONSE® Ovulation Predictor Test lets you know in advance the day you're most able to become pregnant.

FIRST RESPONSE® can be a big help when you want to have your baby.

That's because there is only one day in the month a woman can become pregnant—the day she ovulates. FIRST RESPONSE predicts that day in advance, so you and your husband will know when to try. This is very important if you're having difficulty conceiving a baby, or don't want to spend months trying.

FIRST RESPONSE® Ovulation Predictor Test is a simple, 20-minute urine test that accurately measures the hormone that triggers ovulation. An obvious color change tells you ovulation will occur in 12 to 24 hours.

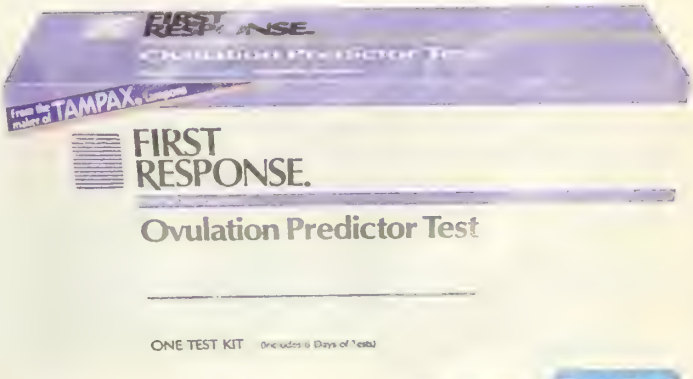
FIRST RESPONSE is far superior to the basal thermometer method that can only indicate ovulation has already occurred, which may be too late.

Each kit covers six consecutive days of testing for the month. If your cycle is irregular and you must test longer, a 3-Test Refill is available.

You can also depend on our medical information staff for answers to any questions you may have about the test. Our toll-free number is listed in every FIRST RESPONSE test kit.

FIRST RESPONSE Ovulation Predictor Test, from the maker of Tampax® tampons. It can make the difference between "hoping for" and "expecting" a baby.

**You can always trust your FIRST RESPONSE.**




From the maker of TAMPAX® tampons

FIRST RESPONSE, a line of professional quality home diagnostic tests, and TAMPAX are registered trademarks of Tambrands Inc. © Tambrands Inc., 1986

# Life is full of beautiful moments. Lane makes the cedar chest that will help you cherish them forever.

Your wedding album. A pressed flower from your bouquet. Your grandmother's heirloom lace. Baby shoes. All those precious keepsakes deserve to be kept in a special place. A place like a Lane cedar chest. Lane chests are a loving tradition and have been for generations. Built by master cabinetmakers in more than 100 styles, priced from $200 to $500, Lane chests are as beautiful to look at as the memories they hold. The chest pictured is Bridgewater #3969. For a colorful brochure send 50¢ to The Lane Company, Inc., Dept. T110, Altavista, Virginia 24517-0151.




Lane

ook—*One More Time*—which was ex-erpted exclusively in *Ladies' Home ournal* last month. The literary hiatus om her hectic show-business life has roduced a lovely, serene woman. Her ain face is framed by short-cropped air that accentuates high cheekbones iat we never noticed all these years. he blue eyes are as lively as ever, but ten they turn serious and introspective.

"I cried some during the writing," ie says, "but not a whole lot. And ow I think I'm just about finished eeping over the past. It's a good feel-ig to unload a ton of emotional bag-age from your childhood."

The unloading was a process Carol :complished largely alone. And while ie might imagine that this veteran tress and comedian would despise a two-ear solo stint in front of a typewriter istead of in front of an audience, arol, on the contrary, reveled in it.

"I was alone a lot, and I loved it. ome days I'd get up, shower, put on a obe, schlep around, sit at the type-riter—later, the word processor—and ever see anybody or leave that little partment on Wilshire Boulevard at ll. There's a great difference between eing alone and being lonely. I never really realized that, because all my life, I've felt responsible for others." The independence had been a long time coming: Growing up in Los Angeles, she slept on a couch in the one room in which she and her grandmother lived. Migrating to New York, Carol bunked with other aspiring actresses, then married her college boyfriend, Don Saroyan. Her half-sister, Christine, also lived with her during the brief union. Several years after her divorce from Saroyan, she married TV producer Joe Hamilton, with whom she had three daughters—Carrie, now twenty-two, Jody, nearly twenty, and Erin, eighteen. (Carol and Hamilton divorced in 1984.)

"I never had that feeling of space, never indulged myself with independence, and now I've discovered it's wonderful. In fact," Carol says, "I think if I ever got married again, I would insist on having my own quarters."

She makes it clear, in the very next breath, however, that she has no plans to wed. "Listen, now that I'm sprung from the typewriter, I plan to get social again. But I'm certainly not looking for a husband." Carol has been romantically linked with Peter Feibleman, a talented, six-foot Manhattan author and playwright whom she has dated steadily for nearly three years. A year ago, Carol said he was "terrific, attractive and so bright. I love him." But today, without so much as a telltale blush, she insists, "We are just very good friends. I hate that line, but it's true. There are two or three people I can turn to in any situation, be apart from for a while and just pick up the phone and say, 'As we were saying . . .' Peter is one of those friends, and I don't intend to lose him. But I am fifty-three years old and have been married twice, and that's enough."

Married twice—and divorced twice. But Carol does not see the divorces as defeats, nor has she let them turn her off to the idea of marriage in general. "I'm not against marriage," she says. If she had it to do over again, "I think I would still marry Joe," she says. "I don't consider my marriage to him a failure. Twenty years is very good. And three terrific kids—that's a success. It's just another life." And she says she would marry Don again also.

Such joyful acceptance of the nature of love is perhaps a tradition in Carol's family. While researching her book, Carol discovered that her beloved grandmother may have been married six times. "Growing up, I thought she'd had three husbands, but my aunt insists Nanny had six. I don't think I'll ever know for sure, *(continued on page 204)*

*If you're feeding her less and she's begging for more...*

MAYBE IT'S TIME FOR FIT & TRIM.




You want your dog to stay on a diet. But you don't want to make her go hungry by cutting her portions. For low calorie nutrition, start filling her bowl *full* with Fit & Trim® brand dog food. Because you care about your dog's weight, especially after the age of 7 or 8, don't feed her anything less.

35¢ MANUFACTURER'S COUPON | EXPIRATION DATE: NONE

SAVE 35¢
ON ANY SIZE FIT & TRIM® BRAND DOG FOOD




CONSUMER: Coupon must be accompanied by the required purchase. It may not be copied or transferred. No other coupon may be used with this coupon to purchase the same package(s).
RETAILER: To obtain face value + 8¢ send to Ralston Purina Company (RPCo.), P.O. Box 1000, Mascoutah, IL 62224. Coupon must be redeemed in accordance with RPCo.'s coupon redemption terms, a copy of which has been provided to retailer and is available upon request by writing to RPCo., P.O. Box 1000, Mascoutah, IL 62224. The consumer must pay sales tax. Good only in USA, APO's, FPO's. Void where prohibited/taxed/restricted. Cash Value: 1/20¢

FT 282
5 17800 00035 5

©Ralston Purina Company 1985

35¢

SPECIAL REPORT

By Gloria Hochman

# NEW MEDICAL TESTS YOU MUST KNOW ABOUT

*Baffled by high-tech machines with space-age names? Read our guide to the newest diagnostic tools available*

With jolting speed, medical science has presented us with a dazzling assortment of new tools to diagnose everything from breast cancer to birth defects. "Certainly a prime catalyst for this high-tech boom," says Stanley M. Baum, M.D., chairman of radiology at the Hospital of the University of Pennsylvania (HUP), "was the introduction of the computer to medicine in the early seventies." "Our greater understanding of ultrasound helped, too," says John M. Eisenberg, M.D., HUP's chief of general medicine, "as did our deeper knowledge of immunology and the origin of disease—all of which encourages the development of even more tests."

The problem is, most of us—doctors included—find it hard to stay informed about these new procedures, let alone understand them. But—caveats about unnecessary medical tests notwithstanding—there is no doubt that the right test at the right time can mean speedier diagnosis.

What, then, are the newest procedures available? Who needs them? And how much will they cost? This guide to old problems and their new solutions, based on interviews with some of the country's leading medical practitioners and researchers, gives you the answers.

## Mostly for women

**Osteoporosis** Nearly twenty million Americans (most of them women) suffer from osteoporosis, a thinning of the bone due to loss of calcium as the body ages. As bones become weaker, they are more susceptible to fracture. But now, a painless twenty-minute test with a *dual beam photon densitometer* can measure vertebral bone thickness, the key indicator of osteoporosis. With a thin beam of low-dose radiation, the densitometer scans the spine and records bone thickness. A computer analyzes a patient's bone density and compares it with that of others of the same age and sex in the general population, determining how advanced the osteoporosis is, as well as when the threshold for fracture will be reached. On the basis of this information, the individual's physician can advise preventive measures—increasing calcium intake; implementing estrogen therapy; forsaking smoking, caffeine and excess alcohol; and embarking on a regular exercise program. Cost: $135.

**Birth defects** Doctors predict that before too long, *chorionic villus sampling* may replace amniocentesis as the procedure of choice for pregnant women whose fetuses are considered at risk for abnormalities such as Down's syndrome or sickle-cell anemia. The half-hour test is usually performed between the ninth and eleventh weeks of pregnancy—whereas amniocentesis is done during the sixteenth week—thereby giving earlier clues to potential problems. Guided by an ultrasound image, the doctor inserts a small plastic tube into the uterus and removes some tissue, which is checked for abnormalities. The test is usually painless, though there may be some cramping similar to that accompanying a heavy menstrual period. The risk of miscarriage from the procedure is low—about 3.8 percent—but it is higher than the risk with amniocentesis (less than .5 percent). Cost: $825. So far, only two dozen centers in the country are authorized by the Food and Drug Administration to do the test. To find out if there is one near you, write to Laird Jackson, M.D., director of the international registry, at Thomas Jefferson University, Eleventh and Walnut Streets, Philadelphia, PA 19107.

Another new prenatal test, *percutaneous umbilical blood sampling*, sometimes called cordocentesis, is the most direct method of diagnosing blood disorders in a *(continued on page 48)*

# Chest pain you should tell your doctor about

## If pain or discomfort occurs:

- at rest, or even during sleep
- at varying levels of exertion
- at specific times of the day, usually upon waking
- upon exposure to cold temperatures
- under emotional stress

## It may actually be mixed angina.

Thousands of people are diagnosed every year for mixed angina—a medical problem of the heart that requires the attention of your doctor. Often the pain resembles simple heartburn, or shortness of breath, yet the consequences are not so simple. Do your heart, yourself, and your family a favor. See your doctor.

*For a poster-sized reprint of this message, write: Pfizer Pharmaceuticals, P.O. Box 3852MP, Grand Central Station, New York, NY 10163.*

A message in the interest of better health from




PHARMACEUTICALS
A PARTNER IN HEALTHCARE

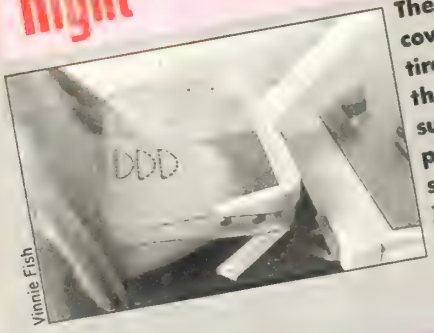
SPECIAL REPORT

By Penny Wise Budoff, M.D., and Nancy J. Dintenfass, D.O.

# MAMMOGRAPHY: WHAT DOCTORS ARE DOING WRONG

*Here's how you can get the best breast-cancer testing possible*

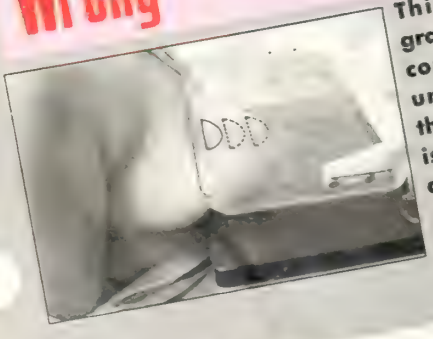
**Right**



Vinnie Fish

The glass plate covers the entire breast, and the breast tissue is firmly compressed to ensure a clear X-ray of the entire breast

**Wrong**



This mammogram will be incomplete and unclear, since the entire breast is not covered and the tissue is not adequately compressed

Our medical practice is located in Nassau County, New York, a county with one of the highest breast-cancer rates in the United States. So, naturally, breast-cancer screening, including mammography, is a major concern of ours. And what concerns us most of all is that women are *not* always receiving the best care and advice the medical profession has to offer.

Breast cancer is the number-two killer of women in the United States, second only to lung cancer. But there's now proof that the national death rate from breast cancer for women over fifty could be decreased by more than 30 percent if all women went for regular mammograms, because survival rates are so much higher when the disease is detected early. It is estimated that at this very moment, there are more than half a million American women walking around with undiagnosed breast cancer that would be detected by a carefully done mammogram. If those cases were diagnosed and treated, 15,000 lives could be saved in the United States this year. The survival rate would no doubt be even higher if mammography were combined with monthly breast self-examination and routine physical examinations.

But for a variety of reasons, not only are most women not having mammograms taken at regular recommended intervals, but even when they are, the mammograms are sometimes not being done properly.

When a woman comes into our office—at the Women's Medical Center, in Bethpage—for an examination and mammogram, we request her prior mammograms, so *(continued)*

# Keri *is so very...*™




*Different*

**Keri Original Formula** *doesn't feel like ordinary lotions. You don't need to use as much. It's concentrated for rough, dry skin so a little goes a long way. Use it in the morning to protect your skin against the dehydrating effects of the day. Use it again before bed to restore moisture while you sleep.*

*Moisturizing*

**Alpha Keri Moisturizing Bar** *is the thorough, yet gentle way to cleanse hands and body in the shower or bath. Before you moisturize with Keri Lotion or Alpha Keri Shower and Bath Oil, treat yourself to the luxury of the soothing, softening, 100% detergent-free Alpha Keri Moisturizing Bar.*

*Luxurious*

**Alpha Keri Shower and Bath Oil** *leaves skin feeling smooth and replenished. Unlike baby oil, its moisturizers mix with water to disperse evenly. Alpha Keri locks in the moisture your skin absorbs while you shower or bathe. Use it on wet skin and pat dry.*

© 1986 Westwood Pharmaceuticals

## NEW MEDICAL TESTS YOU MUST KNOW ABOUT

fetus. Performed after the seventeenth week of pregnancy, it is used when there is a possibility that the Rh factor in the mother's blood is incompatible with that of the fetus—as well as to detect sickle-cell anemia, hemophilia, Tay-Sachs disease and Down's syndrome. Following an ultrasound image, the doctor inserts a fine needle into the woman's abdomen through the uterine wall and into the vein of the umbilical cord. Blood samples from the fetus can be checked, and if necessary, a transfusion can be done within minutes through the umbilical cord. The risk of miscarriage? About 1 to 3 percent. Cost: $450. The test is available at several medical centers, including the Yale–New Haven Medical Center, in Connecticut; Mount Sinai Medical Center, in New York City; Pennsylvania Hospital, in Philadelphia; University of Kentucky Albert B. Chandler Medical Center, in Lexington; University of Iowa hospitals and clinics, in Iowa City; and the University of California San Francisco hospitals and clinics.

*Alpha feto protein* (AFP) is a test performed in the sixteenth week of pregnancy to determine whether a developing fetus has spina bifida (open spine disease) or defects in the formation of the skull. Safe and easy—it's done from a simple blood sampling of the mother—the test records protein levels in the mother's blood. The results reveal whether the pregnancy is progressing well or whether other tests—perhaps amniocentesis—are indicated. Recently, the American College of Obstetricians and Gynecologists recommended that AFP be offered to all pregnant women. Cost: $50.

**Pelvic inflammatory disease (PID)** Each year, over one million women in this country contract PID, most likely as a result of sexually transmitted infections, though infection following childbirth, abortion or other surgery, as well as the use of intrauterine devices, has also been implicated. If PID is not caught and treated early, ectopic (tubal) pregnancies, even infertility, can later occur. Unfortunately, diagnosis by physical examination is difficult—doctors estimate they can accurately detect only about 60 percent of PID cases this way. Short of major surgery, the only reliable tool fo detecting PID is *laparoscopy*—the in sertion of a lighted tube through th abdomen—which permits the doctor t view the uterus, fallopian tubes an ovaries. Though laparoscopy is gener ally done under regional anesthesia i the hospital, the woman can usually g home the same day and suffers mini mal discomfort. A half-inch-long inci sion is made near the pubic hairline and an additional pinprick is made a the navel, so a scar is barely visible Laparoscopy is costly, however ($650 t $850), and its invasive nature rules i out as a routine screening tool.

### For everyone

**Brain and organ dysfunctio** Medical textbooks may soon have to b rewritten, thanks to the information— in uncanny detail—that *magnetic reso nance imaging* (MRI) is yielding. So fa used mainly to identify conditions o the brain and spine (hemorrhage, tu mor, fracture), MRI is rarely the firs diagnostic test given, though doctor may opt for it if a conventional X-ray o a computerized *(continued on page 184*



## MAMMOGRAPHY: WHAT DOCTORS ARE DOING WRONG

that they can be compared with the mammograms taken at the center. We are very concerned about the poor quality of some of these previous mammograms, a number of which are not good enough to properly screen for breast cancer. Some are too dark or too light to be readable; others do not show part of the breast because the patient was not positioned correctly as the picture was being taken. Still others are unclear because the breast was not adequately compressed for the procedure.

Mammography is a complicated high-technology medical procedure. But women owe it to themselves to educate themselves about the test, because there *are* steps every woman can take to ensure that she receives the best breast-cancer screening possible.

To help women take more responsibility for breast-cancer prevention and screening (besides the breast self-exam, which women should perform each month), we're going to explain exactly what mammography is and then outline the ways a woman can evaluate her doctor, the equipment, the staff and the mammography procedures.

### Mammography: the basics

Mammography is a safe, low-dose X-ray technique that is the best way to detect cancerous growths *years* before they are large enough to be felt, either by the woman herself or even by an experienced physician. So the fact that neither you nor your physician feels a lump is no excuse not to have a mammogram; the lump may exist anyway.

It has been reported that only about one third of the country's fifty-six million women over age thirty-five have *ever* had a mammogram. The main reason, according to the latest research, is fear—fear of the radiation (which, in fact, is minimal) and fear that the mammogram actually *will* detect something. But that's only part of the problem. The rest is that American doctors haven't aggressively pushed their female patients to get mammograms. A recent study in California showed that fewer than 15 percent of primary-care physicians order routine mammograms for their female patients older than thirty-five. The doctors prefer to wait until a lump can be felt. But as we explained above, the problem with this approach is that by the time a tumor can be felt, it probably has been growing for up to eight years.

Follow the American Cancer Society's guidelines to determine how often you should have a mammogram:

- Have a baseline mammogram when you are between the ages of thirty-five and forty.

Women's breast tissue varies enormously in density and appearance on an X-ray. A baseline mammogram produces an X-ray that is as individual as a fingerprint, with which all subsequent mammograms can be compared. When later mammograms are compared with the baseline, subtle differences between the X-rays—which indicate changes in the breast tissue over time—may be the first sign of cancer.

- Between the ages of forty and fifty you should have a mammogram every one or two years.
- After age fifty, have the test done annually.
- Make sure that your records, and especially your baseline mammogram, are always available to you.

If you move *(continued on page 185*

# Tantalize 'Em!



**Here's a tantalizing holiday cake, made doubly rich with chunks of Baker's® Chocolate and Sun Giant® Raisins, Dates and Almonds. It'll put everyone in the holiday spirit.**

## THE CHOCOLATE DECADENCE CAKE

3 squares BAKER'S® Semi-Sweet Chocolate
1 pkg. (2-layer size) chocolate cake mix or pudding-included cake mix
4 eggs
¾ cup water
½ cup sour cream
¼ cup oil
*Fruit-Nut Filling and Chocolate Frosting (See ingredients below.)

**1.** Chop chocolate into small chunks and set aside. **2.** Combine cake mix, eggs, water, sour cream and oil. **3.** Blend, then beat at medium speed of electric mixer for 4 min. Fold in chopped chocolate. Pour into 2 greased and floured 9-in. layer pans. **4.** Bake at 350° for 35 min., or until cake tester inserted in centers comes out clean. Cool cakes in pans 10 minutes. Remove from pans and finish cooling on racks.

***Fruit-Nut Filling and Chocolate Frosting:**

**1. To begin,** beat ¾ cup (1½ sticks) butter or margarine until soft. Blend in 3 cups confectioners' sugar. Add 1 egg and 1 tsp. vanilla. Add 3 additional cups confectioners' sugar alternately with 3 tbsps. (about) milk until of spreading consistency. Set aside 1 cup of mixture in small bowl for filling. **2. For filling,** stir ⅓ cup each SUN GIANT® Chopped Dates, Raisins and Chopped Natural Almonds into 1 cup of mixture. Spread between layers. **3. For frosting,** melt 5 squares BAKER'S® Semi-Sweet or Unsweetened Chocolate. Cool; add to remaining mixture. Add 2 tbsps. (about) milk for smooth consistency. Frost and decorate top and sides. Garnish with dates, raisins and nuts, if desired.




© 1986 General Foods Corp. Baker's is a registered trademark of General Foods Corp.

GENERAL FOODS

GENERAL FOODS BUILDING ON QUALITY

*Baker's® & Sun Giant.® We make desserts irresistible.*

# MONEY NEWS

*Up-to-the-minute advice to help you manage your money*
*By Katherine Barrett and Richard Greene*

## HOW MUCH?

When the government tells you the cost of living has just increased by 3 or 5 percent, it's talking about things like a market basket of food, a gallon of gasoline and the cost of heating a home. But that's only part of the story. Here is *Ladies' Home Journal*'s own cost-of-living index—from marriage proposal to golden years. Half-carat solitaire diamond engagement ring, $895; average total cost of a wedding, $10,385; average cost of a new single-family house, $111,100; cost of having a baby, $3,610; $1 million in term life insurance for a 35-year-old nonsmoking woman (first-year premium), $840; annual pass to Walt Disney World for a family of three (child under twelve), $440; total cost of raising a child to age eighteen, $199,650 (adjusted for inflation); four years at a public college, $22,416; four years at a private college, $40,796; annual membership in the American Association of Retired Persons, $5.

## HEATING REPAIRS
### Don't get in hot water!

**If someone comes to your door offering a free heating inspection, beware. One of the most common scams at this time of year involves unscrupulous individuals who inspect heating equipment for free, invariably find "dangerous" flaws and then charge alarmed homeowners for needless repairs.**

**To protect yourself, check on a home-improvement contractor's credentials before you sign up for an inspection, and always get a second opinion.**

## HELPLINE!

**Q** I made a $100 deposit on a couch, which was to be delivered in four weeks. I've been waiting eight weeks, and the store refuses to return my deposit. Can they do this?

**A** Basically, it depends on where you live. According to a Federal Trade Commission spokesman, no federal laws govern your situation. But there are local regulations. For example, in Nassau County, New York, stores must deliver within thirty days of the date stated in the contract. If they can't, the customer is entitled to a full refund or credit—unless she chooses to renegotiate the delivery date. (The regulation excludes custom-made or special-order furniture, however—and customers have to be careful that the store doesn't apply that label inappropriately in their contract.)

Your best bet is to contact your local consumer-affairs office to determine exactly what the laws are in your area.

## WINNERS & LOSERS

Nothing changes faster than the world of investments. As annual returns vary, so does the ranking of top performers. To illustrate, here is a table showing some common investments from last year and their average annual returns from 1971 to 1986. (The figures come from Salomon Brothers.)

| INVESTMENT | 1985-86 | 1971-86 |
|---|---|---|
| Stocks | 34.8% | 8.2% |
| Bonds | 26.0% | 9.3% |
| Stamps | 14.5% | 14.3% |
| Gold | 9.2% | 15.2% |
| Diamonds | 7.5% | 10.5% |
| U.S. coins | 7.2% | 18.2% |
| Housing | 7.2% | 8.2% |
| Treasury bills | 7.1% | 9.2% |
| Silver | −15.5% | 8.5% |

## GIVING MONEY ... WITH STYLE

Everyone spends money at Christmas. Why not turn the tables this year and buy some? Here are several gift ideas from the financial world—order early to make sure they arrive on time!

- Uncut currency can be purchased from the Bureau of Engraving and Printing, Mail Order Sales, Rm. 602-11A, 14th and C Streets SW, Washington, DC 20228. One-dollar notes, for example, are available in 4-subject, 16-subject and 32-subject sheets, for $10.25, $28 and $47.
- Proof sets of 1986 coins are available for $11 from the U.S. Mint, P.O. Box 8666, Philadelphia, PA 19101-8666.
- Old stock certificates sell for as little as $5 and make great wall hangings. For a price list, write to R. M. Smythe, 24 Broadway, New York, NY 10004.



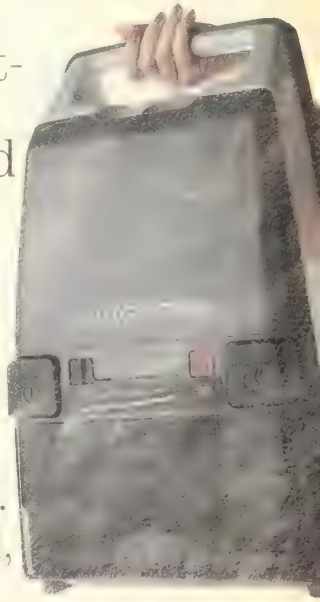
# Take the Express to the future.

The days of struggle with old, clunky, underpowered vacuum aners are over. The new Eureka Express Power Team is here.

Packing a 4.3 peak horsepower motor, the Eureka Express will clean every surface of your home with the strength of industrial suction power. That's at least twice the power of many older cleaners. Yet the Eureka Express is light enough to carry in one hand.



A complete set of attachments for above the floor cleaning is contained within the cleaner.



For carpets, there's a cial attachment with its own motor-driven beater/ ish, to beat carpet fibers like an upright. Press a button, the beater/brush stops turning, and you can use the same attachment to vacuum bare floors.



We know of no more powerful, versatile cleaner anywhere.

For a demonstration, see your Eureka dealer. He sells vacuum cleaners for today. Not yesterday. **EUREKA EXPRESS**

© 1986 The Eureka Company, Bloomington IL 61701 In Canada: Eureka [illegible]



Roy Morsch/The Stockmarket

**We asked our readers to send us their real-life love stories. Here, some unforgettable true tales that will warm your heart. Read them and remember your own special love**

# True Romances

## Young at Heart

Dick and I were so happy to have found each other. Each of us had gone through a painful divorce, and we were just getting our lives back on track when we met. Right away we found we had much in common: We both liked to dance, listen to music and watch old movies, and neither of us liked mayonnaise on sandwiches—something we felt was a sure sign of compatibility! After four months of dating, we finally considered ourselves a couple. But a casual remark I heard at work brought all that to a halt.

One of my colleagues mentioned that she had seen Dick's picture in her husband's college yearbook. I knew when her husband had graduated, and with some quick calculations, I realized that Dick was thirty-five years old—a good age by any standard. I, too, had been thirty-five—a decade ago! I couldn't believe it; I was ten years older than Dick. Why, I was going to be a grandmother in three months, and he was still young enough to start another family!

Ten years or a hundred years—it made no difference—our relationship had to end. I decided to break up quickly so it would be less painful. As I made my plans, I felt in complete control of the situation. I would call Dick and calmly say that we were getting too serious. But when I dialed his office number and heard his voice, my exact words were "How old are you?" So much for self-control.

That night I was ready with a list of the reasons we should end our relationship, but I wanted us to part as friends. "You should be dating a woman your age or younger," I blurted out. "You're young enough to start another family, and you need a woman who will give you that. I've already raised three children, and I'm past that stage in my life."

"And I have two great children," Dick *(continued)*




# Here at Hidden Valley Ranch, we use our buttermilk salad dressing on all kinds of good food.

Now, most folks think you just ›ut salad dressing on salads, but ve love our Hidden Valley Ranch buttermilk salad lressing with all kinds f good food.

Send for our new 6-page color cookbook, lled with lots of delicious deas. See details below- nd enjoy our buttermilk lressing with your good food.

986 The HVR Co.




To receive our new cookbook, just send 50¢, with your name nd address to: Hidden Valley Ranch Buttermilk Originals O. Box 8656 Clinton, Iowa 52736

Good Mornings

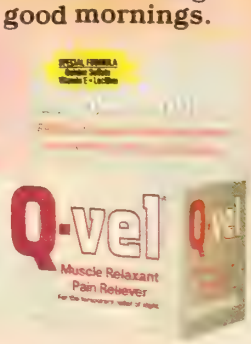


Good mornings are the mornings you awaken rested, ready to look your best and do your best.

Good mornings are hard to come by if you've suffered through a restless night because of painful leg cramps.

Fortunately, there's Q-vel®, a specially-formulated muscle relaxant pain reliever, to prevent and provide relief from the discomforts of leg cramps, which can rob you of good mornings.

Q-vel




works at night to make more mornings—
Good Mornings

© 1986 Bio Products, Inc., Norwalk, CT 06855



reminded me. "They—and you—are my family. I don't want to start another one."

"But Dick," I countered, "when you're forty-five, I'll be fifty-five. I'll be eligible for a senior citizen's discount, and you'll be trying to recoup your youth in the mid-life crisis."

"Does my being younger than you make me less of a person?" Dick asked. "Am I less intelligent, caring or thoughtful—all the things you said you admired in me—than I was before you knew my age?"

That caught me off guard, because I hadn't been thinking of his feelings in that way. I just assumed he might not want me because I was older, not that I wouldn't want him because he was younger. I then suggested that we think it over before making any decisions.

Well, that was ten years ago, and we've been married for nine and a half years of that time. I haven't applied for a senior citizen's card yet, and the extent of his mid-life crisis was to purchase a sports car, which we *both* enjoy. Age is no longer an issue with us. I realize now that the important thing is how old you feel—and right now we feel like a couple of teenagers! *—Joann Musgrave, Billings, MT*

### Boomer widow

Every marriage has its challenges, but navy marriages can be especially stressful. Forced separations, unexpected moves and erratic work schedules can take their toll on marital bliss. But over the years, I've adjusted to my husband's strange lifestyle, and I've even found endless opportunities to enrich our lovelife.

My husband, Joe, is assigned to a "boomer"—a ballistic missile submarine. He has a complicated at-sea schedule and is away from home more than half of the year. When Joe's gone, he's completely cut off from the rest of the world and I become a boomer widow. He can't communicate with me at all. I get no letters, no phone calls and no cards in response to anything I send.

However, my husband and his clever co-workers have found ways to get around the communications ban. The last time Joe was at sea, he sent me the largest flower arrangement I'd ever seen. He had ordered and paid for the flowers in advance and arranged to have them delivered on a certain date. Oh, how I cried when I saw those flowers!

I, too, still manage to show my love. During each patrol boomer widows are permitted to send eight "familygrams," messages similar to telegrams. We're limited to forty words in each, so I choose my words carefully. I usually spend a week composing my familygrams, minimizing waste and maximizing meaning. I enjoy writing these messages because Joe loves getting them. And I like that aspect of our marriage; it gives me a chance to think about all of the terrific things I love about Joe.

Once, as he was packing to go to sea, I stuffed a few little surprises in his bag. Joe says he will never forget the perfumed note he found tucked into his shirt pocket one morning at work. He told me that he had thought it was his buddy who smelled of White Shoulders!

Although these thoughtful touches make our separations more bearable, they can't replace the joy of being together. When Joe returns, we make it a special occasion. We send the kids to the baby-sitter's for an evening, and then we stay home to cook one of our favorite meals. Later we do the dishes together, talking, kissing and catching up. When Joe is home, he insists on spending his time with me, helping with the cooking and cleaning, and caring for our two daughters. To me that says "I love you" more than any flowers, wild lovemaking or mushy cards ever could. Our life certainly is a different kind of life, but we love *(continued)*

# A 20th-Anniversary Tribute to *STAR TREK*®



- 24K gold-on-gold border
- Actual size: 8½"
- A strictly limited porcelain plate

1966 1986 STAR TREK 20 YEARS

On September 8, 1966, *Star Trek*® premiered on television and won an immediate following among scientists, science fiction fans, and adventure enthusiasts.

Since that day, over the past two decades, episodes of this powerful science fiction drama have been aired time and again, around the world. Now is a special 20th-anniversary tribute to *Star Trek*, one of the show's most beloved scenes has been honored on a fine porcelain, limited-edition collector plate.

"The Trouble with Tribbles" depicts the dashing Captain Kirk, chest-high in furry little creatures called Tribbles. When Kirk opens a storage bin, the Tribbles have multiplied and spill out everywhere—producing a look of utter exasperation on this noble leader's face.

Celebrity artist Susie Morton has captured Kirk's expression to perfection for "The Trouble with Tribbles," premiere in a series of eight plates entitled *Star Trek: The Commemorative Collection.* Each plate will be strictly limited to a worldwide edition of 90 firing days, and accompanied by a numbered Certificate of authenticity.

## THE TROUBLE WITH TRIBBLES

As the owner of "The Trouble with Tribbles," you are guaranteed the right—*but never the obligation*—to acquire the seven subsequent issues in the collection. Furthermore, you may order *at no risk*, since our *100% Buy-Back Guarantee* assures that you may return any plate for a full refund, within 30 days of receipt.

The immense popularity of the *Star Trek* theme and the significance of the show's 20th anniversary, will likely generate immediate demand for "The Trouble with Tribbles." Thus, you should place your reservation promptly. To avoid any chance of disappointment, order today!

Star Trek® is a registered trademark of Paramount Pictures Corporation, and is used under exclusive license by Ernst Enterprises, Ltd. © 1966, 1986 Paramount Pictures Corporation. All rights reserved.

**RESPOND BY: November 29, 1986**

Limit: Two plates per collector

Please accept my application for "The Trouble with Tribbles." I understand I am under no obligation to buy any other plate. I wish to purchase _____ (1 or 2) plate(s) at $29.50 (plus $2.14 shipping and handling) each, for a total of $_____. Please check one: ($31.64 or $63.28)

☐ I enclose my check or money order.
☐ Charge my credit card:
Visa MasterCard
☐ American Express ☐ Diners Club

Acct. No. _____

Exp. Date _____ 03541
003164/006328

Name _____

Address _____

City _____

State _____ Zip _____

Signature _____

*FL residents add $1.59 and IL residents add $2.22 per plate for tax. Please allow 6-8 weeks for delivery. All applications must be signed and are subject to acceptance. Deliveries made only to U.S. and its territories.

**The Hamilton Collection**
9550 Regency Square Blvd., P.O. Box 44051
Jacksonville, FL 32231

DRĀNO®
HAS THE DRAIN OPENERS TO CLEAR MORE TOUGH CLOGS.




Only Drano offers the unique all-purpose Crystal and a convenient Liquid.

- All-purpose Crystal Drano is specially formulated to chew through tough clogs... food, hair, even stubborn grease clogs. That's something Liquid-plumr can't do.
- No other leading liquid can beat Liquid Drano for clearing tough hair clogs.

And, Drano won't harm your pipes. It's earned the Good Housekeeping Seal.

LIMITED WARRANTY TO CONSUMERS ★ Good Housekeeping PROMISES ★ REPLACEMENT OR REFUND IF DEFECTIVE

© 1984 The Drackett Products Company

## TRUE ROMANCES

continued

each other, and together we make it work. *—Patricia Mosher, Washington, D.C.*

### Love letters

The special-delivery letter that arrived on a July morning in 1943 changed my life. A few years earlier, during my high school days in New Jersey, one of my teachers had arranged to have her students write to pen pals in California. I corresponded with a John Kenneth O'Neil, better known as Jack. For three years, we exchanged many letters and became good friends. But, in 1941, Jack entered the Army, and suddenly he stopped writing to me.

Two years later, I opened that special-delivery envelope and found pictures and an eloquent twenty-one-page letter from Jack. He explained that he was a sergeant in the Pacific and that he had stopped writing because of a jealous fiancée. However, he said that they had broken up and he wanted to resume our friendship. I was thrilled and quickly answered his letter.

Soon letters came and went daily, and in one of them, Jack proposed. I was ecstatic. When I told my mother, she seemed surprised. "You've never seen him," she said. "Pictures can be deceiving." Nevertheless, I made my decision and wrote my soldier an emphatic yes! Then, on Valentine's Day, 1945, I received a dozen red roses with a note that read: *My sweet, Another delivery follows—a box. Don't open it until I call you. I'm in Nebraska! At 7 P.M. your time I'll actually hear your voice! S.W.A.K., Jack*

That evening the phone rang, and Jack whispered, "Wear my ring, my sweet, and nestle in my heart forever." I slipped the lovely diamond on my finger, and we were engaged.

As soon as the war was over, Jack drove his 1932 Chevy across the country to see me. I knew I could end our engagement if I did not like what I saw, but he was an Adonis in olive drab! I worried how I would look to him, but as I opened the door I found a look of adoration on Jack's face. We embraced—our first physical encounter—and knew we had made no mistake.

Our wedding, a month later, began a love song that lasted twenty-eight years. During our last years together diabetes took away Jack's sight, but not his desire to write me notes. It was then that our three children and I gave him a tape recorder, and I started finding taped messages everywhere.

It's now been twelve years since Jack died, but still, sometimes in a lonely moment, I play those tapes. And once again, that familiar voice tells me a joke, whispers an intimate proposition, makes a date or just says, "I love you, my sweet"—and I realize what a privilege it has been being Mrs. John Kenneth O'Neil. *—Diane O'Neil, Saratoga, CA*

### Advertising for love

Me—answer an ad from a personal column? Never! At least that was my reaction when a friend suggested it. I wanted a man in my life again, but four years of widowhood and grieving had left their mark on me. I knew I could never bring myself to answer such an ad.

But my friend persisted and gave me a magazine that ran personals. Finally, one evening several weeks later, I looked through it. To my surprise many of the advertisers were just lonely people looking for someone to share such things as books, museums, music and conversation—all of which I, too, enjoy. I answered some of those ads and met several interesting people, but none that I felt would be suitable for a long-term relationship.

I decided to place my own ad, describing myself as a young widow with much love to give and many interests to share. That did it! I must have received over sixty letters in just one week! After I discarded the crazy ones, I got in touch with the men who wrote the others. I dated quite a few, but many of the gentlemen seemed interested only *(continued on page 202)*

# ARK EYE CIRCLES? AGE SPOTS? BLEMISHES? FRECKLES?

# DERMABLEND COVER CREME COVERS THEM ALL.

Dermablend® does what no other cosmetic can do: correct imperfections perfectly. Whether it's dark circles under the eyes, a scar, a birthmark, or a beauty mark you may not find so beautiful, Dermablend covers them completely.

Dermablend is greaseless, fragrance free, waterproof, long lasting and easy to apply. And because it comes in shades, you can match your skin tone easily.

Before you put on your face, perfect your face with Dermablend. It will make all your make-up look more beautiful.

And now there's new Dermablend Leg Cover. If you have varicose veins, or age spots, your legs and hands can look lovelier too. Visit the Dermablend Consultant at a fine department store and see how perfectly Dermablend Corrective Cosmetics can work for you.




DERMABLEND CORRECTIVE COSMETICS

# COOKING FOR TODAY

*Elegant but easy appetizers for holiday entertaining from famous restaurateur, author and chef John Clancy*

## MEATBALLS WITH JALAPEÑO PEPPERS

**2 pounds lean ground beef chuck**
**1 pound lean ground pork**
**3 tablespoons butter**
**1½ cups finely chopped onion**
**1 tablespoon finely chopped garlic**
**1 cup fresh bread crumbs**
**1 teaspoon thyme**
**1 teaspoon salt**
**3 jalapeño peppers, seeded and chopped**
**1 egg**

Place beef and pork in bowl. Heat butter in skillet. Add onion and garlic; cook until onion is translucent. Add onion and garlic to meat. Add remaining ingredients. With wet hands, mix ingredients until well blended. Shape meat into ¾-inch balls; place on a jelly-roll pan. Cover and refrigerate 24 hours. Preheat oven to 350°F. Bake 30 minutes. Makes about 8 dozen meatballs, 40 calories each.

## STUFFED POTATOES FISH-HOUSE STYLE

**18 small red potatoes (2 lbs.)**
**3 tablespoons unsalted butter, melted in ¼ cup heavy cream**
**½ teaspoon salt**
**Pinch white pepper**
**1 tablespoon grated onion**
**1 tablespoon chopped chives**
**1 tablespoon finely chopped flatleaf parsley**
**¾ cup freshly grated sharp Cheddar cheese**
**4 ounces fresh crabmeat, picked over and cartilage removed**
**2 tablespoons butter**

Place potatoes in saucepot with wat to cover. Boil 15 minutes, until tend Drain and cool. Slice in half. Scoop o centers, leaving ¼-inch shell; reser shells. Mash potatoes with butter mi ture, salt and pepper until smooth. S in onion, chives, parsley, cheese a crabmeat. Spoon into shells. Dot wi remaining butter. *(Can be made ahe Cover and refrigerate up to 24 hour* Preheat oven to 400°F. Place potat on jelly-roll pan. Bake 25 minut Makes 36 appetizers, 50 calories eac

## LIPTAUER CHEESE SPREA

**1½ cups small-curd cottage cheese**
**¾ cup unsalted butter, softened**
**2 tablespoons Hungarian paprika**
**½ teaspoon salt**
**¼ teaspoon white pepper**
**1 tablespoon crushed caraway seeds**
**2 teaspoons chopped capers**
**2 tablespoons grated onion**
**¾ cup sour cream**
**¼ cup thinly sliced green onions**

With the back of a wooden spoon press cottage cheese through siev into a bowl. Beat in remainin ingredients. Cover and refrigerat at least 2 hours before servin Makes 3 cups, 40 calories pe tablespoon.

## VEGETABLE CAVIAR

**1 medium-size eggplan**
**4 tablespoons olive or vegetable oil**
**¾ cup chopped onion**
**½ cup finely chopped green pepper**

***(continued on page P.S.***




Pot pies
ain't what they
used to be.
Pillsbury
Microwave
CLASSIC™
CASSEROLES
SAUCE, PASTRY, CHICKEN, VEGETABLES
Breast of
CHICKEN
NEW!
Introducing Pillsbury Microwave Classic Casseroles.
Tender meat, crisp garden vegetables, and
a flaky, golden-brown crust...all ready
in just 7 minutes from your microwave.
Look for them in your grocer's freezer.
©The Pillsbury Co., 1986
Microwave CLASSIC™ CASSERQLES from Pillsbury. When you want it now... and you want it good.

# LOOKING GOOD

## *Choosing flattering maternity fashions and picking the right pearls*

*By Constance Leisure*

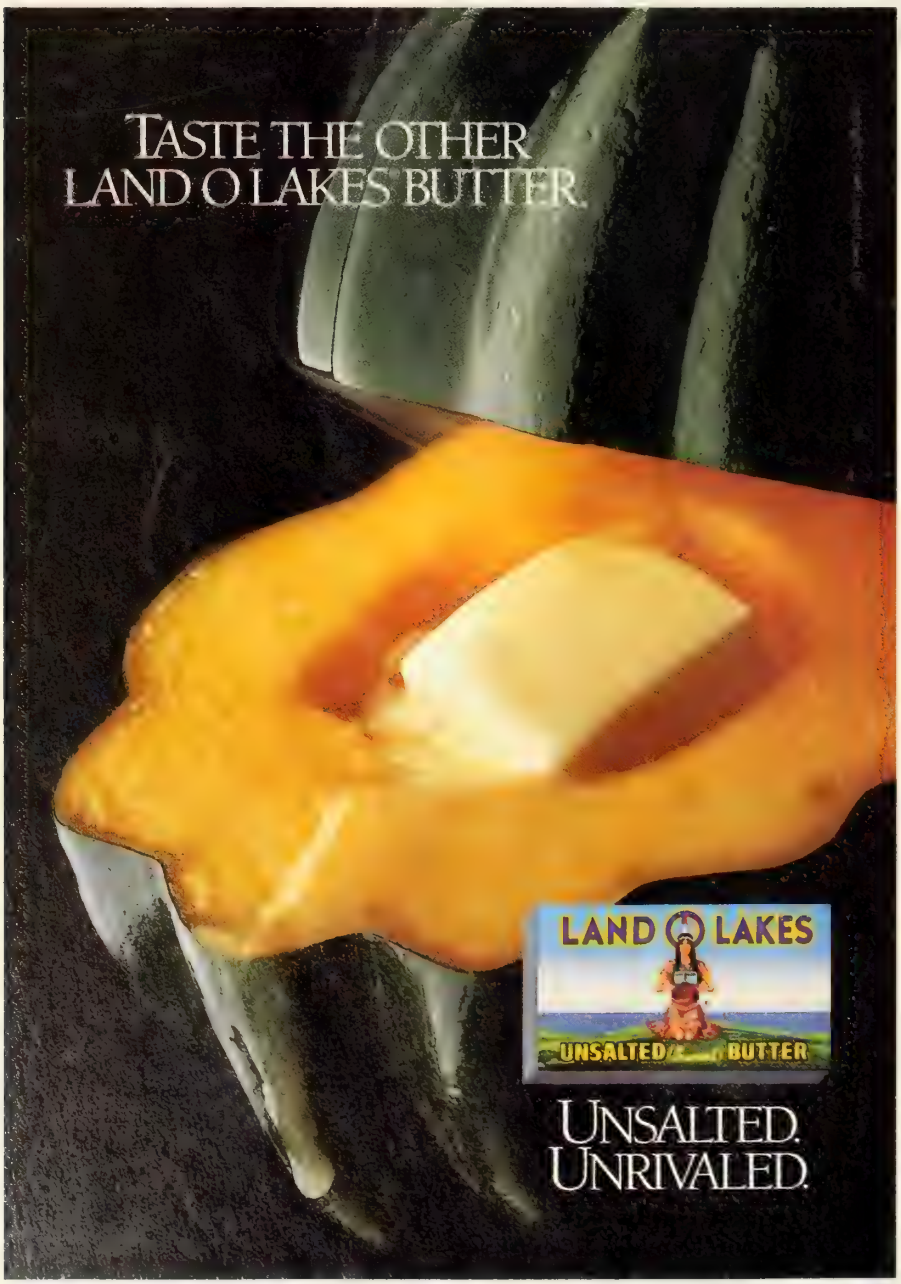


Smith/Garner/The Stock Market

### WAITING IN STYLE

Mothers-to-be don't have to look frumpy, according to Jennifer Thompson, one of the owners of Ninth Moon, designers and manufacturers of maternity clothing. Here are some tips for the expectant mother on what to look for when buying a wardrobe. ● Don't try to hide your figure with a big tent. Instead, buy clothes that flatter your good points. Try to narrow your silhouette: If you have good legs, wear a slim skirt with an overblouse. ● Think about proportion. Shoulder pads help balance an expanding middle and can make you look smaller. If you wear oversize fashions instead of maternity clothes, be sure the hemlines are adjusted so they aren't shorter in front. ● Dressing in separates maximizes your options. With two or three basic skirts, one or two jackets and several blouses, you get a much larger wardrobe than if you spend the same amount of money on three or four dresses. ● Avoid wearing purple, green, yellow and orange—they can make you look like a large piece of fruit.

For a catalog of fashions and a list of where to buy them in your area, write to: Ninth Moon, 1501 14th Street NW, Washington, DC 20005.



### BUYING PEARLS



Shimmering cultured pearls are perennial favorites. Their subtle, lustrous glow makes them perfect for day and evening. But they can be expensive. How do you know if you're getting good quality? "There are few bargains in cultured pearls," says Alan Macnow, of the Cultured Pearl Association. "As long as you're buying at a reputable store, you'll probably get what you pay for." Within the industry, cultured pearls are described as ranging from low-quality (commercial grade) to high-grade (gem quality). Poorer grades have a thin nacre—that's the coating given by the oyster or other mollusk—so they are less lustrous and may chip or peel.

**Shopping tips** Macnow suggests you first look at cultured pearls away from direct light. They should have a live, luminous glow. Then hold them under a bright light and revolve them. If you see flashes of light instead of a smooth, uniformly reflecting surface, then you are seeing the shell nucleus, evidence that the nacre is not as thick as it should be. Finally, ask to see a strand of higher priced pearls and compare.

# Depleted


Men! When it comes to dancing... they're always the weaker sex.
But, if you'd like a styling hairspray that can even keep pace with you...
One that holds finished styles with amazing strength... yet sculpts and shapes wet hair beautifully...
Try Dep Sculpt & Hold. It's one dancing partner that will never let you down!
Get Deputized!
Dep
Sculpt & Hold

# TRAVEL TALK

*Plan a fabulous Caribbean cruise for the whole family this winter—or learn to ski free of charge. By Ron Butler*

## CRUISING THE CARIBBEAN



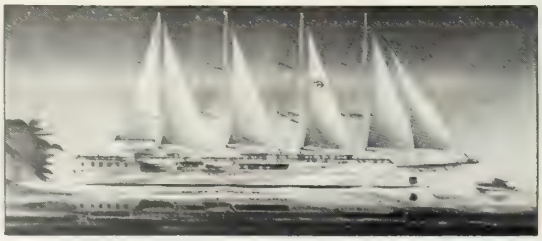
Harvey Lloyd/The Stock Market



The winter cruise season is now under way, with the Caribbean more firmly established than ever as the world's number-one cruise destination. Its ever-increasing popularity, the host of new liners entering its warm blue waters and the dramatic slump in Mediterranean sailing all add up to one of the Caribbean's busiest seasons ever.

Never before have vacationers been offered such an attractive selection of ships and cruises. Among them is the mighty *Norway*, currently the world's largest cruise ship. It's now in its sixth year of providing Saturday departures from Miami for week-long cruises to Nassau, St. Thomas, St. Maarten and its ov Bahamian out island for a day of snorkeling and bea parties. The flagship of the Norwegian Caribbean Line the *Norway* is known for its outstanding on-board ente tainment. November headliners include Carol Lawrenc Jack Jones and country-western star Mickey Gilley. addition, the ship features a regular Las Vegas–sty revue and a production of the Broadway musical *Barnum*. The *Norway* has three swimming pools, tv lavish dining rooms, ten bars and the largest casi afloat. One entire deck serves as a shopping arcad Rates for the *Norway* cruises range from $1,195 p person, double occupancy, for an inside stateroom $2,840 for a penthouse suite. Contact Norwegian Cari bean Lines, One Biscayne Tower, Miami, FL 3313 305-358-6670, 800-327-7030.

Grand and glamorous though it may be, the *Norw* will relinquish its title as the world's largest cruise ship January, when the new $200 million *Sovereign of t Seas* joins the Royal Caribbe Cruise Line's fleet of four shi now sailing exclusively in t Caribbean and to Bermuda. 874 feet and 70,000 tons, t *Sovereign* will be one of t roomiest ships built, carryi 2,276 passengers on 14 deck



The Royal Caribbean Cruise Line lready offers a variety of Caribbean neraries of seven-, eight-, ten-, and urteen-day cruises. Its ships in- ude the *Song of America*, the *Song f Norway, Nordic Prince* and the *un Viking*. Its newest ship will con- entrate primarily on ports in the astern Caribbean, most likely in an Juan, St. Thomas and Haiti.

For further information about Royal aribbean Cruise Line sailings, contact e line at 903 South American Way, liami, FL 33132; 305-379-2601.

American Cruise Line is adding ew seven-day cruises from Miami to nd through the Florida Keys this inter, and the Costa Cruise Line will ring its recently refurbished 940- assenger *Costa Riviera* into Carib- ean waters as well.

Other ships making their Carib- ean maiden voyages this season in- ude the Home Line's new $150 mil- on *Homeric*, the Exploration Cruise ne's *Explorer Starship*, and the *Vind Star*, a new 150-passenger ruise liner with sails.

rices for cruises vary; many lines offer ee airfare to and from departure points nd other cost-saving amenities such as ibates. Check with your travel agent.

## THE SMART TRAVELER

If your travel plans are flexible, Moment's Notice offers dozens of discount cruises (as well as discount hotel space and travel tours), usually two or three weeks prior to departure date. Now in its fourth year, the travel clearinghouse gives discounts of 15 to 50 percent and more on unsold space. The service costs $45 a year and includes use of a twenty-four-hour hotline with daily tape-recorded updates on what's available. Family and friends may be included in bookings. Write: Moment's Notice, 40 East 49th Street, New York, NY 10017.

**continued**



## My Best Vacation

"It combined my two greatest loves," said Maria Michele, a high school physical-education teacher from Tucson, Arizona, "Hawaii and cruises."

Maria recently completed a seven-day cruise from Honolulu aboard the American-Hawaii Cruise Line's S.S. *Constitution* and is still bubbling with enthusiasm. The trip, which leaves every Saturday, stops at several of the islands and includes a two-day stay in Kauai, her favorite.

"It's the prettiest and least spoiled of all the islands," she says. "It was marvelous, using the ship as a hotel while visiting the island's famous sites. I even took a helicopter ride over to Mount Waialeale and across the steamy Alakai swamp."

The 798-passenger *Constitution* is one of the American-Hawaii Cruise Line's three cruise liners that offer varied itineraries through the Hawaiian Islands, with prices ranging from $995 to $2,995 per person, double occupancy. For information, write: A-H Cruise Lines, 550 Kearny Street, San Francisco, CA 94108; 800-227-3666.

## SKI FOR FREE



Prefer the snow and brisk winter air to sun and sea? Why not try a ski vacation? With global uncertainty causing an unprecedented boom in domestic travel, more beginners and more families than ever before are hitting the ski trails.

So this season, the American ski industry has banded together to form "Let's Go Skiing, America!" a unique program that offers first-time skiers the chance to try the sport free on January 9 or at substantially reduced rates during the following thirty days. Beginners of all ages need only show up at a participating ski area to take advantage of the free ski day, which includes a lesson, equipment rental and access to beginner ski slopes. During the month-long "Invitation to Skiing" program, which follows, the same beginner package is offered for a low $15 to $25 for alpine skiing and $10 to $20 for cross-country skiing, depending on the area and whether skiing is on a weekend or weekday. Coupons for the program are available at most retail ski shops and may be redeemed at any of the participating ski areas. For more information, call toll-free 800-238-2300.

## TAKING THE KIDS ALONG



The thing people worry about most when taking kids on a cruise is that they might fall overboard. Actually, with high safety rails and sturdy bulkheads, the chances of anyone's falling overboard are pretty remote. Even in the roughest seas, modern stabilizers keep ships sailing so smoothly that it's rare for anyone to even fall out of bed.

And rest assured, kids will never be bored on a cruise. There's plenty of activity—special classes, parties, games, tours of the bridge, treasure hunts, dance lessons, pizza parties, and ice-cream socials. Cruise-line directors know that contented children mean happy parents, and family trade is big business. In what it calls "Camp on a Cruise Ship," the Royal Caribbean Line offers an extensive program, including free supervised shore excursions in many ports of call. The spectacular *Norway* has Trolland, a special supervised playroom for kids four to twelve, plus a busy program of fun and games, including a children's masquerade party. Highly popular is the ship's Sparkles discotheque, where nobody over the age of eighteen is allowed.

Some of the new smaller ships without movie theaters have VCRs in every room, and a vast film library for children as well as adults. Independent-minded kids may skip the organized activities and spend their time swimming, sunbathing or just hanging out at the soda fountain.

Depending on the cruise line, fares for children seventeen and under range from free when sharing a cabin with two full-fare adults to half, two thirds or full minimum fare when sharing with one or two full-fare passengers.

# COOKING FOR TODAY

continued from page P.S. 2

**½ teaspoon minced garlic**
**1 can (16 oz.) whole tomatoes, drained and chopped**
**pinch sugar**
**1½ teaspoons salt**
**freshly ground black pepper to taste**
**1 teaspoon distilled vinegar**

reheat oven to 400°F. Prick eggplant everal times with fork. Bake eggplant n shallow ovenproof dish 1 to 1½ hours, ntil soft. Remove from oven; cool.

Heat oil in medium skillet. Add nion, green pepper and garlic; cook, tirring occasionally, until vegetables re browned. Add tomatoes and cook ver high heat about 10 minutes. (Vege- ables will be soft.) Transfer to a bowl.

Remove skin and seeds from egg- lant; mash with a fork and stir into nion mixture. Add sugar, salt, pepper nd vinegar; mix well. Cover bowl and efrigerate 2 hours before serving. lakes 2 cups, 20 calories per table- oon.

## OASTED PEPPERS

**3 red or green peppers**
**⅓ cup olive oil**
**¼ cup sherry wine vinegar**
**⅓ cup cold water**
**½ teaspoons Hungarian paprika**
**½ teaspoon salt**
**¼ teaspoon freshly ground black pepper**

reheat broiler. Place peppers on roiler pan and broil about 4 inches om heat, turning until skins are lackened and blistered. Remove pep- ers from broiler and wrap in damp itchen towel. Set aside 10 minutes.

Meanwhile, in medium bowl com- ine remaining ingredients. Using amp towel, rub skins from peppers, hen seed and dice. Whisk oil and vin- gar mixture; add peppers, turning un- l well coated. Cover and refrigerate vernight. Remove from refrigerator at east 1 hour before serving. *(Serve with ubes of feta cheese and green onions on hin slices of toasted French bread.)* lakes 2 cups, 25 calories per table- oon undrained, 9 calories per table- oon drained. **End**

apted from the book JOHN CLANCY'S FAVORITE RECIPES. opyright © 1986 by John Clancy. Used with permission of heneum Publishers.



# DECORATING HOTLINE

*How to save your sofa, the art of hanging art, and great decorating tips for kids' rooms. By Linda Glassberg*

## HANGING IT UP

**Q I have several paintings that I'd like to display in my living room. How do I decide where and how high to hang them?**



Meryl Joseph/The Stock Market

A "A work of art is a decorative accessory; there are no rules as to where to hang it," says Richard Solomon, president of Pace Editions gallery, in New York City. "You should, however, be aware of the relationship of scale between art and furniture. They should complement each other." According to Solomon, if you want to hang a painting on a bare wall, you should center it. Otherwise, you have to work around whatever is on the wall already (and that includes furniture placed against the wall).

As for how high to hang art, it depends on the average height of the members of your family—choose a comfortable eye level. Solomon suggests that three people be involved in the hanging process: two to hold the picture against the wall, and a third to stand back and look at it from various angles, taking the position and size of the furniture into account.

An important point to remember, says Solomon, is where the sun comes into the room. Sunlight can ruin art, and if the art you have is valuable, there are ways to protect it. If the room gets a lot of light, frame art with ultraviolet Plexiglas (called UV-2 Plexi) instead of regular glass.

An interesting way to hang art is to group several pictures together. "Grouping art is up to you," says Solomon. "You can group pictures that conflict or are harmonious. They can be balanced or not." Combine pictures according to your taste. To see how the group will look, lay the various pictures on the floor before you hang them on the wall.

"Take framing seriously," Solomon advises. "If you have a valuable work of art, invest in a good frame. It may be expensive, but it's worth it to protect and preserve the art." The type and style of the frame is up to you—whatever you decide looks right with the art and the decorative style of the room.

## TOP TIPS FOR KIDS' ROOMS

**Brighten up a child's room with these easy suggestions from Ellen Liman, author of several decorating books, including *Babyspace: A Guide for Growing Families with Shrinking Space* (Putnam's, 1984)**

■ Make the room look bigger by combining fabrics in small patterns with solids in soft pastel colors ■ Paint, stencil or paper a trim on the walls—it adds just the right touch and can be easily removed and changed as desired ■ Paint the floor a light, cheery color (use floor paint or regular paint finished with polyurethane) ■ Stencil a design around the border of the floor to echo the pattern of pillows and window treatments.



## WHEN YOUR SOFA HAS SEEN BETTER DAYS

hat to do with a sofa that's become tty and worn? "You have three oices," says Murray Douglas, senior ce-president of Brunschwig and Fils, decorative fabric house in New York ty. "You can reupholster, have slip-vers made, or buy a new couch."

**eupholstering** If you have a od-quality couch, but the springs ed tightening, the stuffing is shot d the piece looks generally saggy, ur best bet is to reupholster. When upholstering, make sure everything side the frame is tightened, fixed or placed. The original fabric will be re-oved, and the sofa should be covered muslin. Now choose a new fabric. me durable examples are linen che-lle or heavy cotton duck, twill, sateen d sailcloth. As a protective measure, ve extra arm pads made. Of course, ke fabric color into consideration. ark and patterned fabrics will hide rt best.

**ipcovering** Your sofa is a good e, and it doesn't need major repairs, t it looks dirty and worn. In this se, you should have slipcovers made. ipcovers can be removed and dry-eaned (be sure linings are pre-runk), or you can simply take them f and shake them out once a week. uglas suggests that you have extra m pads made with slipcovers, too. ey can be attached with upholstery ns and removed for company.

**uying a new couch** According to uglas, a good sofa should last thirty forty years. If your present sofa was expensive and is in bad shape, your st bet is to replace it. When looking r a new sofa, pay close attention to e quality of the frame, the webbing, d the springs, as well as the du-bility of the fabric and the way the ges are finished. Remember, a good uch is a major purchase.




# WOMEN GETTING AHEAD

*Your salary vs. his, how to spot a dead-end job, after-hours safety, and more. By Shirley Sloan Fader*

## EARNING MORE THAN HE DOES

**Q I have a chance to take a job with a salary that is higher than my husband's. He says anything that raises our family income is great with him. But I'm worried. Would it really work out? How would others react?**

A Why tell anyone? No matter what the amount, most people don't discuss their income. Also, stop thinking of it as an unusual situation. The latest available U.S. census figures show that 20 percent of working wives—or one out of every five—earn more than their husbands. That's 4.8 million couples. So relax. Yours is quite an ordinary situation.

## CRYSTAL-BALL READING

**Q Is there a way to tell which jobs have good promotion potential?**

A In most jobs with a future, you're able to see the next steps up the ladder. For instance, if you're in sales, the natural path up from salesperson might be sales supervisor, assistant sales manager, sales manager, and so on. When you can't see any path out of your current position, it may mean a dead end.

## PROTECT YOURSELF

**Q I have a demanding job, and I often work late. How can I be safe when I'm in a nearly empty office building?**

A Here are some tips from sever security experts: • Work *on* where others are in the room close by. If necessary, move you work to a more populated area the office. • Memorize phone numbe of the security guards and keep th phone within reach. Don't hesitate call them if you suspect danger. • Get police whistle and keep it handy. • you drive and use the company lo park close to the exit door and under light. If such a spot isn't available whe you arrive, move your car to a bett location when the lot empties at no mal quitting time.

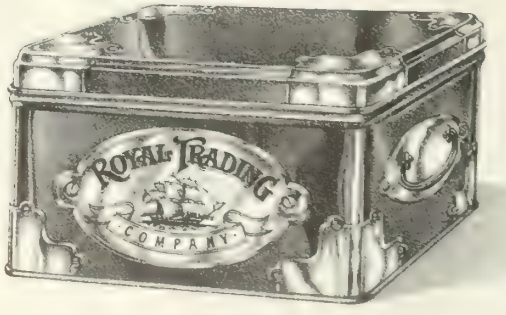
### GETTING RESULTS

At work, people tend to listen to your complaints about a situation, nod, and forget about it—until the next time it happens. Why do they react this way? Because all you're contributing is a complaint. You're expecting the other person to do the thinking and solve the problem for you. Naturally, most people won't take the trouble. But when you move beyond cranky words and start offering practical remedies, your chances of producing satisfactory results are excellent. So before you mention the problem, figure out what you want the other person to do about it. For instance, if you often need to use a particular computer terminal but find yourself waiting while a technician examines the system, tell the appropriate person, "Whenever the computer is scheduled for servicing, please let me know the date in advance. Then I won't get stuck like this."

Even for complicated problems your complaints should concentrate on solutions—how, when and where the difficulty can be resolved now and prevented in the future.

*Shirley Sloan Fader is a careers exp and author of three recent books, inclu ing* From Kitchen to Career: How A Woman Can Skip Low-Level Jobs a Start in the Middle or at the Top, *St and Day, Briarcliff Manor, NY, $9.95*


Cashews from Africa.
White peppercorns from Jakarta.
Cinnamon sticks from Indonesia.




Hand-packed nuts and spices in old-world tins.

Choose any one of these delicacies, and you'll get a wonderful taste of far-off lands.

And each exotic flavor comes in a handsome tin that's a miniature replica of the seafaring trunks of the old-world.

And for only $9.95, it makes a perfect Holiday gift.

So order by phone, or send check, VISA or MasterCard number to: 17965 NE 65th, Redmond, WA 98052.

Add $2.50 shipping charge and allow 4 weeks for delivery.

$9.95 per tin

Order toll free 800-372-8850. In Washington (206) 292-7464.

# YOU'RE THE REASON THEY'RE DIFFERENT.



You use your microwave in so many different ways. That's why Anchor brings you so many different kinds of cookware. All microwave, conventional oven, and dishwasher safe. All reusable again and again.

MICROWARE.® America's favorite cookware line. So broad it includes a turntable, browning skillet, popcorn popper, and crisper/griddle. So attractive you'll think it's servingware. So durable it comes with a 5-year warranty.

FOODKEEPERS.™
Remember when storageware was one thing, cookware another? Now they're combined. Unlike other storage containers, stackable Foodkeepers are microwave safe, including the see-through lids. Available in rounds, squares, and rectangles, they nest with lids on.

FREEZE, HEAT & SERVE.™
Perfect for individual plan-ahead portions or leftovers. They go from freezer to oven to table or lunchbox. Choose from plenty of handy shapes and sizes, each with clear snap-on lid.

Different products for different needs. From the same company. Anchor, the leader in microwave cookware.




**We're with you every day.™**




# The partner chosen by more dentists in the fight against tartar.

Tartar Control Crest with fluoride is recommended by more dentists and hygienists than any other toothpaste for fighting tartar. It reduces ugly tartar buildup above the gum line between dental cleanings. Which means less picking and scraping at your dental visits.

It also gives you all the cavity protection Crest has always been famous for. Shouldn't Tartar Control Crest be your partner, too?

## The dentists' choice to help keep teeth tartar-free.

"Crest has been shown to be an effective decay-preventive dentifrice that can be of significant value when used in a conscientiously applied program of oral hygiene and regular professional care." Council on Dental Therapeutics, American Dental Association. © P&G 1986

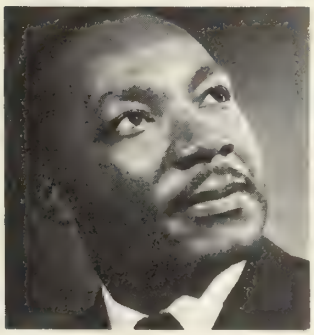
# America's favorite MEN

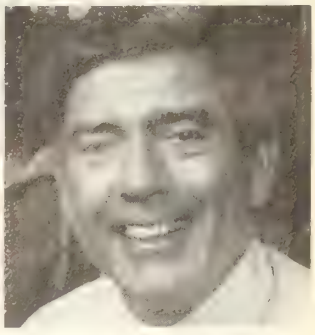








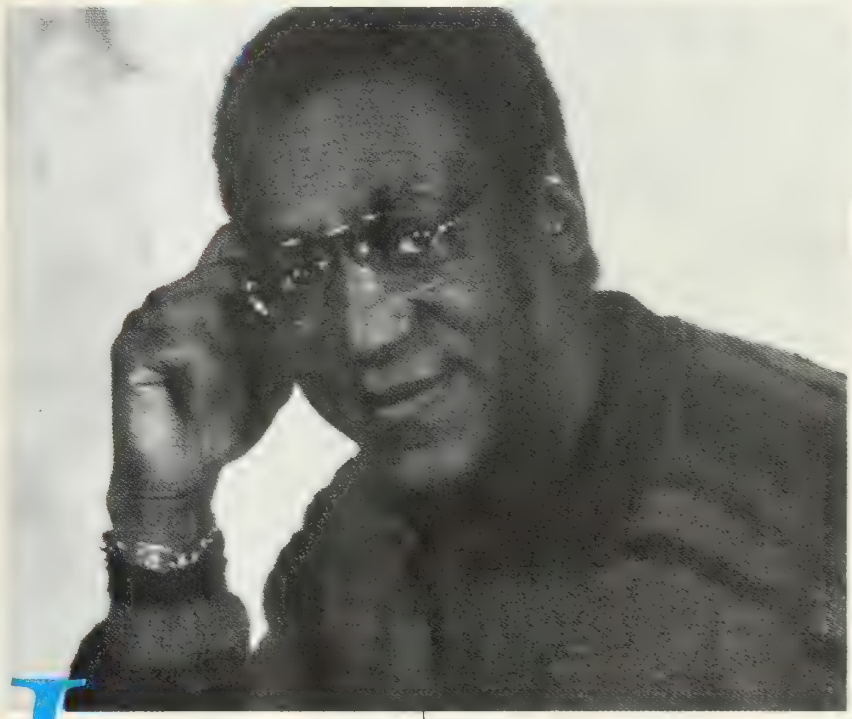


*Ladies' Home Journal* commissioned the Roper Organization to poll a nationally representative sample of Americans in one hundred places around the country to identify our favorite men—the most admired, most interesting, most inspiring and sexiest. The results are fascinating. Turn the page to discover the men who turn America on!

**BY KATHERINE BARRETT AND RICHARD GREENE**

# Most admired MEN

Whom do Americans most admire? Men with convictions. From Bill Cosby to the President, from Bob Hope to the Pope, our top candidates are willing to speak out for what they think is right.







It's not surprising that Bill Cosby was chosen America's favorite entertainer. But the forty-nine-year-old actor, comedian, educator and top dad of television is also America's most admired man—coming in well ahead of (in order) President Reagan, Bob Hope, Pope John Paul II, Jacques Cousteau, Lee Iacocca and Billy Graham.

What is it about the comedian that earns him such respect? We asked Alvin F. Poussaint, M.D., associate professor of psychiatry at Harvard University and production consultant on *The Cosby Show*. "He's gotten to the core of the human connection that exists between all people, regardless of race, creed, color or ethnicity." Cosby told the *Journal* that his goal is to eliminate prejudice by pointing out the essential values we all have in common. "Our biggest fight is against discrimination," he said. "We are all God's children, and we all should accept the beliefs each person holds."

## SURVEY SECRETS

**■ Chuck Yeager flies high among men—coming in eighth on our most admired list. But he breaks no records with women, who rank him twenty-sixth. Even his wife, Glennis, agrees. "He's a man's man."**

**■ Who's the farmer's favorite? Bob Hope is the most admired man in rural America.**

**■ What happened to George Bush? He received only one vote and was tied for last place.**

**■ Walter Cronkite, despite his retirement, is still America's most admired newsman. He scored seventh overall—far higher than current anchormen.**

## THE MOST ADMIRED MEN'S MOST ADMIRED MEN

**Here's a sampling of the responses we received when we asked the most admired men in our poll, "Through your life, what famous man have you admired most?"**

**RONALD REAGAN: "Abraham Lincoln is one of my heroes. I admire him for his strength of character, his courage and ability in preserving the Union, and his recognition that slavery had to be abolished."**

**CHUCK YEAGER: "General James Doolittle, because he contributed so much to aviation. I also admire Colonel Joe Engle, an astronaut in the shuttle program, for his professionalism, and the President for his leadership capabilities."**

**MUHAMMAD ALI (who came in eleventh): "Sugar Ray Robinson, Malcolm X and Elijah Muhammad."**

**SENATOR EDWARD KENNEDY (who was tied for twelfth): "My brothers—Joseph, John and Robert."**

**BILLY GRAHAM: "Jesus Christ. No man ever loved like Jesus. He made the blind to see and the deaf to hear and the dumb to speak. I could put my confidence in a person like that."**



# INTRODUCING NEW OCEAN FISH FLAVOR®




## A Great Tasting Part Of Your Cat's Healthier, Happier Life.

Your cat's a big part of your life. And now you can make new Ocean Fish Flavor Cat Chow part of his life.

It's all the nutrition cats need, and all the great tasting fish flavor they love.

**PURINA CAT CHOW®**
**Part of a Healthier, Happier Life.**

Helping pets live longer, healthier lives™

® © Ralston Purina Company 1986

# Sexiest MEN

Tom Selleck swept the field with double the vote of his nearest competitor. He was even first with the older group, which doesn't surprise him. Says Selleck, "People get smarter as they get older."

His movies haven't won any Academy Awards, and *Magnum, P.I.* was in the ratings doldrums all year, but no one seems to hold that against Tom Selleck. Unquestionably the sexiest man in America, the forty-one-year-old star was first choice for every demographic group except blacks, who overwhelmingly chose actor Billy Dee Williams.

How does it feel to be king of the hunks? After years of fighting the screaming crowds, other men in our survey—like Clint Eastwood, who came in second, Paul Newman, who was third, and Robert Redford, America's fourth choice—might consider the honor to be something of a yawn—or a curse. But Selleck has no regrets. "It's a blessing," he told the *Journal*. "I haven't given myself that title, but as long as someone has, it's very nice and very flattering."

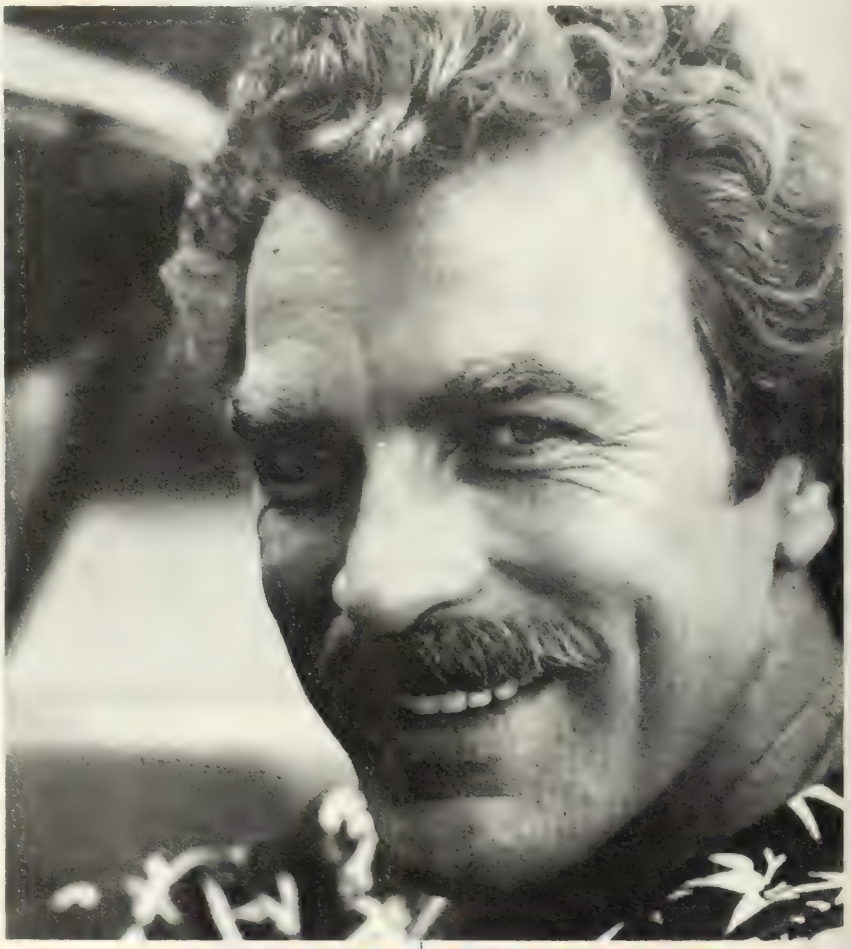
We asked America's sexiest man—just for the record—whom he considered America's sexiest woman. Tom chose someone thirteen years older than himself—Elizabeth Taylor.



**CLINT EASTWOOD was second pick for men. Mayors are sexy, too! PAUL NEWMAN was second among women, who fell for his baby blues**



**DON JOHNSON'S rumpled chic and killer smile won over the young CARY GRANT, a sexy eighty-two, was second with the sixty-plus crowd**



## SECRETS FROM THE SURVEY

- **Paul Newman did best among people with high incomes. Yet he did almost twice as well among homemakers as among employed women.**
- **Rocky is a knockout for youth. Sly Stallone was the fourth sexiest man for those under twenty-nine but dropped in popularity among older groups.**
- **Sexy men favored by Republicans were Pierce Brosnan, Cary Grant and Robert Redford. Democrats preferred John Forsythe, Burt Reynolds and Billy Dee Williams.**
- **The big screen is a bigger turn-on than the TV. Six of the eight sexiest men are movie stars.**

## VITAL STATISTICS

**We scrutinized our ten sexiest men to find out what makes them sexy. The answers:**

- **They're not getting older—they're getting better. Of the top ten, thirty-six-year-old Don Johnson is youngest. And the average age is fifty-three!**
- **Blonds don't have more fun. Only two of our sexiest men—Robert Redford and Don Johnson—are fair-haired.**
- **The eyes have it—as long as they're blue, green or hazel. The majority of our survey respondents' leading men have dark hair but light eyes.**
- **Taller is better. None of our sexiest men is under five ten.**

*Announcing an irresistible new arrival...*

# "JASON"

A limited-edition porcelain doll so real, you can almost hear him laugh



Shown smaller than actual size of 14 inches. Complete with doll stand.

"When a baby laughs, you see right into his heart," says Yolanda Bello, distinguished American dollmaker and creator of "Jason." And anyone who has ever been touched by a child's smile knows exactly what she means.

The first issue in *Yolanda's Picture-Perfect Babies* collection, "Jason" is the very essence of a loving, laughing baby with his twinkling blue eyes, colorful clown costume, and chubby dimpled cheeks.

Commissioned exclusively by the Ashton-Drake Galleries, he represents the centuries-old tradition of classic character dolls — dolls so treasured, many become heirloom collectibles cherished for generations.

**A Masterpiece of the Dollmaker's Art**

"Jason" is meticulously handcrafted with head, arms, and legs sculpted of fine porcelain that's hand-painted in soft, lifelike colors. His clown costume is hand-tailored and made of fine satin. As a final touch, "Jason" will bear the signature of the artist, as well as the hallmark of the Edwin M. Knowles China Company... renowned for its long tradition of quality.

**Available Only From The Ashton-Drake Galleries**

"Jason," complete with doll stand, can be yours to cherish for only $48.00. But you must act promptly... this extraordinary doll will be issued in a strictly limited edition which will close forever in 1986. Each doll will be individually hand-numbered and accompanied by a matching numbered Certificate of Authenticity.

©1986 Ashton-Drake Galleries

**Your Satisfaction is Completely Guaranteed**

You may, without hesitation and for any reason, return "Jason" to us at any time within one full year after you receive him. We will refund your purchase price, including postage, with no questions asked.

TEAR OFF, COMPLETE AND MAIL

## RESERVATION FORM

Mail to:

**THE ASHTON-DRAKE GALLERIES**
**212 West Superior Street**
**Chicago, Illinois 60610**

Please respond by November 30, 1986

**YES** Please enter my reservation for "Jason," first issue in *Yolanda's Picture-Perfect Babies* collection. Limit: One doll per customer.

☐ I understand that I SEND NO MONEY NOW. I will be billed the issue price of $48.00* with shipment of "Jason."

X _____
Signature Date

Name (Please print) _____

Address _____

City State Zip

*Plus $1.74 home delivery and any applicable state sales tax.
Allow 4 to 6 weeks for delivery

761-1-D88001

# *Most inspiring* MEN

When asked what man most inspires them, Americans are most likely to pick their own fathers. Following Dad, John F. Kennedy, Martin Luther King, Jr., and Billy Graham come out on top.

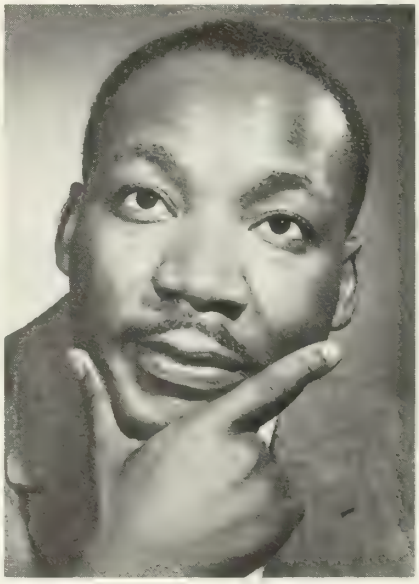
**JOHN F. KENNEDY**

**"PRESIDENT KENNEDY CHALLENGED PEOPLE TO REACH FOR THE BEST IN THEMSELVES. HE SHOWED THEM THAT ONE PERSON CAN MAKE A DIFFERENCE."**
**—SENATOR EDWARD KENNEDY**



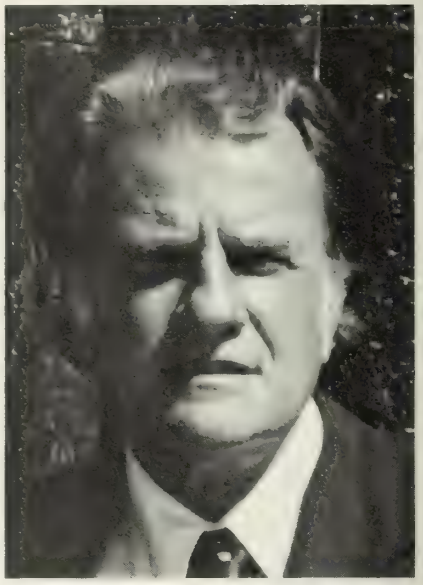
**MARTIN LUTHER KING, JR.**

**"I AM MOST ENCOURAGED THAT MARTIN'S ACHIEVEMENTS ARE TODAY RECOGNIZED SO VIVIDLY. WE HAVE COME A LONG WAY IN THE SEARCH FOR EQUALITY."**
**—CORETTA SCOTT KING**



**THE REVEREND BILLY GRAHAM**

**"THERE IS A TREMENDOUS SPIRITUAL VACUUM IN THE WORLD TODAY. PEOPLE EVERYWHERE ARE SEARCHING FOR SOMETHING TO FILL THE VOID IN THEIR LIVES."**
**—THE REV. BILLY GRAHAM**



America hasn't forgotten. Twenty-three years after his death, John F. Kennedy is still the public figure who most inspires Americans. What is the secret of his long-lasting appeal? His brother, Senator Edward Kennedy, believes he is inspiring to people because he asked them to give of themselves. "Whether it was entering public service or joining the Peace Corps, he asked us to be selfless rather than selfish," he told the *Journal*. Other inspiring famous men were Martin Luther King, Jr., who was second choice overall and first for the eighteen- to twenty-nine-year-old group, and Billy Graham, who was chosen third overall. Franklin Roosevelt was fourth in our rankings and first among the oldest age group. He was followed by Pope John Paul II.

## FATHER KNOWS BEST

**Our hearts still belong to Daddy. When asked who most inspired them, more than twice as many respondents chose their own fathers as picked John F. Kennedy, the most inspiring famous man. All fathers were not created equal, however. Here's how Dad rated among different groups.**

- **Employed women were considerably more likely than homemakers to say they were inspired by their fathers.**
- **Young people were more inclined to pick Dad as most inspiring. Thirty-five percent of eighteen- to twenty-nine-year-olds named their fathers first, and the number declined in each age group after that. Only 18 percent of people over sixty picked their fathers.**
- **Blacks were least likely to say they were inspired by their fathers—only 13 percent mentioned Dad, as compared with 28 percent of the total.**
- **Republicans picked their fathers as most inspiring man 58 percent more frequently than did Democrats.**

## THE POWER OF THE PULPIT

**Astronauts, entertainers, and politicians were all inspiring to some. But they didn't have a prayer against men of religion. In addition to Martin Luther King, Jr., Billy Graham and Pope John Paul II, the top seven included Jesse Jackson. We asked Billy Graham why he thought so many Americans are inspired by religious leaders. His reply: "People are searching for positive values in a world in which morals have been thrown out the window."**

Photo credits, page 210.

# Screen Test.

The Electronic Car has arrived. Microprocessors control your engine functions. Your heating and air conditioning. Your radio. In some cases, even your suspension system and brakes.

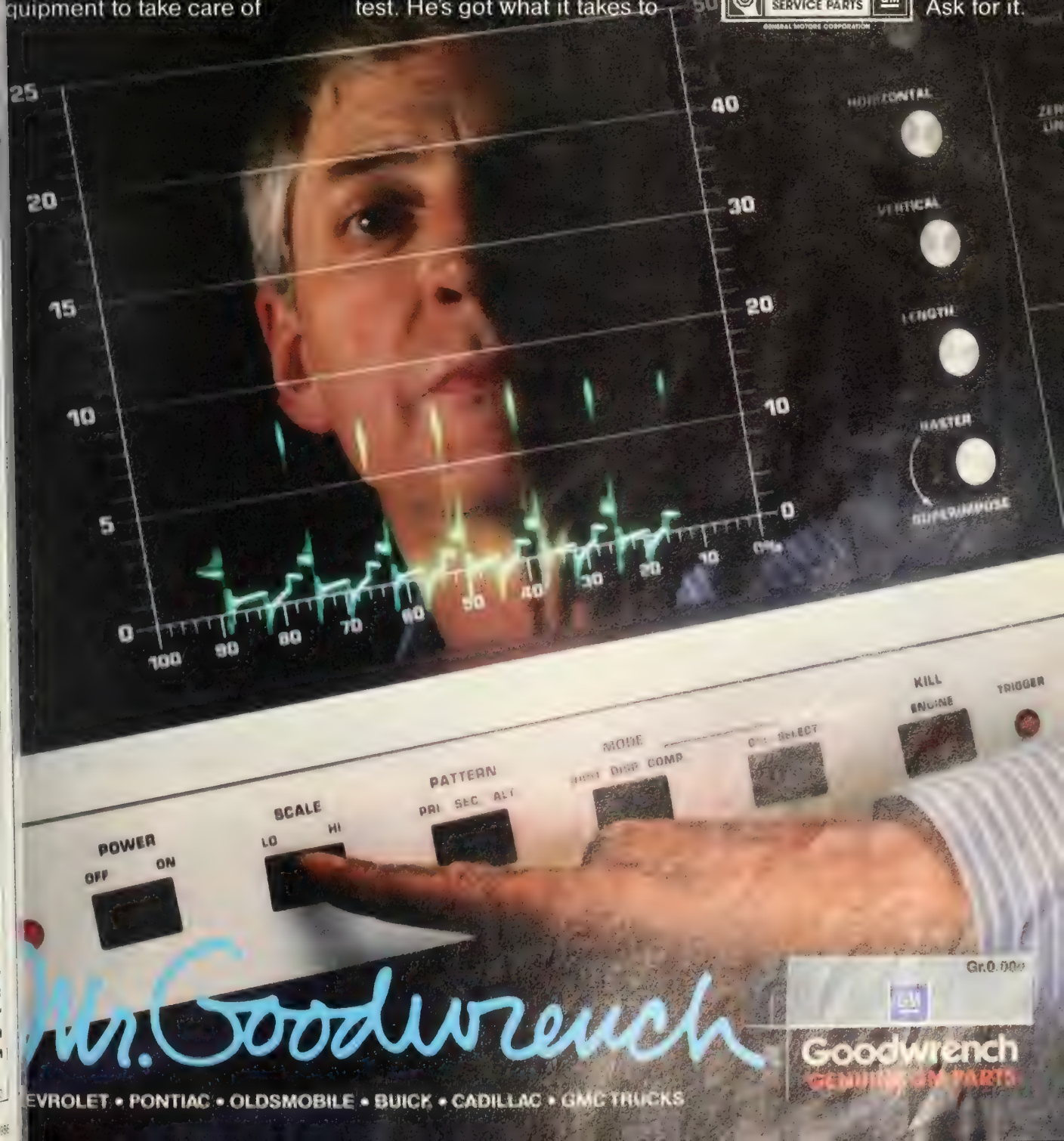
Mr. Goodwrench has the equipment to take care of these electronic marvels.

The latest test equipment. Because it takes a computer to know one. And the latest training. So he knows what to look for, before he starts looking.

Put Mr. Goodwrench to the test. He's got what it takes to take care of you—and your electronic car.

**No one knows your GM car better than Mr. Goodwrench. No one.** Mr. Goodwrench's full line of genuine GM parts includes GM Goodwrench Motor Oil. Ask for it.

GM QUALITY SERVICE PARTS GM




Mr. Goodwrench

CHEVROLET • PONTIAC • OLDSMOBILE • BUICK • CADILLAC • GMC TRUCKS

Goodwrench
GENUINE GM PARTS



# Homemade Pumpkin Pie Nothing says you care more than, "I made it myself."

Your most important meal of the year deserves the finest dessert you can serve. Homemade Pumpkin Pie fresh from the oven. Make it easy from America's favorite recipe. With pure, natural Libby's Pumpkin, rich, creamy Carnation Evaporated Milk, The Cooking Milk, and Pillsbury All Ready Pie Crusts, the pie crust that bakes, tastes and flakes like scratch. This Thanksgiving say you care. Say, "I made it myself."

Order Libby's "Great Pumpkin Cookbook." Over 140 recipes in colorful hardcover. Only $3.95 and 2 Libby's Pumpkin Labels. Send check or mor order, labels, name, address and zip code to Libby's Great Pumpkin Cookbook, P.O. Box 730-B, Pico Rivera, CA 90665. Offer good while supplies l Allow 8 weeks for delivery. Offer good only in U.S.A., its territories and APO/FPO addresses. Void where restricted by law.

## LIBBY'S FAMOUS PUMPKIN PIE

1 pkg. (15-oz.) Pillsbury All Ready Pie Crusts*
1 teaspoon flour
2 eggs, slightly beaten
1 can (16-oz.) Libby's® Solid Pack Pumpkin
¼ cup sugar
½ teaspoon salt
1 teaspoon ground cinnamon
½ teaspoon ground ginger
¼ teaspoon ground cloves
1 can (12 fl. oz.) Carnation® Evaporated Milk

Heat oven to 425°F. Prepare pie crust according to package directions for filled one-crust pie. Flute edge to stand ½ inch above rim. Mix filling ingredients in order given. Pour into pie crust-lined pan. Bake at 425°F for 15 minutes. Reduce heat to 350°F; continue baking 35 to 45 minutes or until knife inserted near center of pie comes out clean. (If necessary, cover edge of crust with strip of aluminum foil to prevent excessive browning.) Cool completely. Garnish, if desired, with whipped topping.

*In the Dairy Case

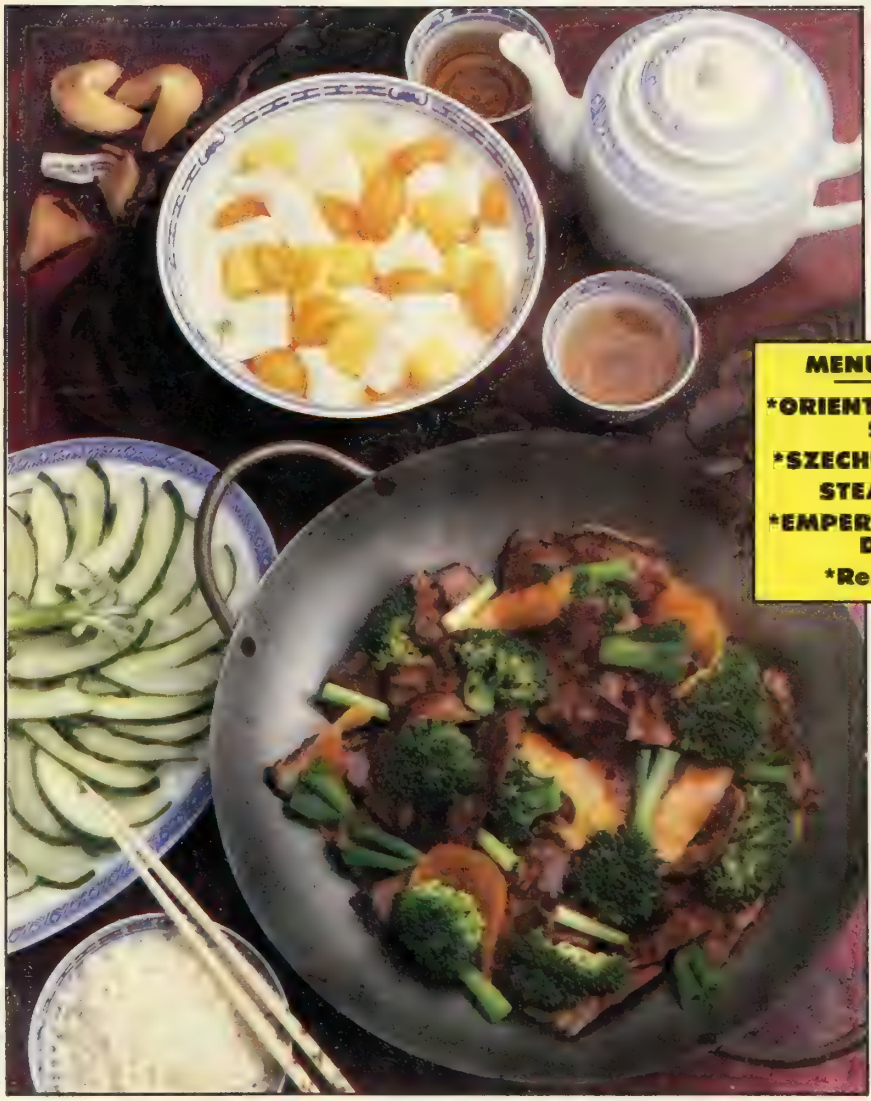



© 1986, The Pillsbury Co. © 1986, Carnation Co.

# EASY AS 1-2-3

# SUPER QUICK MEALS

*Szechuan broccoli-orange beef, sesame cucumbers, and a silky almond dessert. By Lisa Brainerd*



Frank Marchese

**MENU FOR FOUR**

***ORIENTAL CUCUMBER SALAD**

***SZECHUAN STIR-FRY**

**STEAMED RICE**

***EMPEROR'S ALMOND DELIGHT**

***Recipe given**

## ■ ORIENTAL CUCUMBER SALAD

**A splash of sesame oil is all it takes to bring authentic Chinese flavor to this dish.**

Slice 1 unpeeled seedless cucumber in half lengthwise. Cut diagonally into thin slices. In serving bowl toss with ¼ teaspoon salt, ¼ teaspoon freshly ground pepper, 1 tablespoon white vinegar, 1 tablespoon salad oil and ¼ teaspoon Oriental sesame oil. Refrigerate until serving time.

## ■ SZECHUAN STIR-FRY

**Orange and hot pepper flavor this colorful dish. Freeze the beef for easier slicing.**

Place a 1-pound flank steak in the freezer 10 minutes. With a vegetable peeler remove the peel of 1 orange; cut into ¾-inch pieces. In small bowl combine the orange peel with 1 garlic clove, pressed, 1 teaspoon grated fresh ginger and ½ teaspoon red pepper flakes; set aside. In small cup combine 2 tablespoons soy sauce, 2 tablespoons dry sherry and 1 teaspoon sugar; set aside.

Remove flank steak from freezer and slice in half lengthwise, then diagonally ¼ inch thick. Toss with 1 tablespoon cornstarch. In wok or large skillet heat 2 tablespoons salad oil until very hot. Add half the beef and stir-fry until browned; remove from wok. Repeat with the remaining beef; set aside. Add 1 more tablespoon oil to wok. When hot, add orange peel mixture and stir-fry 30 seconds. Add 3 cups broccoli florets and 6 green onions, cut into 1-inch pieces; stir-fry 3 minutes. Return beef to wok; add soy sauce mixture and stir-fry 2 minutes more. Serve immediately.

## ■ EMPEROR'S ALMOND DELIGHT

**There's always room for these sweet almond jewels. They go well with kiwifruit, too.**

In blender sprinkle 1 envelope unflavored gelatin over ¼ cup cold milk; let stand 3 to 4 minutes. Add ½ cup milk, heated just to boiling, and process at low speed until gelatin is completely dissolved, about 2 minutes. Add 3 tablespoons sugar, ⅛ teaspoon almond extract and another ¼ cup cold milk. Process at high speed until blended. Add 1 cup (6 to 8) ice cubes one at a time; process at high speed until melted. Pour into a metal 8-inch square pan; place in freezer 20 minutes. Cut into 1½-inch squares. Place in a bowl. Spoon undrained canned mandarin orange sections and pineapple chunks over squares.

# Life is complicated enough at 7am.



Brewing a perfect cup
coffee should be simple.
ery simple.

So of course, we de-
gned the Braun Aromaster
provide optimum brewing
ne and temperature for
consistently perfect coffee.

But we didn't stop there. Our swing-out filter is so convenient you can practically use it in your sleep. Our double-grip handle compensates for early morning unsteadiness. And an automatic drip-stop makes sure coffee drips only into the carafe, never on the hotplate, counter or floor.

Because at Braun, we realize a coffeemaker should be designed to make perfect coffee, under what are often less than perfect circumstances.

BRAUN

Designed to perform better.

# ROUGHING IT

## *with* LINDA EVANS



Carolyn Johns/Wildlight



Carolyn Johns/Wildlight



Alan Markfield

*The Journal takes you on location to the Australian outback for a visit with the glamorous Dynasty star as she struggles through her most challenging role*

**By Alan Markfield**

"What more can they do to me?" groaned Linda Evans as she sat shivering by a gas heater near Alice Springs, Australia, deep in the outback. "I've been dumped in mud, eaten alive by flies, spat at by camels, nearly set on fire, choked by dust storms, forced to climb steep mountains at night and flung into a muddy watering hole filled with horrible creatures. And for six hours, I was drenched with water, even though the temperature was just one degree above freezing."

Linda was huddled in a corner of her trailer on the set of the recent mini-series *The Last Frontier,* wrapped in a frayed blanket. Her blond hair, caked with mud, hung shapelessly; her face was streaked with dirt, sandblasted by desert air and wind. "You can see what a glamorous life I'm living here," she said, smiling, her lips sunchapped. "This is all new ground for me."

Welcome to the outback, a vast, remote region of barren deserts and parched mountains that covers most of inland Australia. Few people live on the rugged terrain, and there are only a handful of towns. One of the largest is Alice Springs, population eighteen thousand, located about fifteen hundred miles west of *(continued on page 193)*

***The Last Frontier*** **was Linda's toughest assignment. Here she is shown battling a fire, fighting in a muddy watering hole and catching her breath with co-star Jack Thompson**

TOYS "R" US®




# Out Of This World Toy Book

- WORLD'S BIGGEST & BEST TOY STORE!
- ABSOLUTELY UNBEATABLE SELECTIONS!
- HARD TO BEAT, EVERYDAY LOW PRICES!
- LIBERAL RETURN POLICY!
- TOYS "R" US GIFT CERTIFICATES MAKE PERFECT GIFTS!

MasterCard VISA

REBATE!



MATTEL




REBATE!

**BARBIE AND THE ROCKERS**
Ages 3-up.
Our Price . . . . . 9.97
Mail-In Rebate . . . . . 1.00
**FINAL COST** . . . . . **8.97** each

**BARBIE AND THE ROCKERS HOT ROCKIN' STAGE.** Ages 3-up.
Our Price . . . . . 19.9
Mail-In Rebate . . . . . 2.0
**FINAL COST** (Figures not included.) . . . . . **17.9**



**DREAM GLOW BARBIE**
Glamorous by night with her glow-in-the-dark starry gown, more! Ages 3-up. (Black doll available.)
**11.97**

**DREAM GLOW BED**
Our Price . . . . . 14.99
Mail-In Rebate . . . . . 1.50
**FINAL COST** . . . . . **13.49**



REBATE!

**MAGIC MOVES BARBIE**
Ages 3-up. (Black doll available.)
Our Price . . . . . 14.97
Mail-In Rebate . . . . . 1.50
**FINAL COST** . . . . . **13.47**

TOYS "R" US®



REBATE!

A

**PRINCESS OF POWER CRYSTAL CASTLE**
Ages 4–up. (Figures not included.)
Our Price . . . . . 32.97
Mail-In Rebate . . . 4.00
**FINAL COST** . . . **28.97**



REBATE!

B

**PRINCESS OF POWER CRYSTAL FALLS**
Water falls from orchid to wading pool. Ages 4–up. (Figures not included.)
**19.97**

**A–B. PRINCESS OF POWER FIGURES** **5.97** each

Rebate! See Starburst She-Ra for details.



REBATE!

**PRINCESS OF POWER 5½" STARBURST SHE-RA**
Buy any two 5½" Princess of Power figures, get $1.50 mfr. rebate, by mail. **5.97**




**A. MASTERS OF THE UNIVERSE ETERNIA**
3-tower set with tramway and motorized tram car. Accessories. Ages 5–up. (Two "AA" batteries, figures not included.)
Our Price . . . . . 89.97
Mail-In Rebate . . . . . 6.00
**FINAL COST . . . . . 83.97**

**B. MASTERS OF THE UNIVERSE EVIL HORDE 5½" ACTION FIGURES**
Ages 5–up. Buy two 5½" figures, get $1.00 mfr. rebate, by mail. **4.97** each

**C. MASTERS OF THE UNIVERSE FIGURES**
Hurricane Hordak, Terror Claws Skeletor, Flying Fists He-Man. Ages 5–up. Buy any two, get $1.00 mfr. rebate. **5.97** each

**D. MASTERS OF THE UNIVERSE MONSTROID**
Mechanical creature whirls, spins, knocks down warriors. Ages 5–up. **16.97** each

**E. MASTERS OF THE UNIVERSE BLASTER HAWK.** Ground and air vehicle hurls disks, shoots high and low. Ages 5–up. (Figure not included.)
Our Price . . . . . 14.97
Mail-In Rebate . . . . . 2.00
**FINAL COST . . . . . 12.97**












# Hot New Toys!




REBATE!

**FLASH MATCH HONEYMOONERS PREDICAMENTS VCR GAMES**
VHS format only. Ages 10–up.
Our Price . . . . . 34.97
Mail-In Rebate . . 4.00
**FINAL COST . . . 30.97** each

**FLASH MATCH JUNIOR VCR GAME**
VHS format only.
Our Price . . . . . 24.97
Mail-In Rebate 2.50
**FINAL COST . . . 22.47** each




**HOT WHEELS SUPER TURBO TRAX SET.** Ages 8–up.
Our Price . . . . . 32.99
Mail-In Rebate . . . . . 4.00
**FINAL COST . . . . . 28.99**




**HOT WHEELS RAILROAD FREIGHT YARD.** Ages 3–up.
Our Price . . . . . 34.97
Mail-In Rebate . . . . . 4.00
**FINAL COST . . . . . 30.97**

**MASTERS OF THE UNIVERSE BATTLE FOR ETERNIA GAME.** Ages 5–up.
Our Price . . . . . 14.99
Mail-In Rebate . . . . . 2.00
**FINAL COST . . . . . 12.99**

TOYS "R" US




**A. BLINKINS TWILIGHT TREEHOUSE**
Blinkins' home with furniture, vanity, more. Ages 3–up. (Blinkins not included.) **24.97**

**B. BABY BLINKINS**
Baby Beamer, Baby Glisten or Baby Shimmer, all with light-up bottom and flower antennae. Ages 3–up. (Three "AA" batteries, not included.) **24.97** each

**C. BLINKINS GROG THE FROG**
Blinkins-trapper has light-up eyes, snapping net for prey! Ages 3–up. (Two "AA" batteries, not included.) **14.97**

**D. BLINKINS MR. BEN**
Blinkins' best friend! Wings open and close, eyes light up! Ages 3–up. (Two "AA" batteries, not included.) **14.97**

**E. BLINKINS LADY BUGGY**
Blinkins-mobile with bouncing seats, flapping wings, rolling eyes! Ages 3–up. (Blinkins not included.) **9.97**

**F. BLINKINS MINI PLAYSET**
Choice of six characters who "blink" on and off. Plus companion or accessory. Ages 3–up. ("AAA" battery, not included.) **6.97** each




NEW TALKING TOYS!

**TEDDY RUXPIN STORYTELLING BEAR**
Tells stories, sings lullabies. Mouth, nose, eyes move to cassette, included. Ages 3–up. (Four "C" batteries, not included.) **69.97**

**GRUBBY ANIMATED TALKING TOY**
Talks, sings with moving nose, eyes, mouth; connects to and works only with Teddy Ruxpin. Ages 3-up. (Four "C" batteries, not included.) **49.97**



**STORYTELLING SNOOPY**
Animated! Complete with storybook and tape! Ages 3–up. (Four "C" batteries, not included.) **74.97**

## WORLDS OF WONDER®




**SNOOPY & TEDDY RUXPIN ADVENTURE SERIES BOOKS AND TAPES**
Stories written for children with color illustrations, great songs. Ages 3-up.

SNOOPY **9.99** each

TEDDY RUXPIN **9.99** each

# We've Got It All!



**PAMELA, THE LIVING DOLL**
Talk to Pamela, she talks back! Digital speech and word memory. Ages 3–up. ("9-V" battery not included.) **54.97**

**PAMELA BEDTIME CLOTHES**

**PAMELA OUT TO DINNER CLOTHES**

**PAMELA PLAYTIME CLOTHES**

**YOUR CHOICE** ..... **11.97**

NEW TALKING TOY!



**LAZER TAG GAME KIT**
High-tech tag! Kit comes with StarLyte, StarSensor, StarBelt. Ages 5-up. ("9-V", six "AA" batteries, not included.) **49.97**

**ALSO AVAILABLE:**

LAZER TAG VEST ..... **19.97**

LAZER TAG SENSOR ... **19.97**

LAZER TAG HELMET ... **34.97**

**NOT SHOWN:**

LAZER TAG CAP ..... **22.97**

galoob



NEW TALKING TOY!

**SMARTY BEAR**
World's first answer bear. Responds to questions with clever answers! Ages 3-up. (Four "C" batteries, not included.)

**69.97**

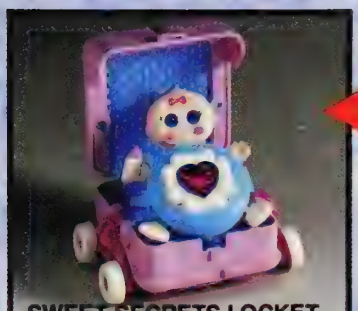



NEW TALKING TOY!

**BABY TALK**
Soft, snuggly doll talks to "Mommy", blinks eyes, moves mouth. "Knows" when to say 16 phrases in hundreds of combinations. Ages 3-up. (Four "AA" and "C" batteries, not included.)

**69.97** each

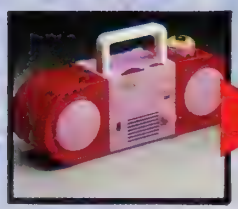
# TOYS "R" US®

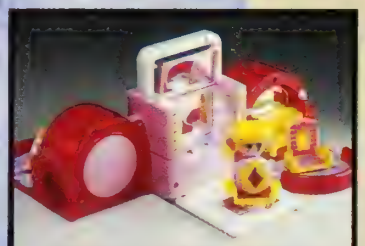


**SWEET SECRETS LOCKET-BYE-BABY.** Playsets become baby accessories. Ages 3-up.

**5.97** each







**SWEET SECRETS BEAUTY TUNES.** Real AM/FM radio turns into beauty salon for Sweet Secrets doll. Ages 3-up. ("9-V" battery, not included.)

**24.97**

**SWEET SECRETS TRANSFORMING JEWELRY**
Play jewelry transforms into fantasy friends. Comes in jeweled case. Ages 3-up.

**3.58** each





**SWEET SECRETS WORKOUT TIME.** Real working clock turns into workout gym. Ages 3-up.

**15.97**







**SWEET SECRETS VANITY PLAYSETS.** Comb, brush, or mirror transforms to a doll with accessories! Ages 3-up.

**7.97** each






MB MILTON BRADLEY




**CANDY LAND VCR GAME**
Characters come to life on screen, kids play along on gameboard. VHS format. Ages 3–6. **24.97**

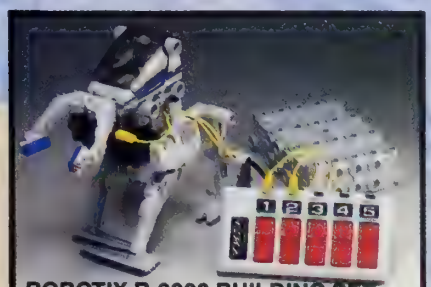
**CHUTES AND LADDERS VCR GAME**
An all-time favorite! VHS format. Ages 3–up. **24.97**

**THE REAL GHOSTBUSTERS**
Tread carefully through 3-D world, try to avoid traps! Ages 6–12. **12.97**

**SCOTLAND YARD**
Detective game played on realistic map of London. Ages 10–up. **12.97**



**OPERATION**
Remove ailment with tweezers, don't touch buzzer! Ages 6–14. (Two "C" batteries, not included.) **9.97**



**ROBOTIX R-2000 BUILDING SET**
Modular, 87-piece building system with motors, control panel! Ages 7–14. (Four "D" batteries, not included.) **59.84**



**MATCH & MOVE MEMORY GAME**
Child's board game, adds to memory skills! Ages 5–8. **6.97**

# Hard To Beat Prices!



**ELECTRONIC ALPHIE II**
6 activities! Ages 3–8. (Four "AA" batteries, not included.) **24.97**



**BABY GLO-WORM**
Doll glows with light! Ages 1–6. (Two "C" batteries, not included.) **12.97**

**ELECTRONIC TEACH ME READER**
Actually teaches a child to read! Comes with 12 books. Ages 3-6. (Four "C" batteries, not included.) **69.97**




PLAYSKOOL



**MY BUDDY DOLL**
Rough and tough, yet soft and cuddly! Ages 2–5. (Black doll available.) **24.97**



**ME AND MY BUDDY SOLDIER ADVENTURE SET**
Ready for action with helmets, walkie-talkies, more! Ages 3-up. (Doll not included; styles may vary.) **14.99**



**PLAYTIME WITH BABY**
Play system with over 30 activities to help baby grow. Ages 1–24 months. **59.99**




# Kenner

**A. CENTURIONS 7½" EVIL ACTION FIGURES**
Dr. Terror or Hacker, out to conquer the world! Weaponry included.
Ages 5–up. **12.97** each

**B. CENTURIONS 7½" HEROIC ACTION FIGURES**
Jake Rockwell, Ace McCloud or Max Ray, with weapon systems.
Ages 5–up. **12.97** each




**CENTURIONS ASSAULT WEAPON SYSTEMS**
Defense weapons for our brave heroes. Ages 5–up. (Figures not included.)

**C. SKYBOLT** **19.97**

**D. HORNET** **11.97**

**E. DEPTH CHARGER** **19.97**




# TOYS "R" US®




**A. M.A.S.K. SLINGSHOT VEHICLE**
RV van becomes a surveillance unit and sonic jet!
Ages 4–up. **19.97**

**B. M.A.S.K. STINGER VEHICLE**
Slick GTO converts to armored tank with weaponry.
Ages 4–up. **16.97**




**C. M.A.S.K. HURRICANE VEHICLE**
'57 Chevy becomes a command post.
Ages 4–up. **16.97**

**D. M.A.S.K. OUTLAW VEHICLE**
Snake oil tanker becomes mobile headquarters.
Ages 4–up. **29.97**




**E. M.A.S.K. VOLCANO VEHICLE**
Motorized all-terrain van converts to hi-rise tracker.
Ages 4–up. **29.99**




**16" FLUPPY DOG**
Ages 4–up.
Our Price . . . . . 24.87
Mail-In Rebate . . . . . 3.00
**FINAL COST** . . . . . **21.87**

**7½" FLUPPY PUPPIES**
Tiny pups with detachable bonnets and soft terrycloth booties.
Ages 4–up. **9.97** each



REBATE!

**CABBAGE PATCH KIDS**
Hands that hold objects!
Ages 3–up.
Our Price . . . . . **24.99**
Mail-In Rebate . . **5.00**
**FINAL COST . . . 19.99 each**



**CABBAGE PATCH KIDS OUTFITS**
Fashion outfits for all 16–18″ Kids.
Hand washable. Ages 3–up.
(Doll not included.) **7.97 each**



**CABBAGE PATCH CORNSILK KIDS**
Soft silky hair that can be combed and styled! Each with hands that can hold a hairbrush, cosmetic bag, more!
Ages 3–up.
**39.99 each**



REBATE!

**CABBAGE PATCH CIRCUS KIDS**
Ages 3–up.
(Black doll available.)
Our Price . . . . . **39.97**
Mail-In Rebate . **5.00**
**FINAL COST . . . 34.97**

COLECO



**CABBAGE PATCH KIDS CYCLE STROLLER**
Ages 3–up.
(Doll not included.) **14.99**



REBATE!

**CABBAGE PATCH KIDS PREEMIES**
Ages 3–up.
(Black doll available)
Our Price . . . . . **24.99**
Mail-In Rebate **5.00**
**FINAL COST . . . 19.99**



**CABBAGE PATCH KIDS PREEMIE OUTFITS**
Ages 3–up.
**7.97 each**



**CABBAGE PATCH KIDS INFANT WALKER**
Ages 3–up.
(Doll not included.) **14.97**



REBATE!

B

A

**FURSKINS**
From Moody Hollow, plush characters with boots, furry ears, more! Ages 3–up.

**A. 14″**
Our Price . . . . . **27.97**
Mail-In Rebate **7.00**
**FINAL COST . . . 20.97 each**

**B. 22″**
Our Price . . . . . **44.97**
Mail-In Rebate **7.00**
**FINAL COST . . . 37.97 each**




**RUB-A-DUB DOGGIE**
Waterproof 12" bathtub or pool toy with foam "bone". Ages 3–up.
**11.97**



**POTTERYCRAFT MOTORIZED POTTER'S WHEEL.** Complete workshop with table-top potter's wheel, 3-volt motor, 2 lbs. clay, more! Ages 8–up. (Two "D" batteries, not included.)
**11.97**

IDEAL®

**SESAME STREET STORYTELLING BIG BIRD**
Big Bird's eyes and beak move as he talks. Comes with storybook, cassette. Ages 3–up. (Four "AA" batteries, not included.)
**64.97**



**SESAME STREET TELEPHONE SET**
Intercom/telephone with signal buzzers, 30-ft. communication cord. Ages 4–up. (Four "D" batteries, not included.)
**14.97**

**BIG BIRD STORY MAGIC SETS**
The full library of Big Bird storytelling book/tape sets. Ages 3–up.
**11.97** each

TOYS "R" US®




**DUNK-IT BASKETBALL SET**
Adjustable height. Basketball, hoop, net, backboard, pole, base! Ages 5–up.
**16.97**



**TRANSFORMERS FIGHTING ROBOTS**
Two 10" robots battle it out in the ring! Ages 4–up.
**14.97**



**TOSS ACROSS GAME**
Giant 3-D tic tac toe game. Ages 6–up.
**12.97**

**CENTURIONS PINBALL MACHINE**
Individually controlled flippers, automatic scoring! Ages 3–up. (Four "D" batteries, not included.)
**15.97**






**A. INHUMANOIDS 14" D. COMPOSE**
Anything he touches turns into a skeleton! Glowing fangs, massive rib cage! Ages 4–up.
**24.97**

**B. INHUMANOIDS 14" METLAR**
Undisputed leader of the Inhumanoids. Lives to control the world! Ages 4–up.
**24.97**

**C. INHUMANOIDS 14" TENDRIL**
The most barbaric of the Inhumanoids. Crushes victims with tentacles. Ages 4–up.
**24.97**

HASBRO

# Super Prices, Super Selections!







**D. INHUMANOIDS TERRASCOUT**
Lightweight vehicle with pivoting guns, rolling dumbell wheels, more. Ages 4–up. (Figure not included.)
**10.97**

**E. INHUMANOIDS TRAPPEUR VEHICLE**
All-terrain vehicle with grappling hook, detachable shuttle, more! Ages 4–up.
**17.97**

**F. INHUMANOIDS REDWOODS**
Petrified monsters from beneath the earth! Ages 4–up.
**6.97** each

**G. INHUMANOIDS 6" EARTH CORE SCIENTIST**
Ages 4–up.
**5.97**

**H. INHUMANOIDS 7" GRANITES**
Giant rock-like creatures. Ages 4–up.
**6.97** each

**J. INHUMANOIDS 7" MAGNOSAR**
Splits into two [illegible] Figures. Ages 4–up.
**6.97**

TOMY



**ARMSTRONG ROBOT**
Control panel moves arms, joystick control moves Armstrong around. Batteries, charger included. Ages 2–6.
**129.97**



**TUNEYVILLE CHOO CHOO**
11 popular pre-school songs on easy-to-change records. Ages 2–5. (Two "D" batteries, not included.)
**16.97**



**TALKING TUTOR ROBOT**
Robot pops 100 quiz questions in four categories. Battery included. Ages 3–up.
**19.97**




**CORVETTE CLASSIC ELECTRIC ROAD RACING.** Two Corvettes set! Ages 8–up.
**43.99**



**MONSTER MACHINE**
Radical rigs tread on everything, climb walls! Ages 5–up. (Four "C" batteries, not included.)
**22.94** each

# Everyone's Favorite Toy Store!




**SCRABBLE FOR JUNIORS**
Two-sided picture and word playing board. Ages 6–10.
**6.97**

**PARCHEESI DELUXE EDITION**
Royal game of India, combines skill, strategy. Ages 6–adult.
**7.78**

**DELUXE SCRABBLE.** Built-in turntable; grid keeps tiles in place! Ages 8–adult.
**19.97**

SELCHOW & RIGHTER®




**SCRABBLE SENTENCE GAME FOR JUNIORS**
Ages 5–9.
**6.97**

**GO FOR BROKE**
Ages 10–adult.
**9.97**

**TRIVIAL PURSUIT GENUS EDITION**
Ages 18–up.
**19.97**

**NOT SHOWN:**
**TRIVIAL PURSUIT YOUNG PLAYERS EDITION**
**19.97**

**GENUS II, BABY BOOMERS, YOUNG PLAYERS, TRIVIA CARD SETS**
**9.96** each




connor

**TALK 'N TEACH**
Tape playing teacher, teaches like a workbook, talks to children! Ages 3–up. (Four "D" batteries, not included.)
**39.97**




**POWER TOOL KIT**
Stores all pieces for power play tool and hand tool. Ages 3–6. (Two "AA" batteries, not included.)
**14.97**




**VIDEO SMARTS**
The new and fun interactive video learning system! Ages 3–7. (Four "C" batteries, not included.)
**44.97**

**POWER WORKSHOP PLAYSET**
Play tool really works! Accessories for power or hand tools. Ages 3–6. (Two "AA" batteries, not included.)
**19.97**



# TOYS "R" US®



**MELODY PUZZLE**
Rewards children with music. Ages 2–5. ("9-V" battery, not included.)
**8.97**



**MELODY MAKER**
Musical keyboard toy, with 3 music cards. Ages 2–6. ("9-V" battery, not included.)
**8.97**




**COLORED WOOD BLOCK PLAYSET**
Giant 60-piece set with 11 geometric shapes, 5 colors. Plus storage bucket! Ages 1–6.
**8.97**




**STIX STAX**
Wood building set for beginners! 56 pieces in easy-carry bucket. Ages 3–6.
**14.97**



**STIX STAX ACTION SETS**
12-piece interchangeable sets with wood, plastic pieces. Ages 3–6.
**3.97** each



**WHITTLE CHIPS WOOD TRAIN TOWN**
53 interlocking brightly-colored wood pieces. Lots of building fun! Ages 1½-up.
**27.97**



**CREATIVE MUSIC MAKER**
Microphone with keyboard, sing and play at the same time! Ages 4–up. ("9-V" battery, not included.) **19.97**



**15" PUFFALUMPS**
A collection of six baby animals, each with its own special look. Ages 3–up.
**22.97** each



**TAPE RECORDER**
Built-in mike, activity tape. Ages 5–up. (Four "C" batteries, not included.) **39.87**



**MICRO EXPLORER SET**
15-piece microscope set with 30-power microscope, pre-programmed slides, more! Ages 12–up.
**19.97**



**DANCING ANIMAL MOBILE**
10-minute wind-up music box with easy-attach clamp. Ages 1–6 months! **18.99**



Fisher-Price Toys®

# Hot Toys, Low Prices!

**MAGIC VACUUM CLEANER**
Pretend dust puffs fly up into see-through tank. Ages 3–up.
**16.97**



**CONSTRUX SKY BLAZER**
Build military aircraft. Set includes propellers, engines, more! Ages 5–up. **17.97**

**CONSTRUX MILITARY VEHICLE**
Build armored vehicles. Set includes rockets, machine guns, more! Ages 5–up. **27.97**



**LITTLE PEOPLE MAIN STREET**
24-piece playset builds a complete town! Figures, vehicles included. 2–6. **22.97**



**POWER WORKSHOP**
Motorized tool kit with power drill, work-bench, more! Ages 3–7. (Two "AA" batteries, not included.) **16.97**



**TODDLER KITCHEN**
"Busy kitchen" activity center. 11 pieces store on portable panel. Ages 1–3. **14.99**




**TURBO TRAIN SET.**
Our Price . . . . . 39.97
Mail-In Rebate . . . . . 5.00
**FINAL COST . . . . . 34.97**

**RACING WARRIORS.** Ages 8–up.
Our Price . . . . . 44.97
Mail-In Rebate . . . . . 3.00
**FINAL COST . . . . . 41.97**




**DAREDEVIL CLIFF HANGERS ELECTRIC ROAD RACE SET**
Ages 8–up.
Our Price . . . . . 54.97
Mail-In Rebate . . . . . 5.00
**FINAL COST . . . . . 49.97**




**REMOTE CONTROL TURBO HOPPERS**
Ages 8–up. ("9V," eight "AA" batteries, not included.)
Our Price . . . . . 59.99
Mail-In Rebate . 5.00
**FINAL COST . . . 54.99**



**PRE-SCHOOL BUILDING SET**
90 pc. Ages 3–up.
**19.99**

**ROAD BUILDER BUILDING SET**
283 pc. Ages 2–6.
**18.97**

# TOYS"R"US®



**BLUE BIRD A-LA-CART KITCHEN**
Lots of kitchen fun! Ages 3–up.
**39.97**



**LASH GLO BRITE BEAR**
Musical pop-up glows in the dark. Ages 1½–up.
**7.97**



**PIERCE GEOFFREY 9' TUNNEL OF FUN**
Washable, flame retardant heavy duty vinyl. Ages 2–up.
**16.97**



**LASH GEOFFREY MUSICAL TV**
Animated wind-up toy. Ages 3–up.
**7.97**



**LASH COLORFORMS CHOO-CHOO**
Train goes with a simple push of the pump. Ages 3–up.
**9.97**



EDU-SCIENCE
150 x 50MM
TELESCOPE
**7.97**

EDU-SCIENCE
MICROSCOPE
SET
**16.97**






**KIA BOY'S 20" DELUXE BMX**
All chrome finish! Laid-back seat post, nylon BMX pads, gumwall BMX knobby tires.

**89.99**



YOUR CHOICE **89.99** EACH

**KIA GIRL'S 24" OR LADIES' 26" REGAL 10 SPEED**
Padded saddle, foam comfort grips, side-pull caliper brakes.

**Not shown: KIA MEN'S 26" MERIDIAN 10 SPEED**

**KIA LADIES' OR MEN'S 26" SANDPIPER 3 SPEED**
Touring-style handlebars, thumb shifter, padded seat, fenders.

**Not shown: KIA GIRL'S 24" CELEBRITY 3 SPEED**



**WOODMASTER DELUXE WOOD TABLE AND 4 CHAIRS**
Natural finish with decorations! 27" solid round table. Ages 3–5.

**39.99**



**WOODMASTER DELUXE ROCKER**
30" oakwood rocker with sturdy seat. Ages 3–5.

**29.97**



**WOODMASTER COLONIAL TOY CHEST**
Maple finish. 32"x 16"x 18". Safety lid support. Solid wood.

**33.99**

**WOODMASTER SOLID WOOD TOY CHEST**
Natural finish. 32"x 16"x 21". Carved hearts. Brass-plated hardware. Safety hardware.

**47.99**

# TOYS"R"US®



**PRICES GOOD IN THESE STORES:**

**CALIFORNIA**
**Almaden**
1082 Blossom Hill Rd., San Jose, CA
**E. San Jose**
330 N. Capitol Ave., E. San Jose, CA
**Fresno**
5705 N. Blackstone Ave., Fresno, CA
**Hayward**
24011 Hesperian Blvd., Hayward, CA
**Modesto**
2700 Sisk Rd., Modesto, CA
**Newark**
5800 Newpark Mall, Newark, CA
**Pleasant Hill**
568 Contra Costa Blvd., Pleasant Hill, CA
**Redwood City**
202 Walnut St., Redwood City, CA
**Richmond**
4000 Bissel Ave., Richmond, CA
**Sacramento**
1919 Arden Way, Sacramento, CA
7224 55th St., So. Sacramento, CA
**Salinas**
370 Northridge Center, Salinas, CA
**Santa Rosa**
2705 Santa Rosa Ave., Santa Rosa, CA
**Serramonte/Colma**
775 Serramonte Blvd., Colma, CA
**Sunrise**
7800 Greenback Lane, Citrus Heights, CA
**Sunnyvale**
130 E. El Camino Real, Sunnyvale, CA

**NEVADA**
**Las Vegas**
4550 Meadows Lane, Las Vegas, NV
**Reno**
5000 Smithridge Dr., Reno, NV

**COMING SOON**
**Stockton**
5400 Pacific Ave., Stockton, CA
**E. Las Vegas**
4000 South Maryland Parkway, Las Vegas, NV

**Prices may vary slightly in other cities.**
**Sorry, no mail or phone orders.**

# Thimble Collectors Club

Now, at modest cost, you can build your own collection of beautiful collector thimbles.



FREE! Princess Diana bone china thimble by Royal Grafton for joining now!









*s lovely glass-domed display stand and er unusually fine display pieces are offered by the Club to members.*

*All thimbles shown actual size. (Princess Diana thimble shown larger than actual size.)*

## Royal Doulton…Wedgwood…Hutschenreuther…Haviland… these and others of the world's greatest porcelain houses will be represented in your collection.

Virtually all of the world's great porcelain houses produce beautiful miniature works art in the form of collector thimbles. Delightful to look at and fascinating to own, iny of these thimbles are hand-painted, and ne are decorated with precious gold.

### Build A Collection You Couldn't Acquire On Your Own!

e finest thimbles are produced in limited antities, with limited distribution. Supplies e scarce. This is why The Thimble Collectors ub was founded. We guarantee members a w thimble every month – created by one of e world's great porcelain houses and crafted perfection.

Our representatives are in contact with rcelain houses all around the world. They lect only the very best thimbles. Many of the nthly selections are created exclusively the Club's members.

The thimbles in your collection will bear e names and identifying marks of the great uses that created them. They will reflect the fferent artistic visions of the various nations d porcelain makers. Thus, the individual imbles will have infinite variety…yet together ey will form a harmonious collection.

A card will accompany each thimble describ- g the motif on it and the porcelain house hich made it.

### Special Offers of Beautiful Displays – Exclusive to Members

a member of The Thimble Collectors Club you will be entitled to purchase many fine displays for your collection.

### Modest Cost

One of the nice things about collecting thimbles is that besides being beautiful, they don't cost a lot. The Club's regular monthly selections typically cost about $7.50 to $9.50. If you are not delighted with any month's thimble selection, you may simply return it within ten days for a full refund, and you may cancel your membership at any time.

### Send No Money Now

To join The Thimble Collectors Club, just send your application to Thimble Collectors Club, 47 Richards Ave., Norwalk, Conn. 06857. Enclose no money now. You will be billed for your first monthly thimble selection.

### Free! For Joining Now…. Princess Diana 25th Birthday Thimble

The English porcelain house of Royal Grafton has created a marvelous tribute to Princess Diana to celebrate her 25th birthday. This thimble is available in the United States exclusively to members of The Thimble Collectors Club. And it's available to you free, as our gift for joining now.

Membership Application

Thimble Collectors Club 2012

Thimble Collectors Club
47 Richards Avenue
P.O. Box 5707
Norwalk, Conn. 06857

No Payment Required. Simply Mail this Application.

Please enroll me in The Thimble Collectors Club. Each month I will receive a thimble selected as being one of the very best from the world's great porcelain houses. I am under no obligation. I understand that I may return any thimble within ten days for a full refund, and that either party may cancel this membership agreement at any time. As a new member, I will receive a Princess Diana thimble as a free gift.

Payment Options (check one):

☐ Please bill me, just before shipment, for my first thimble, priced at $6.80*.

☐ As a convenience, please charge my first thimble (priced as above), and each subsequent thimble, at the time of shipment, to my credit card: ☐ VISA ☐ MasterCard

Credit Card No. _____ Expiration Date _____

*Plus $1.50 for shipping and handling. (Conn. residents pay $8.92 to include tax.)

Name _____
PLEASE PRINT CLEARLY

Address _____

City _____

State/Zip _____

Signature _____

Allow 6-8 weeks for first shipment. 2012 PD

# PLANT MAKEOVERS




*Are your houseplants scraggly and unkempt? Or are you bored with your indoor greenery? To the rescue, easy ideas to give your plants a new look! By Wendy Korn*

If you love the way plants look but don't have the time or the interest to nurture them, or if you're simply tired of your own small, scrawny plants, we've got good news. You can give your plants a super makeover or take advantage of the latest trend in indoor greenery and buy full-grown plants that require minimal care.

According to plant experts, the newest look in houseplants is plantscaping—the use of dramatic plants for interior design. This means using plants in place of decorative furniture, as a room's focal point or even as room dividers.

When decorating with plants, remember that "one large plant makes a much stronger design statement than a lot of little plants," says Tony Marano, interior plantscaper and co-owner of the Roslyn Village Greenery, in Roslyn, New York.

In fact, the haphazard arrangement of small plants throughout the house is a dated look. "Small plants offer little aesthetic appeal, and they require more frequent care than large plants," explains Marano. "One big, exotic plant is much more effective. It can be used to decorate a sparse room or to brighten up a dreary corner or hallway."




## WHAT'S IN, WHAT'S OUT

We polled some of today's top plant designers to find out which plants they consider fashionable and which ones they think are passé.

### The "in" plants

• Large plants, from a few feet tall up to ceiling height • Exotic cacti and succulents • Dracaena, a hardy species that can tolerate low light and infrequent watering • Unusual, slow-growing plants • Golden yucca • Staghorn ferns • Creeping fig • Bromeliads, characterized by a rosette of leaves with colorful flowers

### The "out" plants

• Rubber plants • Dieffenbachia • Philodendron • Spider plants • Terrariums • Most small potted and hanging plants; plants with scant foliage.

*(continued)*

©LORILLARD, INC., U.S.A., 1986




SURGEON GENERAL'S WARNING: Smoking Causes Lung Cancer, Heart Disease, Emphysema, And May Complicate Pregnancy.

# MAKEOVERS

Turn your scraggly plants into eye-catching design statements with our makeover ideas.

The first step in any plant makeover is a manicure. Using pruning shears or sharp scissors, cut off old blooms, weak or dead branches and overgrown foliage. Pinch off yellow and dead leaves with your fingertips and trim yellow or brown leaf tips, following the natural shape of the leaf. To groom vines and encourage fullness, pinch off scraggly growth.

**Hanging plant makeover** *Before:* an assortment of scrawny, stringy hanging plants in standard plastic pots with wire or macramé hangers. *After:* a hanging plant grouping. Use one giant metal-lined hanging wicker basket or a brushed-metal hanging planter, suspended with rope or chain. Cut the wire or macramé from several of your small hanging plants, leaving them in their original pots, and place the plants in the big planter and cover with Spanish moss (a silver-colored shredded moss).

**Window box makeover** (not shown) *Before:* lots of scrawny little plants in assorted pots. *After:* a windowsill box. Make a window box by securing a two-foot brass or rot-resistant wooden plant box to the window ledge. Fill the box with the small plants in their original pots and use Spanish moss to camouflage the containers.

**Cacti/succulent makeover** *Before:* small cacti and succulents in individual plastic pots. *After:* a garden in a planter. Remove cacti and succulents from their original pots and plant them together in sand-based soil in a large Indian-style terra-cotta, stone or ceramic planter. Cover the soil with decorative gravel. Be sure to group plants that have similar watering requirements.

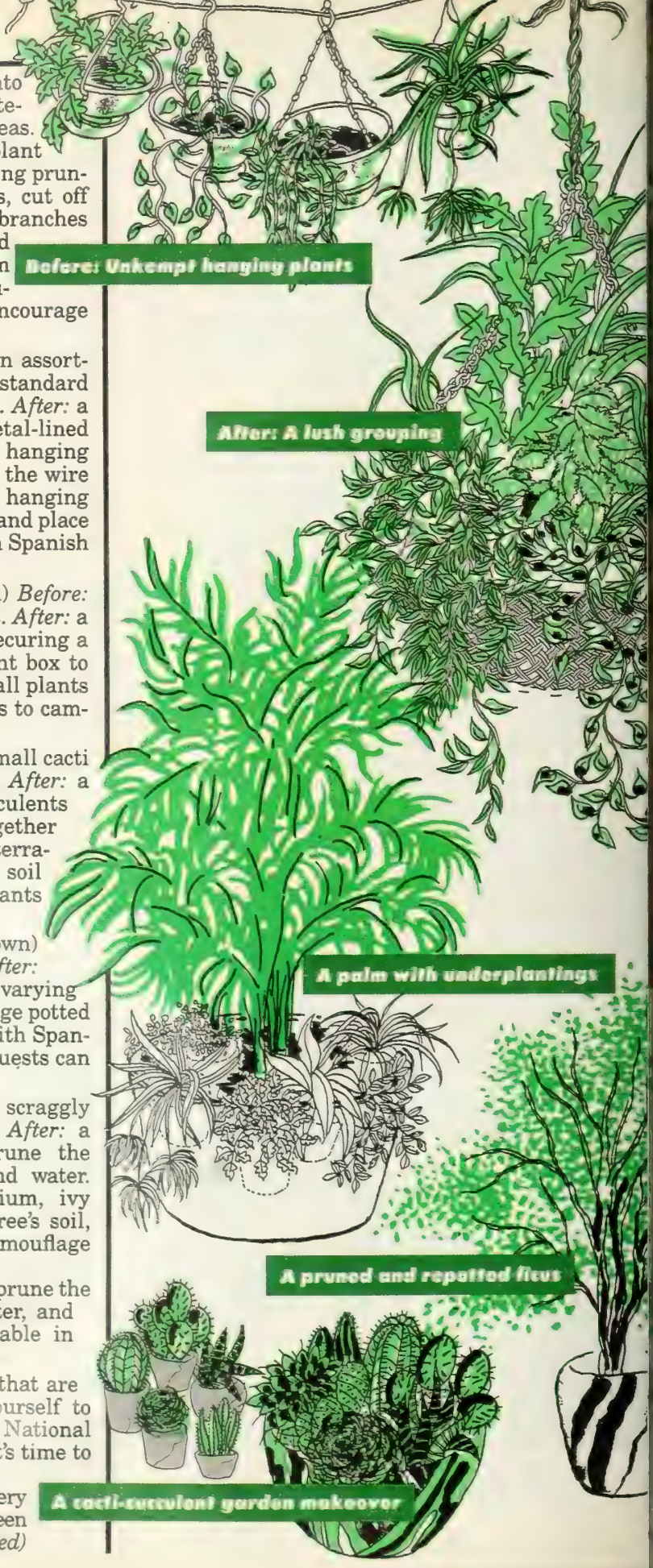
**Kitchen plant makeovers** (not shown) *Before:* herb plants in tiny plastic pots. *After:* Place potted herbs in kitchen canisters of varying heights, and group them together. Or arrange potted herbs in a shallow basket, cover the pots with Spanish moss and place on your dinner table. Guests can pinch their own herbs as they eat.

**Potted tree makeovers** *Before:* a scraggly tree with dead branches and bare soil. *After:* a tree with attractive underplantings. Prune the tree and clean the leaves with soap and water. Then place pots of bromeliads, syngonium, ivy and other trailing plants on top of the tree's soil, recessing the plants in the soil a bit. Camouflage the pots with Spanish moss.

Another easy tree makeover is simply to prune the plant, clean its leaves with soap and water, and brighten them with a leaf shiner (available in garden centers). Put the tree in a new pot.

**When to give up** Do you have plants that are nearly dead but that you can't bring yourself to throw out? According to Fred Kassman, of National Plant Designs, of Great Neck, New York, it's time to part with a plant when:

• it doesn't complement your decor • it's very scrawny, and it won't grow fuller • it's been unsuccessfully treated for insects. *(continued)*

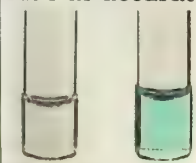


# "Darling, of course I'm sure. I just did my FIRST RESPONSE Pregnancy Test"



**"But how can you be so sure, so soon?"**

**"Darling, with FIRST RESPONSE® you don't have to wait days or weeks to find out the truth more. I just did the test and today's the day I'm due! It only took 20 minutes and it's as accurate as any lab.**



lot Pregnant. Pregnant.

**"And I know I can rely on my result. Because FIRST RESPONSE is simple to do, and so easy to read. I'm pregnant if the liquid turns blue; not pregnant if it stays clear. That's it. There's no second guessing.**

**"And that, Darling, is why I'm so sure, so soon."**




FIRST RESPONSE® Pregnancy Test, from the maker of Tampax® tampons, ne most sensitive home test ever. It's based on technology that made a major akthrough in pregnancy testing. And is so sensitive it can reveal even slight es of pregnancy hormone with 99.5% accuracy.

You can also depend on our medical information staff for answers to any stions you may have about the test. Our toll-free number is listed in every ST RESPONSE test kit.

Now there's a fast, accurate response to the question of pregnancy. FIRST RESPONSE Pregnancy Test, to be sure.

**You can always trust your FIRST RESPONSE.**

From the maker of TAMPAX® tampons

RESPONSE, a line of professional quality home diagnostic tests, and TAMPAX are registered trademarks of Tambrands Inc. © Tambrands Inc., 1986

# PLANTSCAPING

The key to decorating with plants is placement. According to plantscaper Tony Marano, the following are some of the special considerations:

**The scale of the room** Choose a big branching tree to fill in space between furnishings in a large room; a medium-size plant with delicate foliage is the best choice in a cramped room. Slow-growing plants are more appropriate as design pieces, because they will maintain a consistent look for years. A fast-growing plant may exceed the space provided for it.

**The style of the furnishings** Decide what type of plant will complement the surroundings. A tall, exotic cactus is ideal in a contemporary setting, while softer, leafier plants, such as Boston ferns, work better in traditional surroundings.

**The function of the room** To decorate a corner, hallway or entryway or to add color to a room, use a delicate potted tree or a floor grouping of plants of varying heights in coordinated pots.

**The function of the plant** To divide a room (for example, into a living and dining area), use a long narrow plant box or a row of three to five identical tall plants in matching pots. Create the illusion of a mass of greenery by placing a mirror behind a group of plants or placing the plants in front of a mirrored wall. Brighten a dark, dingy space by using plants that don't require a lot of light, such as low-light palms and dracaenas. Hide a radiator with a radiator cover box or hang a shelf a few inches above the radiator so the heat isn't overpowering. Place on top of it a few plants in matching pots, or a plant box full of plants. Use plants that can live in dry, warm (heated) air, such as succulents and cacti. Decorate a fireplace by putting a medium-size branching, foliated plant in front of the open area of a fireplace (when it's not in use, of course), or place matching plants on either side to frame it. Create a new look by lining the top of kitchen cabinets, bookcases or wall units with pots of ivy. Place small pots along the top ledge and arrange the vines so they hide the pots.

**The plant containers** The latest in planters: leakproof containers covered in grass cloth. Also, unusual baskets, whitewashed baskets, wooden boxes made of rot-resistant wood (such as redwood or cypress), boxes and cylinders made of polished and brushed brass or aluminum, urns, terra-cotta pots, wire baskets and plastic pots with a lacquered look. Planters that are out of the ordinary may overpower certain plants, but they can add a whimsical touch in casual settings, such as a kitchen or bathroom. Use canisters, crocks, wooden tubs, antique basins—anything else you can think of.

**The illumination** Strategic lighting can add a dramatic, sophisticated touch to indoor greenery. According to Jerry Pawlak, of Terrestris, a plant house in New York City, the most popular way to highlight plants is with "up" lights—small spotlights that sit on the floor and shoot straight up, creating shadows on the ceiling and walls surrounding the plants. Up lights are sold at nurseries and variety stores. **End**



# Why does real estate agent Bea Montague use Lightdays® Pantiliners?



## "I like to feel just-showered fresh all day, every day."

"For me, real estate has become a 24-hour lifestyle. I deal with as many clients at social gatherings and dinners as I do during office hours. And Lightdays help me keep that morning-shower freshness through the whole day, no matter how late it goes. Their shape is contoured so they're very comfortable.

Lightdays liners help me feel dry, fresh and comfortable. It's a good feeling that makes you more confident in yourself, and when you're talking to a client, that comes across."

Bea Montague

Kotex® Lightdays® Pantiliners are designed with a special hourglass shape that curves where you curve. So they fit comfortably. They're also remarkably thin, with three adhesive strips to hold them firmly in place. Use Lightdays for extra protection during your period and to feel just-showered fresh, anytime.




**For just-showered freshness all day, every day.**

5 Kimberly-Clark Corp.

# PET NEWS

*Coping with a dog that bites, preventing holiday accidents, a check for canine breast tumors, and more. By Nina Keilin*

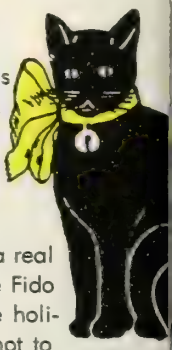


## ONE MILLION BITES ...AND COUNTING

Has your dog ever bitten you or a member of your family? No fibbing—your safety and that of your children depend on it. Every year, one million dog bites are reported to health authorities, but some experts believe the actual total may be five times as high (reported bites are those severe enough to require stitches or other treatment by a physician). Most of the attacks are committed by pets—on their own families or neighbors. Children are especially vulnerable. And when a dog bites a child, it is likely to be on the face rather than a hand or leg.

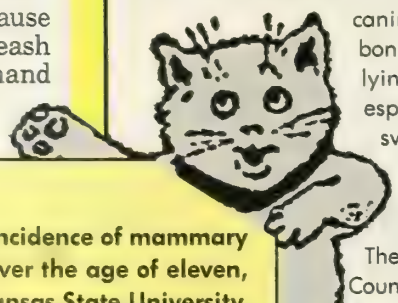
How could anyone be foolish enough to keep an aggressive dog? "The owners are living in a dream world of denial," says Job Michael Evans, a New York City dog trainer who has extensive experience with aggressive dogs. Owners are afraid of their dogs, but they also love them, he says. The problem develops gradually, through unintentional training. Episodes of snapping or growling are unwittingly rewarded instead of disciplined, when the owner, believing she is doing the right thing, tries to soothe the dog out of its mood. After a number of incidents, the aggressive behavior escalates, and the owner is truly fearful of the dog. She may construct a maze of rationalizations to justify the dog's behavior. For example, an owner will say, "If you just don't act afraid, he won't bite." Family life may even be reorganized to avoid attacks. One of Evans's clients left her dog's leash on for five years because the dog bit her and her husband when they tried to put the leash on. Of course, this did not prevent bites. Finally the woman's hand was bitten severely enough for her to seek help. *(continued)*

### HAPPY HOLIDAYS



Thanksgiving and Christmas are just around the corner. These tips from the Animal Medical Center, in New York City, will help ensure a safe holiday for your pet.

**Food** Let's be honest—only a real Scrooge is not going to give Fido and Fluffy a tidbit from the holiday table. But at least try not to overfeed, and be sure to remove all bones fro meat—especially poultry. And don't feed pe chocolate—it contains caffeine, as well as substance similar to theophylline, the acti ingredient in asthma medication. Dogs a cats can't tolerate these chemicals. In a sm animal, a tiny piece of candy is enough cause toxic reactions—diarrhea, shock a even death. **Plants** Poinsettias, mistletoe a holly can be poisonous if ingested. Hang the plants well out of a pet's reach. Remember th cats can climb all over, so consider forgoi these plants if you can't keep them away fr the cat. **Decorations** You can't go wrong if y take the same precautions you would with ch dren. Keep glass decorations and electric wir out of reach. Make sure your tree is steady a cannot be knocked down by a rambunctio canine. Don't leave ri bon, tinsel and stri lying around. They c especially dangerous swallowed—surgic removal may required.



**Stocking stuffe** The Pets Are Wonder Council (PAW), *(continu*

### BREAST EXAM FOR DOGS?

**Yes, if you have an unspayed female over the age of three. The incidence of mammary tumors goes as high as 55 to 60 percent in unspayed females over the age of eleven, says Jacob Mosier, D.V.M., professor of veterinary medicine at Kansas State University, in Manhattan, Kansas. About 50 percent of the tumors are malignant; all require surgical removal. You should periodically palpate the dog's abdomen, while she is lying on her back, to feel for small nodules. No elaborate procedure is required—you could do the exam when you bathe the dog or brush her. If you notice any suspicious growths, take the dog to the veterinarian for an examination. (Note: Spaying a dog before first heat reduces the incidence of tumors to just 1 percent, because the dog isn't exposed to the hormones that cause the tumors. Spaying when the dog is older produces no tumor prevention effect.)**

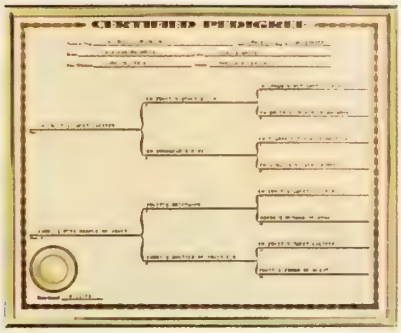
**FREE CAT HEALTH BOOKLET** from t American Veterinary Medical Association a Morris the Cat. Send a postcard to The M ris Prescription, 211 East Ontario, Suite 13 Chicago, IL 60611.

**GETTING A PUPPY?** A new booklet for ki will teach children the basics of dog care and a enable you to keep a record of your pup's grow Send a $1 check or money order to Robbie's B Friends, P.O. Box 1232, Bensalem, PA 19020.

**Changing your antifreeze? Be sure to wipe up spills. Cats and dogs love the taste of antifreeze, but it is a deadly poison.**

# "Your dog's pedigree is more than just a piece of paper."






**TICS:**
breeder to explain a dog's
ee and you'll learn a lot.
gree tells you all about your
enetic family tree—who his
s and grandparents are, and
hampions are in his line.
scientious breeders rely on
pedigrees to improve the
quality of their breed.
We're always looking for
combinations that
consistently reproduce our
breed's best qualities,
while trying to breed out
undesirable genetic traits
like hip dysplasia, eye
disease, blood disease
or poor temperament.

**BEST QUALITIES:**
A non-pedigreed puppy
may be a bit of a
gamble. You may
not know his adult size and
weight, how long or short his
coat will be, or whether his
personality is suited to your
lifestyle. A pedigree is practically
a guarantee that your puppy
will mature into a dog
with all the qualities
you've chosen
him for.



**FEEDING:**
With all the work that goes into breeding champions, I've got to be as selective about feeding as I am about breeding. After all, Malamutes are working dogs who require superior nutrition



from high-quality meat.
Kal Kan® delivers and provides all the vitamins and minerals my dogs need at every stage of their lives.

Nothing is too good for my animals. To me, Kal Kan® is the best I can buy.



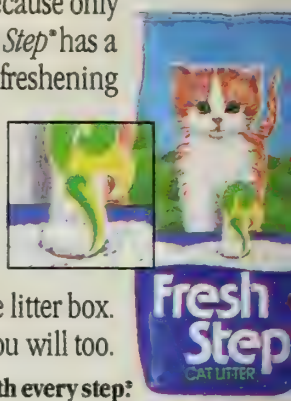

**KAL KAN.® Recommended by top breeders.®**

Top Breeder of champion
Alaskan Malamutes

All those in favor
of a litter that freshens whenever you step,
raise your hand.



With *Fresh Step*® cat litter, cats ca
actually control odors all by themselve
Because only
*Fresh Step*® has a
unique freshening
system with
tiny odor con-
trollers that are
released whenever
your cat steps or
scratches in the litter box.
Cats like that. You will too.




**Freshens with every step.**

© 1986 The Clorox Compa

# PET NEWS

### ONE MILLION BITES (continued)

But many people, even when concerned, try to keep the dog's behavior a secret. They are ashamed of their predicament and are fearful about telling anyone because they believe the only options are to live with the behavior or have the dog put to sleep.

What should owners do to protect themselves in this situation? Consult a responsible dog trainer. "The trainer must be one who will drill the dog in basic obedience work and apply special discipline for biting as well," says Evans. You will have to change the way you interact with the dog and restore the dog to a subordinate position in the family. But you must also acknowledge that retraining may not work—and the dog might have to be euthanized.

"If a trainer offers a guarantee, stay away," says Evans. "There are no guarantees with animals, and since trainers are not licensed, you must choose carefully. Avoid trainers who want to talk about the problem without doing obedience work."

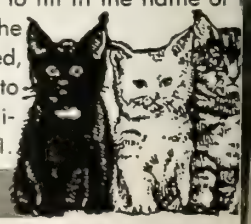
Evans suggests that you ask your veterinarian for a recommendation. If he doesn't know a good trainer, insist that he help you by contacting other veterinarians or the animal behavior department at the nearest veterinary school. Don't sit back and do nothing.

The Humane Society of the United States is offering a free pamphlet on dog-bite prevention. For a cop
send a stamped, self-addressed business envelope
The Humane Society of the United States, Dept. LH
2100 L Street N.W., Washington, DC 20037.

### HAPPY HOLIDAYS (continued)

of Chicago, has compiled a heartwarming book of pho
graphs to celebrate the joys of pet ownership. Photos in t
book (*The Pets Are Wonderful Family Album*, Perigee, $7.9
are winners and runners-up of a contest the council sponsore
People from all over the country sent photos of themselves a
their children enjoying special moments with their cats a
dogs. The book is available in major bookstores; proceeds
to animal shelters.

If you're thinking of giving a pet for Christmas, PAW su
gests a pet gift certificate, redeemable after the new year. Y
avoid the stress of introducing a kitten or puppy during the hec
holiday season, and the recipient has something wonderful
look forward to. You can make a certificate yourself, or order a
free from the council (it allows space to fill in the name of t
store or shelter where you will take the
recipient to adopt the pet). Send a stamped,
self-addressed business envelope to
PAW Gift Certificate, 500 North Michi-
gan Avenue, Suite 200, Chicago, IL 60611.




Marlboro
Lights
The spirit of Marlboro
in a low tar cigarette.
Marlboro
LIGHTS
Marlboro
LIGHTS
100's
Marlboro LIGHTS 100's
SURGEON GENERAL'S WARNING: Cigarette
Smoke Contains Carbon Monoxide.
10 mg "tar," 0.7 mg nicotine av.
per cigarette, FTC Report Feb '95

**TAKE THIS QUIZ:**

| | | Yes | No |
|---|---|---|---|
| 1 | Do you have clothes in several sizes? | ☐ | ☐ |
| 2 | Do you look like two different people in your photo album? | ☐ | ☐ |
| 3 | Did you end one diet a month ago and need to go on another this week? | ☐ | ☐ |
| 4 | Do you generally succeed on diets but fail to keep the weight off? | ☐ | ☐ |

# THE YO-YO SYNDROME DIET

*If you answered yes to any of these questions, you may be suffering from the yo-yo syndrome. Finally, a diet that will work for an up-and-down weight problem. You can stay thin for good*

*BY MAXINE ABRAMS*

Back in the early 1970s, when Lyn Christenson Chapman was an undergraduate at Brigham Young University, in Provo, Utah, a chronic weight problem was the farthest thing from her mind. An outdoor enthusiast active in all kinds of sports, she could maintain a slim, attractive figure quite effortlessly.

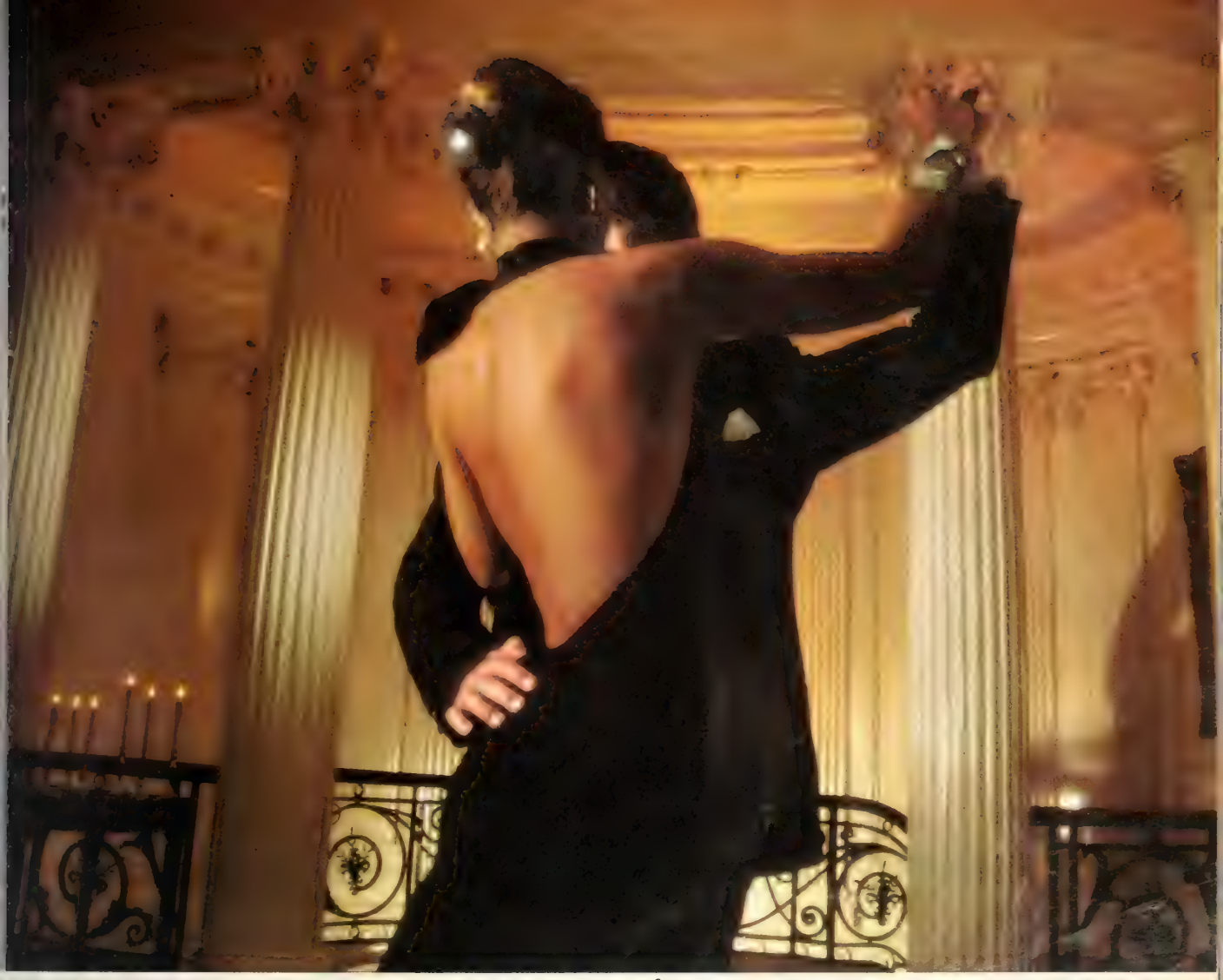
That's why she didn't worry the first time she noticed a few extra pounds on her five-foot-four-inch frame. All she had to do, she told herself, was follow her usual diet—"starve for a few days"—and her clothes would fit just fine.

"But after a couple of months, the extra weight was right back on," reports Lyn, now thirty-six.

So Lyn dieted again. Then again. And again. By the time she had been teaching elementary school for several years, it had become increasingly difficult to shed those excess pounds, and her active sports life no longer burned off excess calories. For the next eight years, her weight yo-yoed—more often up than down. By the time she weighed thirty pounds above her normal weight, Lyn knew she needed help: "I didn't feel very good about myself," she says, "and to make matters worse, I eat whenever I get depressed."

Sound familiar? We bet it does—because the yo-yo syndrome is one of the most common dieting problems. Doctors estimate that millions of Americans spend one fourth of their adult lives caught in a vicious circle of gaining and losing weight. Each year, they spend billions of dollars on weight-control programs, only to regain in a matter of months—even weeks—the pounds they struggled to lose. Their lives are a merry-go-round of on-again, off-again diets that steadily become less successful.

Fortunately, in the last few years there has been a virtual revolution in the understanding of weight control, particularly the psychological and metabolic reasons *(continued)*



# THIS HOLIDAY SEASON DON'T PUT ON ANYTHING BUT THE RITZ.

'Tis the season of temptation. Turkey and stuffing. uitcake and eggnog. Caviar and champagne.

But thanks to Fibre Trim,® Europe's number one t aid, you don't have to give up. Or give in.

With Fibre Trim's help, you can eat less, enjoy the idays and still slip into that slinky little black dress.

## THE EUROPEAN WAY TO FIGHT TEMPTATION. AND WIN.

As thousands of Europeans have already covered, Fibre Trim helps you e weight safely, naturally, l sensibly.

It's a way to slim and stay n without feeling constant- leprived.

Taken before meals, Fibre m's unique blend of grain l citrus fiber works naturally to take the edge off your hunger.

With help from Fibre Trim, you won't have to give up all those wonderful holiday treats. You'll simply eat less of them.

## STAY SLIM FOR ALL SEASONS.

Fibre Trim is no fast, short-term weight-loss product. The Fibre Trim approach means eating less, moving around more and losing weight gradually.

And since Fibre Trim is nothing but natural fiber, it can become a healthy way of life—a way to stay slim long after the party's over.

So take out your ritziest dress. Put on your dancing shoes. And stock up on Fibre Trim.

It's time to enjoy the holidays without showing it.




## THE EUROPEAN WAY TO SLIM. FOR GOOD.

49/1351808-11/86
86 Schering Corporation

for repeated gaining and losing. As a result, doctors now have a variety of new ways to help people like Lyn break the yo-yo syndrome.

### The culprit: chronic dieting

Perhaps the most important recent discovery is that chronic dieting may actually *trigger* the yo-yo syndrome. Indeed, though the reasons remain complex and the theories controversial, many experts believe chronic dieting can significantly reduce the chance of losing weight permanently.

"We think that repeated dieting causes the body to become metabolically efficient, says Kelly Brownell, Ph.D., a weight-control specialist at the University of Pennsylvania, where a five-year research project on weight cycling is now under way in collaboration with Harvard, Yale, Rutgers, Vassar and a grant from the MacArthur Foundation. "When the metabolism adjusts itself this way, it can actually have a negative effect on weight control."

Scientists have now pinpointed an area in the brain that they call the fat thermostat. The fat thermostat picks up bits of information from different parts of the body to regulate the level of fat needed for survival. If your food intake is below what your body needs, the fat thermostat signals that you're hungry. Then, if you don't eat—or don't eat enough—it directs your body to *conserve* fat.

In other words, when a person diets, the body is actually fighting to protect itself against what it perceives as impending starvation. Metabolism slows. Weight loss becomes increasingly difficult, and weight gain occurs with frightening ease. In fact, the University of Pennsylvania scientists found it took only two episodes of dieting to double the amount of time needed for laboratory animals to lose a specific amount of weight. And while the animals regained their weight after both diets, they regained it *three times faster* after the second cycle!

When researchers at Harvard University studied the dieting records of chronic dieters, a similar trend became evident. That means, says Brownell, that a woman who goes on her very first diet might be able to lose weight on, say, 1,800 calories a day. However, if she regains her lost weight and diets again, she may find she has to cut her calories to 1,500 a day as well as stay on her diet significantly longer to achieve the same loss. What's more, if she diets a *third* time, she may have to slash her daily intake to as few as 1,000 or 8[illegible] calories to achieve the same result. Before long, she becomes one of tho[illegible] people who eat very little but st[illegible] can't lose weight.

Carried to the extreme, this rebou[illegible] effect may actually result in dietin[illegible] induced obesity. Some scientists b[illegible] lieve it can even lead to biological[illegible] induced food cravings in which sug[illegible] levels drop precipitously, insulin pr[illegible] duction soars, and the body craves foo[illegible]

In other words, going on a diet [illegible] serious business. And because it is, i[illegible] creasing numbers of experts are advi[illegible] ing their patients not only to forget f[illegible] diets but also to forget about losi[illegible] weight entirely until they are high[illegible] motivated and intend to succeed. T[illegible] only way to really lose weight and ke[illegible] it off: Find a commonsense approa[illegible] you can live with. And live with forev[illegible]

### The key: feeling satisfied

Lyn Chapman found her answer in t[illegible] low-fat, low-sugar diet pioneered by [illegible] Garth Fisher, Ph.D., and his c[illegible] leagues, Dennis W. Remington, M.[illegible] and Edward A. Parent, Ph.D., at t[illegible] Human Performance Research Cent[illegible] of Brigham Young University.

"We've found that the level of food [illegible] body needs varies on an individu[illegible] basis, and we *(continued on page 18*

# THE YO-YO SYNDROME MENU PLAN

**Below you'll find a week's worth of meal suggestions from Vitality House International, a publishing center that works closely with the Human Performance Research Center. Remember, this is a guide for healthy eating. You will not lose a dramatic amount of weight all at once. But, like Lyn Chapman (right), you *will* lose—and you'll keep it off.**

### DAY ONE

**Breakfast**
French toast with applesauce topping, skim or low-fat milk (1% milkfat)
**Light meal**
Whole wheat pocket bread with chicken, radishes, sprouts, no-fat dressing, apple
**Main meal**
Baked fish fillets, brown rice pilaf, broccoli with a dab of butter, fresh fruit salad

### DAY TWO

**Breakfast**
Cracked wheat cereal with blueberries and milk, whole wheat toast
**Light meal**
Split pea soup, whole wheat bread sticks, cauliflower and no-fat dip
**Main meal**
Mexican beef and bean enchiladas, green salad with no-oil dressing, corn bread, zucchini, milk

### DAY THREE

**Breakfast**
Cantaloupe, cottage cheese, bran muffin with dab of butter
**Light meal**
Large fresh fruit salad, bran muffin, plain yogurt with cinnamon
**Main meal**
Chicken and rice, beets in vinegar sauce, whole wheat rolls

### DAY FOUR

**Breakfast**
Oatmeal, whole wheat bagel, orange, skim milk
**Light meal**
Vegetable soup, whole wheat roll, applesauce, raw vegetables, milk
**Main meal**
Large baked potato with pureed cottage cheese topping, hot mixed vegetables, fresh fruit salad

### DAY FIVE

**Breakfast**
Cold cereal, banana, milk, whole wheat toast, juice
**Light meal**
Chicken and rice, carrots, milk
**Main meal**
Whole wheat pasta with no-sugar sauce salad, apple, whole wheat garlic bread

### DAY SI[illegible]

**Breakfast**
Whole wheat pancakes with fruit and yogurt topping, milk
**Light meal**
Mexican beef and bean-filled taco with lettuce and tomato
**Main meal**
Shrimp salad, corn, multi grain bread, milk

### DAY SEVEN

**Breakfast**
Cold cereal, ½ cup milk, fruit
**Light meal**
Tuna- and celery-stuffed tomato, corn bread, apple
**Main meal**
Chicken-vegetable stir-fry, brown rice, fresh fruit, milk






## Fleischmann's Yeast -Minute Meal In A Loaf.

ender chunks of ham with Swiss cheese spicy Dijon, surrounded by freshly ed folds of homemade bread. Vhat could be more satisfying? Vhat's more, when you bake with schmann's Regular or RapidRise yeasts, bake in natural goodness. They have preservatives. Vhich is why you can trust Fleischmann's taste and quality. nce you serve our Ham 'n Swiss to your ily, they won't just be ready for supper, 'll be waiting.

*Dijon Ham 'n Swiss*
Meal In A Loaf
Makes 1 loaf (in approx. 60 mins.)

cups all-purpose flour
tablespoons sugar
teaspoon salt
packages FLEISCHMANN'S RapidRise Yeast
cup water
cup Dijon Mustard
tablespoons BLUE BONNET Margarine
cups chopped cooked ham (8 ounces)
cup shredded Swiss cheese (4 ounces)
cup chopped dill pickle
egg, beaten

et aside 1 cup flour. Mix remaining r, sugar, salt and yeast. Heat water, mus- and margarine to 125° to 130°F; stir flour mixture. Mix in enough reserved flour to make soft dough. Knead 4 minutes.

On greased baking sheet, roll dough to 14 x 12-inches. Sprinkle ham, cheese and pickle down center third of dough length. Make cuts from filling to dough edges at 1-inch intervals along sides of filling. Bring strips from opposite sides of filling together; twist and place ends at an angle across filling; cover. Place large shallow pan on counter; half-fill with boiling water. Place baking sheet over pan; let dough rise 15 minutes.

Brush loaf with egg. Bake at 375°F for 25 minutes. Serve warm. Refrigerate leftovers; reheat to serve.

*Variation:* For an even heartier loaf, ham may be increased up to 1 pound. Increase baking time to about 35 minutes.

## Fleischmann's Yeast $20,000 "Meal In A Loaf" Recipe Contest.

Send us your favorite Meal In A Loaf Recipe and you could be a real breadwinner. Here's how to enter:

1. Create an original "Meal In A Loaf" recipe. Type or plainly print the recipe on an 8½" x 11" piece of paper and include your name, address, city, state, zip code and telephone number on the same piece of paper. Also include one (1) UPC Symbol from Fleischmann's Yeast. (State of Florida and Vermont residents are not required to submit a UPC Symbol.)
2. A "Meal In A Loaf" is a main course that consists of any combination of meat, cheese, vegetable or fish baked in a yeast dough. All recipes submitted must conform to the "Meal In A Loaf" recipe concept and must use Fleischmann's Yeast as an ingredient. Recipes must be original, not previously published nor entries of other contests.
3. All entries must be received by March 31, 1987. Each entry must be mailed in a separate envelope. Mail To: Fleischmann's Yeast "Meal In A Loaf" Recipe Contest, P.O. Box 2226, Dept. #9 , Libertyville, IL 60198.
4. Winners will qualify on the basis of completing steps 1, 2 and 3 above. All recipes must include readily available ingredients, complete preparatory instructions, standard measurements, pan size, baking time and temperature. Judging will be conducted on following points: 1.) Originality/Creativity; 2.) Ease of preparation; 3.) Appearance; 4.) Taste; 5.) Appropriateness to the "Meal In A Loaf" recipe concept; 6.) Clarity and completeness of instructions.
5. Prizes: Grand (1 Winner): $10,000; First (1 Winner): $5,000; Second (1 Winner): $2,500; Third (25 Winners): $100 ea. Total 28 prizes valued at $20,000. Winners will be notified by mail by July 1, 1987.
6. Chefs, food editors, food home economists and other food preparation professionals, who create recipes for pay, are not eligible. Void where prohibited. For complete Official Rules, send stamped, self-addressed envelope to: Rules, P.O. Box 1093, Libertyville, IL 60198.




©Fleischmann's Yeast, Inc. 1986



T. McCarthy/The Imagebank



E. Wheather/The Imagebank



E. Lewin/The Imagebank

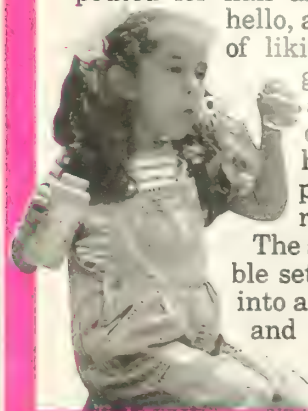
# Why kids act the way they do

**Why are some children extremely difficult and others easy to handle? Are parents responsible? Here, at last, the real reason kids are the way they are. By Olie Westheimer**



L. Long/The Stock Market

Tod and Susan hoped that this visit from Tod's parents would be a pleasant one. Jessica, their five-year-old daughter, was behaving much better these days, and she couldn't wait to see her grandparents. But when they arrived, Jessica pouted for half an hour before even saying hello, and she didn't show any sign of liking the watercolor set her grandparents gave her. Just as it seemed Jessica was becoming more at ease with her grandparents, she complained she was hungry and ran to her mother.



G. Palmer/The Stock Market

The sight of the dining-room table set for company drove Jessica into a full-blown temper tantrum, and she refused to eat. Instead, to everyone's relief, she began to paint enthusiastically with her new watercolors. But a few minutes later, Jessica whined that her colors were too dirty to use anymore and ran outside.

Not surprisingly, for the rest of their visit, Jessica's grandparents concentrated most of their attention on David, her six-month-old baby brother, who smiled constantly. Before they left, Tod's mother kissed Jessie perfunctorily, gave David a big hug and whispered to Susan and Tod, "Him I could keep."

As soon as her in-laws were gone, Susan turned to Tod. "Where did I go so wrong that Jessie's own grandparents disapprove of her?" she asked. "Jessie's always been so *(continued)*



# Home for the Holidays.

**The Barbie® Glamour Home will be the gift that rings your little girl hours of fun 365 days a year.** One look at this glamorous dollhouse and she'll know why Barbie calls it home.

Beautifully made and furnished, this two-story house is a fantasy come true.

There are many special features, like a secret wall that changes the lovely bedroom into a stylish bath. A wonderful canopied swing. Even a rooftop garden patio.

So Barbie can sit by the fire and read her favorite mystery. Make a barbecue. Or make a grand entrance down the elegant spiral staircase as she greets guests for an "open house."

There's no end to what we girls can do. So it's no wonder Barbie loves her home for the holidays, every day of the year.

And here's a little stocking stuffer for you. After you buy the Barbie Glamour Home, you can get a $5 rebate by mail. Just look for details on our Fall rebate coupons for this and other Mattel products at participating retail stores.

**We girls can do anything. Right, Barbie!™**

Barbie®

Barbie Glamour Home is also sold unfurnished. Adult assembly required. Barbie doll, Christmas lights and decorations not included.

©Mattel, Inc. 1985. All Rights Reserved.

Sesame Street® Fashions.
Now playing only at
JCPenney.

It's a star performance. Featuring Big Bird, Bert, Ernie and the whole Sesame Street® gang in a collection of infant, toddler and pre-school apparel available only at JCPenney. Stop by and catch our act. Outfits shown from $8.99 to $15.00.




You're looking smarter than ever.
JCPenney.

Available at most large stores. Prices may be higher in Alaska, Hawaii and Puerto Rico. © 1986, JCPenney Co., Inc.
Sesame Street® and the Sesame Street sign are trademarks and service marks of Children's Television Workshop. Sesame Street Muppet Characters © 1986 Muppets, Inc.

ficult. But David's so easy to handle. lon't see what I do with him that's ferent from what I did with Jessie."

### What the experts say

me child-behavior specialists would ree with Susan's assessment of her ildren. Jessica *is* difficult, and David an easygoing child. But Susan ouldn't blame herself for Jessica's bevior. According to new research, ssica was born with a more difficult nperament than David was.

"The psychiatric community used to ame behavioral problems largely on e mother," says Melvyn Schoenfeld, D., a psychoanalyst in New York ty. "But there is an ever-growing dy of research that has convinced any of us that the mother is not necsarily at fault."

The two people mainly responsible this shift of opinion are a husband-d-wife team of psychiatrists, Stella ess, M.D., and Alexander Thomas, D. Thirty years ago, they began a ng-term study of 133 infants to determe if there were innate behavioral ferences that could account for probns their colleagues attributed to improper maternal care. They discovered at babies do indeed come into the rld with individual temperaments. According to the latest study report, st temperamental traits apparent in fancy are softened and molded by ne and experience. But some traits, pecially activity level, adaptability d initial reaction to new people or uations, seem to persist.

Parents can learn why a child beves the way he does by determining at type of temperament he has. Chess d Thomas found that the majority of ildren have combinations of temperantal traits that put them into one of e following three categories.

**e easy child** These are the kids e David, who are generally friendly d happy, moderate in their responses d regular in their habits, such as eatg and sleeping. They approach new periences with eagerness and adapt sily. About 40 percent of all kids fall o this category.

**e-slow-to-warm-up child** These e shy children who initially withaw from new situations and people t gradually approach whatever is w and eventually learn to adapt. ey may have sunny or unfriendly spositions and regular or irregular bits, and they usually have moderate actions. Some 15 percent of all chilen are in this category.

**e difficult child** Some 10 percent all children display traits that put them in this category, Chess and Thomas think. Like Jessica, these kids withdraw from new situations and people, find it extremely hard to adapt even after a very long time, are intense in their reactions (which are often negative) and are irregular in their habits.

Stanley Turecki, M.D., a New York City psychiatrist, who started the difficult-child program at Beth Israel Hospital and is author of *The Difficult Child* (Bantam,1985), broadens the difficult category to include any child who is hard to raise. According to his estimate, this category includes around 15 percent of all kids.

Approximately 35 percent of kids do not fall into one of these three categories. For example, a child may withdraw from new situations and take a long time to adapt, as a difficult child does, but she may also have the positive and friendly attitude of an easy child.

Obviously, it is difficult children who give parents the most trouble. But parents usually assume, as Susan did, that they are responsible for their difficult child's behavior and feel guilty about their negative reactions to the child.

"Parents are truly astonished by the idea that children can influence them," says William Chambers, M.D., director of child and adolescent psychiatry at Columbia Presbyterian Babies Hospital, in New York City. For example, he says, a difficult child can turn a parent into a screaming maniac at times, and the parent may blame herself for being unable to handle the child. "But parents need to realize there's nothing they do that produces a certain temperament. Kids are born with it."

### A good fit

Parents' reactions can have an impact on the child. For example, Chess and Thomas found that difficult children are much more likely than other children to develop behavioral problems such as overaggressiveness, because their parents usually react with anger, disapproval and guilt. For a child's healthy development, Chess and Thomas stress, there should be a good fit between parental expectations and a child's temperamental traits.

"A good fit means the parent basically likes the child, and the environment is suitable to that child's temperament," according to Turecki. "For example, take a difficult girl who's very active. If her household is always in a swirl but her mother likes all the activity, she'll be fine," he says. "There's a good fit between mother and daughter and between the daughter and the environment. But if that same girl is brought up in a small apartment by a mother who *(continued on page 178)*

*"I used to have this huge kitchen... until oil took the plunge! Dazey's Toaster Oven Broiler is a real spacesaver and lifesaver."*




Dazey Making life easier.
©DAZEY CORPORATION 1986

Ladies' Home Journal
**SUBSCRIBER SERVICES**

**Change of Address:** Please attach mailing label from this magazine and write in your new address below. 6-8 weeks advance notice is needed.

**Mailing List Name Removal:** We occasionally make our mailing list available to organizations whose offer we believe might be of interest. If you do not wish to receive any mailings from companies not affiliated with Meredith Publications, Inc., please check the box below and attach your mailing label.

**Complaints:** For duplicate issues, late delivery or any problems, attach mailing label and send details to the address below.

☐ Change of Address
☐ Please remove my name from your rental list

NAME_____

ADDRESS_____

CITY_____ STATE_____ ZIP_____
Mail to: LHJ P.O. Box 10895 Des Moines, IA 50336-0895

ATTACH MAILING LABEL HERE

# MEDINEWS

*The latest scientific research and medical findings to keep your family its healthiest. By Beth Weinhouse*

## This Month in Medicine

**THE GREAT AMERICAN SMOKEOUT** The American Cancer Society's (ACS) Great American Smokeout takes place on November 20 this year, and in honor of the tenth anniversary of the Smokeout, the stars of this year's celebration are people who have kicked the habit over the past decade. ACS encourages all smokers to forgo cigarettes for at least twenty-four hours . . . with the hope that this first day will lead to many more. Look for buttons, stickers, displays and encouragement from ACS workers in your community.

**NATIONAL EPILEPSY MONTH** November is National Epilepsy Month. More than two million Americans have this disease. While most epilepsy today is so well controlled that seizures are rare, it's important to know what to do if you see someone having a seizure.

The following instructions are from Geigy Pharmaceuticals, the makers of Tegretol, a prescription medication for epilepsy:

- Stay calm and do not try to restrain the person
- Move sharp or dangerous objects out of the way
- If the person is sitting, ease him onto the floor or a bed
- Loosen tight clothing, such as a necktie or collar, and turn the person on his side if possible
- Do *not* put anything in the person's mouth to keep him from biting his tongue or lips. Swallowing objects is more dangerous than biting the tongue
- Remember that the person feels nothing during a seizure, although he may appear to be in pain. After the seizure the person will seem disoriented and feel tired.

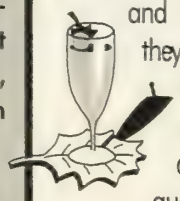
**CONTACT-LENS WARNING** Cautions about the risks of corneal infections and ulcers while using extended-wear contact lenses have been in the news for a while, but a recent study from the Centers for Disease Control (CDC), in Atlanta, finds that *all* contact-lens wearers need to take precautions against eye disease.

The CDC reports "striking increases" in the numbers of people—mostly contact-lens wearers—with an eye infection called *acanthamoeba keratitis*. The disease is still rare, and it is difficult to diagnose. Left untreated, it can destroy the cornea. The best prevention is to be scrupulous about following directions for lens care. And at the first signs of a problem—redness, irritation, pain or discharge—go to an ophthalmologist.



### HOLIDAY SPIRITS CALORIE CHART

Calories count, whether they're in the Thanksgiving turkey, the sweet potato pie, the plum pudding . . . or the champagne you serve after dinner. But most people tend to conveniently ignore calories that are sipped rather than chewed, and then they can't understand why they gained weight over the holidays. To help you avoid sabotaging your diet, here's a list of holiday beverages and their calorie tally (the quantity for each is ½ cup, or 4 fluid ounces, unless otherwise specified).



| | |
|---|---|
| Apple cider | 60 |
| Champagne | 100 |
| Cream liqueur, 1 oz. | 100 |
| Eggnog, with alcohol | 240 |
| Eggnog, without alcohol | 160 |
| Hot buttered rum | 190 |
| Hot chocolate, 1 cup (8 fl. oz.) | 240 |
| Irish coffee, 1 cup (8 fl. oz.) | 160 |
| Planter's punch | 90 |



### RECIPE FOR FERTILITY

Infertility is a serious problem for many couples, so it's heartening to note a treatment that is as simple as it is natural. Andrew Toledo, M.D., a gynecologist at Emory University's Infertility Clinic, in Atlanta, reports that several babies have been born at the clinic to infertile couples who replaced their regular sexual lubricant with egg whites. The egg whites can be applied with any vaginal applicator, such as those that come with douches. Toledo explains that commercial lubricants, and even water, can hinder sperm's swimming action by altering the chemical balance of the vagina. Egg whites—which, like sperm, are made of protein—do not cause these detrimental changes. (Do not try this method if you or your partner is allergic to eggs.)

Richard Osaka

# The gap.

ORDINARY
UNDERGARMENT

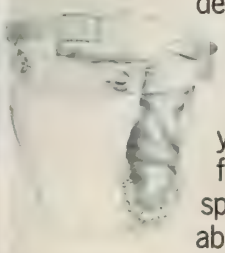
# The gather.

NEW ATTENDS
UNDERGARMENT

## Introducing Attends.® The best protecting undergarment for bladder control needs.

ntroducing the Attends Trim-Fitting Undergarment, vith the protection and security you've been waiting or. It's the undergarment that removes the gap in rotection better than any other.

The new Attends Trim-Fitting Undergarment is designed for people with a moderate problem. It's the only undergarment with elastic leg gathers that hug and form to your leg for a snug, comfortable fit. And when you combine this special Attends fit with super-absorbent layering, you have the ndergarment that protects the best against leakage.





If your problem is more serious, you need the Attends Wrap-Around Brief. It's made with all the protection of the Undergarment, but with additional absorbency and a patented inner lining that actually draws wetness inside and traps it there. And, if you have any questions, you can call us toll-free at 1-800-4-ATTENDS. **Now available in drug, food and Home Health Care stores.**





Attends. Bladder-control products that can close the gap between need and protection.

P&G 1986



Memorable moment: Sherry meeting Liz and her escort

# I go to a party with Liz Taylor

By Sherry Suib Cohen

When I was a young mother, I used to lull my children to sleep with fairy tales: "And *then* Cinderella arrived at the elegant ball. . . ." But all along, I had my own secret fairy tale. In it I mingled with the famous and fascinating people of Hollywood, hobnobbing with Elizabeth Taylor and making small talk with Clark Gable, Rita Hayworth and—my all-time personal favorite—suave, soft-spoken Glenn Ford.

Real life, of course, was quite different. I spent my days carpooling, cheering at Little League games and attending PTA meetings. Don't get me wrong—I loved my family, but there was no denying that glamour made me giddy.

Fifteen years after I was reading Cinderella bedtime stories, a friend of a friend *(continued)*



Living a dream: playing confidante to Zsa Zsa, here with her Prince . . .



reminiscing about Brooklyn with magnetic Barry Manilow, and . . .



chatting with guests of honor Burt Bacharach and Carole Bayer Sager



From fantasy to reality: the legendary Kirkeby House, with gold staircases and a mammoth chandelier, was the elegant Hollywood address where Sherry mingled with stars

© Philip Morris Inc. 1985

# Merit Ultra Lights




*Get a taste of it.*

SURGEON GENERAL'S WARNING: Smoking Causes Lung Cancer, Heart Disease, Emphysema, And May Complicate Pregnancy.

rustled up an invitation for me and my husband, Larry, to a black-tie affair being held by Elizabeth Taylor to honor her good friends Burt Bacharach and Carole Bayer Sager, the husband-and-wife songwriting team. (The party was Liz's way of saying thank you to them for donating the proceeds of their hit song "That's What Friends Are For" to the American Foundation for AIDS Research, of which Liz is the chairperson.) I could hardly believe my good fortune. I was going to—as the song goes—*Holly-wood, da da da da da da da, Hol-ly-wood*! Not bad for someone whose last acting role was in *Junior Miss* at P.S. 92 in Brooklyn.

I wore out my shoes going from one expensive store to another in search of the dress that would make me look like Meryl Streep accepting an Oscar. But what looked very Academy Awards on a hanger did not always look winning on me. Finally, I settled on a relatively simple black knit dress with an interesting organdy cutout studded with rhinestones. With my mother's diamond earrings, I hoped I would at least look New York chic.

I flew to the West Coast a day before the party to start preparing early for the big event. All was going well, until my husband remembered an hour before the party that the last time he'd worn his tuxedo, he'd lost two buttons and hung it up without replacing them. I panicked and raced down to the hotel concierge to ask, "Where can I find a five-and-ten?"

"In Beverly Hills?" he asked with amazement. Apparently, five-and-tens are not very Hollywood. Nonetheless, the hotel manager came up with two buttons that were a close match.

"Maybe we ought to arrange for a taxi to pick us up," I ventured, when the button crisis was resolved.

"Taxi—heck," said Larry. "We're in the big time now. Let's go limo!" We did—a silver-gray limousine, to be exact (seating capacity: twelve). Accompanying us was the world-famous photographer Harry Benson, who was hired by *Ladies' Home Journal* to capture the party on film.

Finally, we arrived at our destination: the legendary Kirkeby House, one of Hollywood's most elegant addresses and the setting for *The Beverly Hillbillies*. Our limo glided between two majestic pillars topped with stone lions, beyond which were emerald lawns, formal shrubbery, spouting marble fountains, brilliant masses of flowers, peach trees and, in the distance, the white mansion, which looked like Tara in *Gone With the Wind*. The chauffeur opened the limo door, and out I stepped, as Harry snapped a dozen pictures. If my friends could see me now! I thought.

When I walked into the magnificent front hall of the mansion, I stopped short to gape, as other guests nonchalantly flowed past me. Twin gold staircases—curving, it seemed, clear to the sky—graced the entranceway. High above me, the crystal crescents of a monumental chandelier glittered with the light of many stately candles.

And then it happened. As I headed up the staircase among exquisitely gowned women who looked as if they'd come straight off a movie set, I heard one perfectly coiffed woman whisper to her escort, "Who's that?" as she smiled expectantly at me.

I swept past.

Out on the patio, I joined a crowd of people—all with perfect bodies and sun-bronzed faces with perfect noses. All around me were shimmering, jeweled and billowy gowns. The group was alive with gossip, whispers and murmured commentary about everyone's outfits. Clusters of pink and white balloons wafted gently over the vast patio, palm trees waved languidly in the breeze, and jasmine scented the air. White-gloved waiters offered freshly opened oysters and tiny brochettes of grilled swordfish.

**"Qvick, tell me, dollink, do you tink I should marry him?" Zsa Zsa asked me urgently, grabbing my arm. "He's so handsome and he loves me for myself and he'd be my eighth, you know—but the last, I'm sure. Vell, *should* I?"**

I'd spotted my girlhood dreamboat, Glenn Ford, almost the first moment I came in, and—trying to balance a brochette, a wineglass and my evening bag while maintaining an air of sophistication—I faced my first challenge. I knew that this special night might be my only close encounter with Hollywood glitter, and I didn't want to go back to New York feeling cheated.

So, a little perspired and a lot terrified, I made my way over to the now-seventy-but-still-ruggedly-handsome Mr. Ford. He was talking to his lady-love, the beautiful, blond Pawli McCloud, who was wearing a strapless white gown an diamond bow at her neck. "Wha splendid tan you have!" I exclain when I was at his side.

"You think *this* is good," he sponded, "wait till I get back from M and three days of deep-sea fishing. be a bronzed god!"

Success! For a full five minutes chatted animatedly about fishing, upcoming spot on *Lifestyles of the R and Famous*, his dog, Bismarck, a his love for vegetable gardens.

Say, this wasn't so hard after Feeling a little bolder, I sidled up Erik Estrada and his blond wife, v wore a low-cut white chiffon gown a diamonds. "You've got a terrific smil I told him. Erik was warm and g cious, and told me about his new ba and his new television pilot, *K.O. K log*, with O.J. Simpson.

Next, I pried my way through a sm crowd surrounding Barry Manilow a *his* beautiful, blond date, whose off-o shoulder sarong-style black dress v also set off by diamonds. "He Barry," I chirped, by now full of co dence. Immediately, he was charm and funny, and we discovered we h our hometown, Brooklyn, in comm In person, there was a magnetism a a healthy sensuality about him t wasn't apparent on TV. Lucky blon thought.

A flutter of ruffles in one corner h alded the arrival of Zsa Zsa Gabo made my way over, led by the unm takable Gabor accent, having alm completely forgotten my initial n vousness. Hollywood stars were tu ing out to be friendly and welcoming

Zsa Zsa wore a ruby-and-diamo necklace and a gown of swirling fuch and orchid chiffon. Her escort, Pri Frederick von Anhalt, of the House Saxony, was very quiet but attentive

I introduced myself, and Zsa Zsa t me that she was soon to leave Vienna to film the story of Joha Strauss; she plays Madame Strau "Don't you tink I vas made for the ro dollink?" she asked. I did. Just th the prince excused himself for a m ment, and Zsa Zsa grabbed my arm.

"*Qvick*, tell me, dollink, do you tin should marry him?" she ask urgently. "He's so handsome and loves me for myself and he would be eighth, you know—but the last, sure. Vell, *should* I?"

I looked at her to see if she was k ding, but she didn't seem to be. St tled, I answered, "Oh, sure, absolut uh, why not? He looks quite elegan Zsa Zsa beamed. The week I return to New York, I wasn't surprised to h that Zsa Zsa had married her prin amidst a media hoopla of speculati about whether *(continued on page 1*


It's time children
took education into
their own hands.

# The learning instrumen
# On the one hand, they educate

Education starts at home. Especially when helped along by TI learning instrument
They gently correct mistakes while praising correct answers. Helping kids learn at
their own pace. Making basic learning skills easier to grasp. And school easier to hand






**Speak & Spell™ Ages 6-14**
Texas Instruments Speak & Spell is a proven classic for turning the chore of spelling into a challenge. It comes with a variety of exciting activities and additional software cartridges that can help your child learn hundreds and hundreds of words.

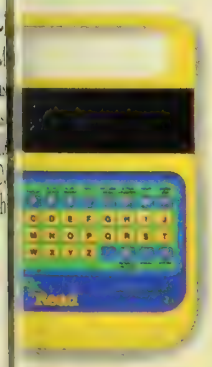


**Speak & Math™ Ages 6-**
Texas Instruments Speak & M
can help your child master bas
arithmetic concepts and skills
comes with an array of fun-fill
projects that provide over 100
challenging problems through
different skill levels.

# om Texas Instruments. On the other hand, they're fun.

Bring out some TI learning instruments and watch the smiles light up. Listen to the laughter. Then notice the thrill of discovery, the increase in determination and self-reliance. There's some serious education going on here. But it sure looks like fun.





**Speak & Read™ Ages 4-8**
Texas Instruments Speak & Read opens a whole new world to your child—the world of reading. Its activities can improve reading comprehension and the understanding of word structure. Lots of exciting stories and corresponding lessons are also available in additional software cartridges.



**Touch & Tell™ Ages 2-5**
Texas Instruments Touch & Tell can help develop critical learning skills in children not yet capable of reading. It teaches colors, shapes, animals and other familiar objects. Additional cartridges available for more advanced subjects.

# Now they can also try their hands at music. Introducing the new Little Maestro and Speak & Music.





**Little Maestro™ Ages 3-6**
Mozart played piano at 3. Now, thanks to the new Little Maestro, your child can play music, too. Little Maestro offers a variety of fun activities that aid in the understanding of notes and pitch, and how they make simple melodies.



**Speak & Music™ Ages 7-11**
The new Speak & Music can help form a foundation for vocal training or learning a musical instrument. It provides a number of fun activities which simplify advanced musical concepts such as pitch and rhythm.

© 1986 TI.

The Texas Instruments learning instruments are more than just fun and games. They teach vital educational skills that can better prepare children not only for school but for the rest of their lives. To start your child's collection visit your local toy store or wherever finer toys are sold.

TEXAS INSTRUMENTS

# $5 Santa Bears

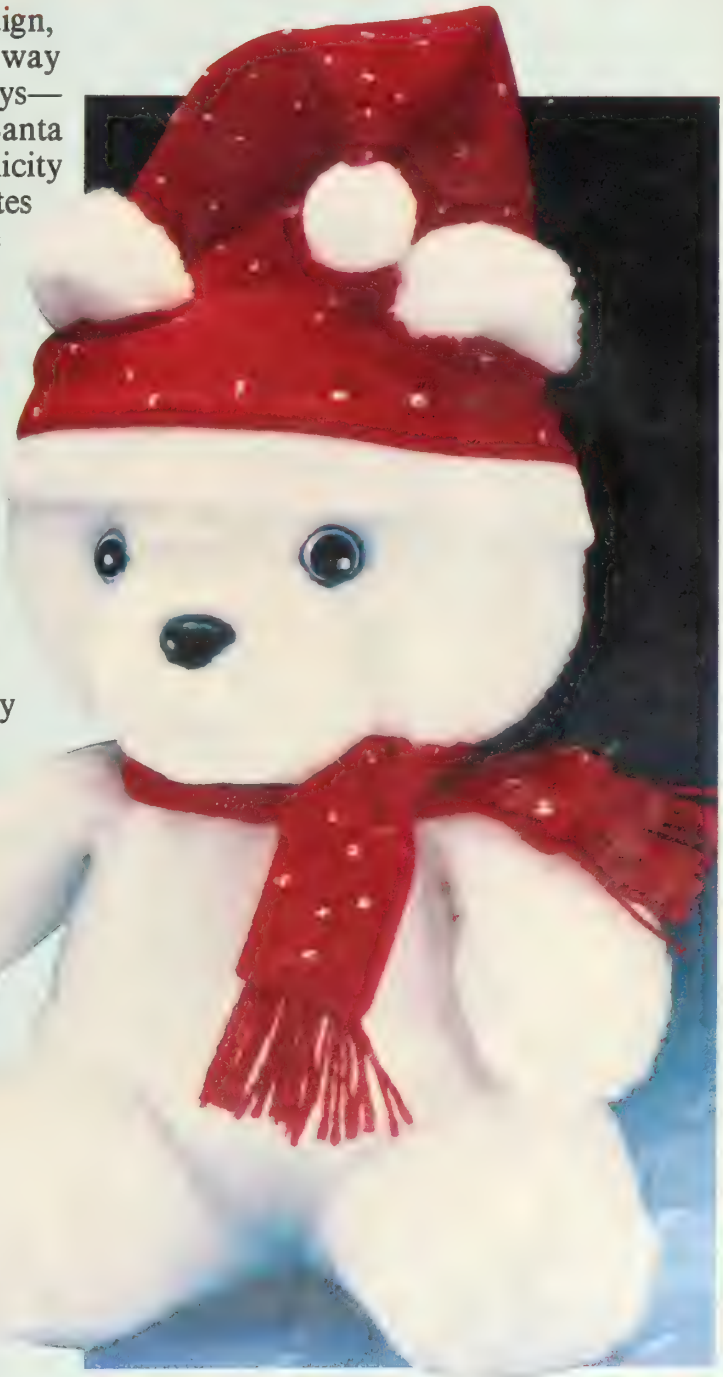
As part of a nationwide publicity campaign, a leading New York firm will give away one of its most expensive stuffed animal toys—the Famous Nationally Advertised™ Santa Teddy Bear™—for the astonishing publicity price of only $5 to every person who writes to the company address (below) before Midnight, December 25, 1986.

**This *original* publicity ad must accompany your request. No copies or photostats.**

These are the same famous Santa Bears™ nationally advertised in leading media across America. They have the authentic "huggable-soft" plush bodies, perky ears, and adorable frost-nipped noses that have captured the hearts of children everywhere.

Irresistibly *lovable,* they are great big *huggable* bears that your children can actually put their arms around and really make friends with. Each one is dressed in a cherry-red pom-pom cap and jaunty muffler dusted with delicate white snowflakes—handsomely outfitted for the holiday season.

The cutest dolls you've ever seen, these cheery, fuzzy Santa Bears are perfect "pals." Every child in America would love to own one—so don't miss out by responding too late. These are among the fastest selling and most expensive stuffed animal toys ever sold by this multi-million dollar firm. *Yet your publicity price is only $5.*



These Santa Bears will *not* be sold at this price by the company in any store. There is a limit of two (2) bears per address at this price, but if your request is mailed early enough (before Dec. 17) you may order up to 7. Each Santa Bear is covered by the company's full one-year money-back guarantee.

To order, mail this original publicity ad (no copies or photostats) together with your name and address and $5 for each bear. Add $2 shipping per bear. (New York residents add sales tax.) Allow up to 6-8 weeks for shipment. *Make check payable to RBM Ltd.* Mail to: **RBM, Santa Bear, Dept. 949-109, Box 1206, Westbury, NY 11595.** (R44750)

©1986 RBM, Ltd., 1200 Shames Drive, Westbury, N.Y. 11590




*Child rearing in the eighties: the most recent health news, research and trends. By Mary Mohler*

## shaping up

Think your junior high- or high-schooler is physically fit? If he is, he's the exception, not the rule. According to recent government studies, 50 percent of our country's youth display one or more of the common risk factors for coronary disease—high blood pressure, high cholesterol level, obesity and poor cardiovascular fitness. Only half the kids enrolled in physical education classes actually attend them, and what's worse, an increasing number of high schools, faced with budget cuts, have made physical education optional.

That's the bad news. The good news is that something is being done about it: A national physical fitness campaign for students, called Shape Up, has been developed by Charles Gaines, fitness expert and author of *Pumping Iron*, with assistance from trainers at the Sports Training Institute, in New York City. The program is being funded by the makers of Budget Gourmet frozen entrees.

Shape Up is offered free to any high school. Students sign up for the program by filling out a detailed questionnaire about their medical history, diet and level of activity; they then undergo a comprehensive six-part fitness test and take a blood test to measure cholesterol and triglyceride levels. The results are fed into a computer, which generates a customized fitness and diet regimen for the individual. The teenager is assigned to a team of ten children, led by a counselor who is a local fitness trainer. The trainers meet with their teams at least once a month to demonstrate exercises and modify programs as needed. Students are retested every three months and are rewarded for progress with incentives such as headbands, T-shirts and sweatshirts.

The program has been tested in a number of schools across the country, and many of these have opted to incorporate it into their curriculum. So, while a gym class is having, say, basketball practice, Shape Up enrollees will be given the opportunity to work on their own customized programs.

If you think your local high school could benefit from such a program, write to Ernest Townsend, The Budget Gourmet, 1 City Blvd., West Orange, CA 92668, 714-978-0772.

Sam Weissman

## GIFTS THAT KEEP GIVING

**• Christmas cards that cheer more than just the recipient, from the National Committee for the Prevention of Child Abuse. Available in five designs, the cards are priced from $8 to $10 for a box of twenty. For order blanks, write: NCPCA, Holiday Cards, 332 S. Michigan Ave., Suite 950, Chicago, IL 60690.**

**• The Smithsonian Institution's Family Science Calendar—it's like unwrapping a new gift every month. Packed with creative activities, from building simple "movie machines" for showing your own cartoons to learning about physics by making giant bubbles, the calendar is a perfect item to nurture inquisitive young minds while bringing kids and parents together to have fun. To order, send $12.95 to: Galison Books, Dept. 30, 23 W. 43rd St., New York, NY 10036.**

## JUST SAY GOOD-BYE

Whether you're going back to work enrolling your toddler in nursery scho that first leave-taking is one of the time painful moments of motherhoo But once you come to terms with t separation, so will your child.

According to Jo Ann Miller a Susan Weissman, authors of *The P ents' Guide to Daycare* (Banta 1986), your first task is preparation accustom your child to the situati slowly. Schedule a visit or two w the caregiver a couple of days befo the day you plan to leave her. Wh the time comes, you can ease t anxiety on both sides by thinking leave-taking as a four-step process

1. Explain. Tell the child, "As soon we finish this book, I'm going to lea for work." Then do it—but don't st to leave until you're really rea Have the caregiver pick the child and be ready with a distraction ("Le go look at the birds outside") as so as step 2 is completed. Don't give to pleas for another book.
2. Say good-bye. Never, never sne out—not even if he's utterly absorb and hardly notices. Sneaky leave-to ing will always be seen as a betray and your child will have difficulty tru ing you. Be firm. Say "Good-bye, leaving now. I love you." Never ask "I okay if Mommy goes now?" And specific: "I'll be back right after snac is better than "I'll see you later."
3. Leave without looking back. Vo illating only validates the child's an iety and increases your guilt to boo
4. Call. The first few times you lea the child, you'll feel better if y touch base with your caregiver aft an hour or so, especially if your chi was crying when you left.

**A child who's old enough to learn her ABC's can learn her telephone number: Teaching her this is one of the most important safety precautions you can take.**

# 5 REASONS WHY WARM IS BETTER.




## There's a lot of WARM in Instant Quaker® Oatmeal.






# The instant itch reliever

*...and a lot more*

Instantly on contact with the itch. That's how fast LANACANE® Creme Medication starts working to relieve an itch.

That's because LANACANE contains the special type of anesthetic widely used by doctors all over the world for fast and lasting relief from pain and itching. Doctors know that's the only way to really attack itching instantly.

LANACANE Creme simply shuts off the itch. On contact. Quickly and effectively.

What's more, LANACANE is not a hydrocortisone like Cortaid® and Cortizone-5, medications known to work slowly and indirectly. Hydrocortisones don't work on some of your most common itches, because they contain no pain killers at all.

LANACANE works directly on every kind of itch. From insect bites to dry skin, to personal itching. It safely relieves the pain of your irritated, inflamed skin tissue. No matter how sensitive the area. And LANACANE Creme's special antibacterial action helps speed your body's natural healing process.

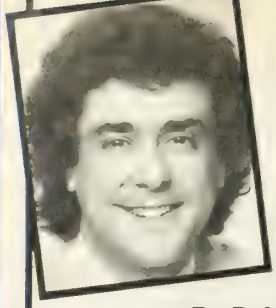
LANACANE even contains Aloe to soothe and moisturize the skin.

Yet, for all that relief, ounce for ounce, LANACANE costs far less than leading hydrocortisones.

No wonder LANACANE is the world's leader in fast itch relief.

**LANACANE**


continued





## UNDERSTANDING KIDS

**BY LAWRENCE BALTER, PH.D.**

*Dr. Balter is a practicing psychologist and a professor at New York University. He also hosts a call-in radio program on WABC Talkradio for questions about child rearing and appears regularly on* The CBS Morning News. *He is the author of* Dr. Balter's Child Sense, *published by Simon and Schuster.*

**Q** *I remarried about two years ago and had a second child, who's now a year old. My husband has assumed a parental role toward my eleven-year-old daughter from my first marriage, but she absolutely rejects him. Whatever he asks of her, she says, "I don't have to. You're not my father." He, in turn, tends to be highly critical. I don't know how to handle this. Should I take sides, be a mediator, stay out of it altogether?*

**A** Do not step aside. It seems to me that you play a central role in bringing about a constructive relationship among the family members.

Start by getting your husband to ease up on any pressure he may be putting on your daughter. Then have some confidential, heart-to-heart conversations with her about all aspects of the new family. You may be surprised to learn that she has many confused feelings about matters you take for granted.

After having been alone with you for a period of time, your daughter may feel that you have been disloyal to her because you chose to remarry. She may see your husband as having displaced her in your thoughts and perceive him as a wedge between you and her.

Your daughter may also feel supplanted by the baby, another by-product of your relationship with your husband. Unless she requests it, I would not expect her to assume responsi ties such as feeding, dressing or ca for the baby. After being your one only for ten years, she may resent ing a baby to contend with.

Her stage of development may contribute to the tension. She is be ning to think of herself as an inde dent person with opinions. She does want to be treated like a baby and, most other children, probably does relish taking orders. With all the c plexities of this situation, it is not prising that she rejects your husba attempts to tell her what to do.

Also, at eleven, she is a preado cent. Her view of your husband be shifting to include an awarer of him as a member of the opposite This can give rise to conflicting ings in both of them and add to resistance to accepting him.

In your role as mediator, there is m you can do. Encourage your husban work on this relationship. He ca assume that he has an automatic ri to her loyalty and acceptance sin because he is married to you. He ha build a relationship with her.

At the same time, help your dau ter sort out her feelings about you, y husband and the baby. Invite he discuss any resentment or sense of trayal she may have. Be understa ing, and do not react defensively to outpourings. When she has a disse faction to air, she must know that can bring it to you. If her biolog father is available, encourage he maintain a relationship with him.

Tolerance, mutual respect and opportunity to communicate are v ingredients in getting along. If the flicts persist, perhaps family coun ing could help redefine your roles serve as a constructive means tow establishing a more harmonious ance within the family.

### PARENTING TIP

**Did you know that you have an almost limitless supply of leg warmers for children? Cut the feet off your old knee socks or your husband's socks. They'll help keep the winter's chill off your child's legs—and they look adorab**

***—Lesa Barrows, Berryville,***

*Got a solution to a parenting proble We'll pay $25 for each tip we use; can't acknowledge or return ideas. W* LHJ, *Box PN, 3 Park Ave., N.Y., NY 10*



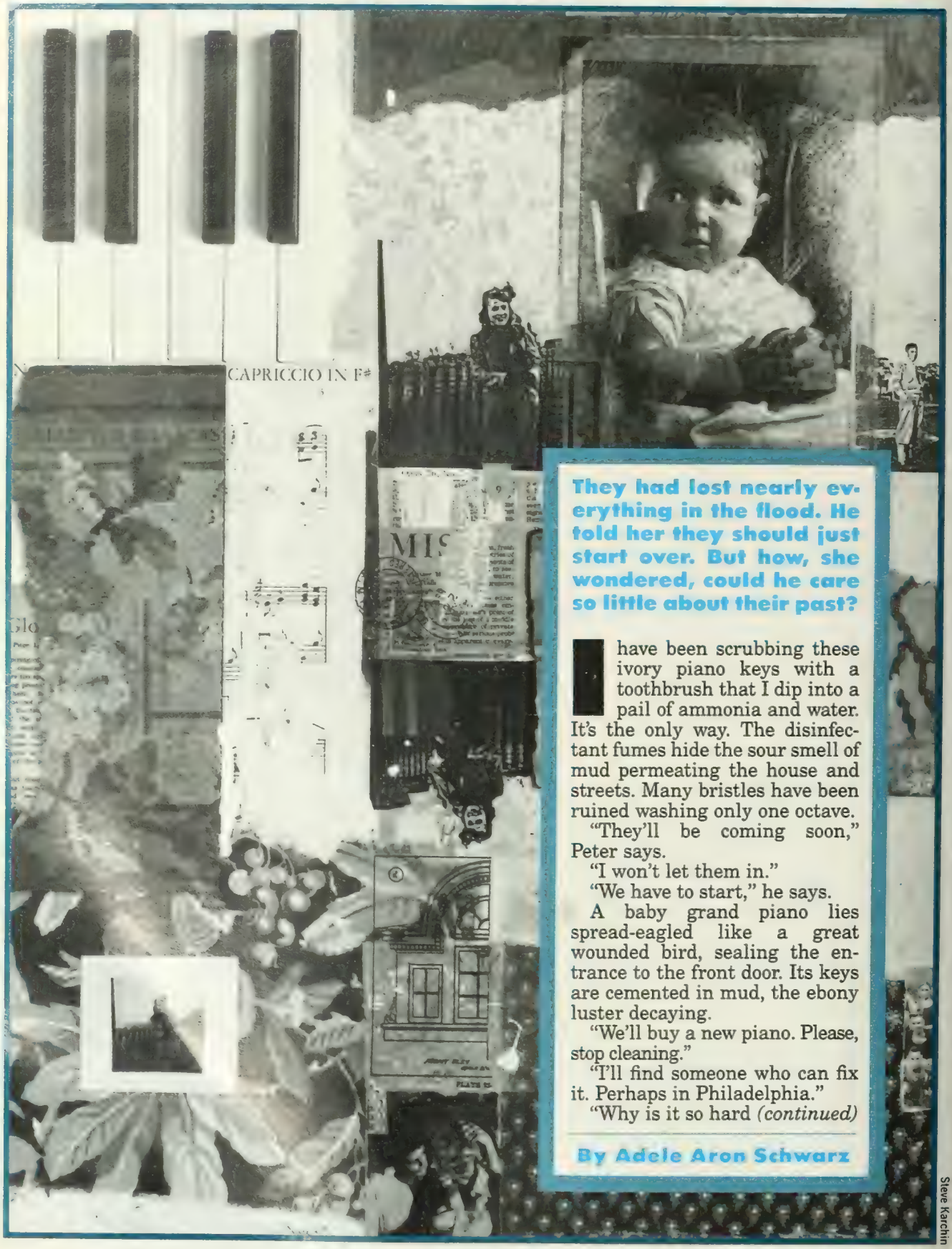

**/ave goodbye to**
**tatic cling. With me.**

**w Snuggle® Fabric Softener Sheets.**

p static cling and make your whole wash oh-so-snuggly soft.
rything comes out of the dryer smelling cuddle-up fresh, too.
snuggly softness that's static free, try me!

**uggly softness that's really less expensive.**

# SNAPSHOTS




**They had lost nearly everything in the flood. He told her they should just start over. But how, she wondered, could he care so little about their past?**

I have been scrubbing these ivory piano keys with a toothbrush that I dip into a pail of ammonia and water. It's the only way. The disinfectant fumes hide the sour smell of mud permeating the house and streets. Many bristles have been ruined washing only one octave.

"They'll be coming soon," Peter says.

"I won't let them in."

"We have to start," he says.

A baby grand piano lies spread-eagled like a great wounded bird, sealing the entrance to the front door. Its keys are cemented in mud, the ebony luster decaying.

"We'll buy a new piano. Please, stop cleaning."

"I'll find someone who can fix it. Perhaps in Philadelphia."

"Why is it so hard *(continued)*

**By Adele Aron Schwarz**

Steve Karchin

# From the well-loved Karo Pie come exciting new pies to love.

Karo® Corn Syrup.
As natural to pecan pie as pecans. Now Karo has exciting new pecan pies that start with the recipe you already love. They're just as easy to make as the classic pie. And they're all just as lovable.

**Karo Classic Pecan Pie**

3 eggs, slightly beaten
1 cup KARO® light or dark corn syrup
1 cup sugar
2 Tbsp Mazola® margarine, melted
1 tsp vanilla
1½ cups pecan halves
1 unbaked (9″) pastry shell

Stir together first 5 ingredients until blended. Add nuts. Pour into pastry shell. Bake in 350°F oven 50 to 60 min. or until knife inserted halfway between center and edge comes out clean. Cool.

**Chocolate Pecan Pie:** Decrease sugar to ⅓ cup. Add 4 oz. melted semisweet chocolate.

**Pumpkin Pecan Pie:** Pumpkin Layer – Stir together 1 egg, 1 cup canned pumpkin, ⅓ cup sugar, ½ tsp ground cinnamon, ¼ tsp ground ginger and ⅛ tsp ground cloves until blended. Spread evenly in bottom of unbaked (9″) pastry shell. Pecan Layer – Stir together 2 eggs, ⅔ cup corn syrup, ⅔ cup sugar, 2 Tbsp melted margarine and ½ tsp vanilla. Add 1 cup pecans. Carefully spoon over pumpkin layer. Bake in 350°F oven 60 min. or until filling is set around edges.




© 1986 Best Foods, CPC International Inc

for you just to let go?" Peter asks.

"Another piano just won't sound the same," I answer with a sigh.

He clasps my arm to help lift me. My knees ache as I straighten my pregnant body. By our calculations, I'm almost five months pregnant, so Peter doesn't want me to do any of the lifting or heavy work.

"Here's a drink of water," he says, as he brushes a strand of hair away from my face. He hands me the paper cup.

"Thank you," I say, looking up at his pale, tense face.

Our eyes catch hold of each other. Our lips touch, and the warmth of the moment briefly erases the dampness of the flood.

"You know, it's you and the baby that's important, not the house," he says softly. "Let's just throw out what's ruined, then we'll work on the mud."

"You're right," I say. "I'll try."

We kiss again. "Back to work," he says, as he pats my broadening rear end.

The uniformed National Guard ride in dump trucks through the streets offering assistance to flood victims. These vehicles overflow with chairs, tables, sofas, beds, carpets, televisions and refrigerators. Household possessions once functional and prized are now useless debris. At night the Guard patrol our neighborhood to prevent looting.

When we first returned here after the five-day evacuation, I said, "I don't believe it." And I didn't. It was too much.

A beard of mud hung on the house, from the top of the first-floor windows to the ground. Hurricane Annabel had traveled up the eastern coast in a frenzy of wind and rain, then veered out to sea. Unlike most of her kind, she doubled back, dumping more water on the already saturated ground and river. We measure the mud now, like snow, in inches. We wear hip boots and overalls.

The river's demonic power had rearranged our furniture, then receded, leaving sloppy pyramids lathered with muck, slime and silt. Pictures had floated off the walls to the floor and were lost under thick, slippery mud. Our boots gave us traction. We stepped carefully. A horizontal band of brown stained the walls at six feet.

"We're lucky," Peter says. "The upstairs of the house wasn't touched."

Many people lost homes and businesses. You're right, we're lucky.

"Things aren't important. Things can be replaced."

What he doesn't understand is that my things can't be replaced.

I return to the piano, where Chopin and Bach and Brahms lie silent. It had once been my mother's piano, and in it were her sound and her voice.

"Mommy, play 'Did You Ever See Lassie.' Play it again," I would coax.

Without looking at the notes, she would prance her fingers up and down the keyboard, playing as though the song were already inside the piano. I want to see the strings and hammers once more, the vibrations of my childhood scales, the fugues and the minuets. The octave I've scrubbed has dried; the film of mud has returned.

The piano bench contains sheet music of concertos by Beethoven, Tchaikovsky, Rachmaninoff, and popular composers of another era—George Gershwin, Cole Porter and Sigmund Romberg. A lesson book shows the years of my progress from "The Happy Farmer" to Franz Liszt's *Hungarian Rhapsodies*. A copy of "Happy Days Are Here Again" falls apart as I lift it.

Outside, the workmen wear dust masks as they install new telephone cables and electrical equipment. I wonder about the constant dust I breathe and whether it will affect the baby. Yesterday, I asked Dr. Feldman, my obstetrician. "What else is there to do?" he answered. "We can avoid it, but I don't think it's a problem."

He examines patients now in a mobile office unit installed on his parking lot. The nurses in their white uniforms create an image of antiseptic efficiency in the plastic boxcar. They act as if they've been operating there for years.

I listened to the baby's heartbeat on an ultrasound device. The amplified pounding filled the room, rapidly bouncing against the walls in an oceanlike sound. Two hearts beats. Two bodies. Two lives. I'm not the first pregnant woman, but for the moment, I felt as if I were.

Peter's quadraphonic stereo speakers are stacked on the curb, where we put things we want carried away. *(continued)*



# Why we made Kleenex® tissue softer and thicker.



## Introducing the most comforting Kleenex® TISSUE ever.

Because you care for your family the way you do, we made Kleenex tissue softer and thicker. So much thicker even the box is taller.

Kleenex® BRAND says Bless You.

©Kimberly-Clark Corp.



# Is it wet or is it dry?

## SNAPSHOTS

continued

He had listened carefully to every system manufactured before he decided to buy this one. Peter disassembles the other components and carries them out, emotionless, as though removing the daily rubbish. Our perfect sound is on the sidewalk, disconnected. I'm awed by his ability to detach himself from his possessions, to cut off the caring as easily as he cuts the wires.

"Can't you rebuild it?" I ask.

"It doesn't pay. What's gone is gone."

Peter tugs at the cabinet doors until they swing open. He closes his eyes, as if to erase the sight. "I forgot about these," he says.

On the shelves are historic newspaper headlines collected by his grandfather: the day Lincoln was shot, the sinking of the *Lusitania*, Pearl Harbor, D-Day, the atom bomb. Peter's lips are clamped inward, held tensely together.

Next to the stack of soggy newspapers is a small metal filing cabinet where Peter's grandfather kept notes about books he read and quotations he wanted to remember. He was a man who loved to study history, and he gave that love to Peter.

His grandfather had retired to Florida, but when Peter was a kid, he spent the summers with Peter's family and shared Peter's room during his stay.

Water runs out of the drawer Peter opens. The blue ink has blurred into the papers like a wet watercolor.

"Before Grandpa came to visit every summer, he wrote to tell me what period of history and books we would study together," Peter said.

He unfolds one of the letters. His face is flushed as he searches for the lost words. "Grandpa wrote beautiful letters," he says.

"Maybe they can be dried, and you'll be able to read them," I say.

"For God's sake, you can't keep the past. Let's get out of here."

Our neighbors congregate at noon in the mud-plastered streets. We picnic on the tailgates of our station wagons, as at a festive football game. Sylvia's voice is edged with giddiness as she describes washing alligator pocketbooks with a garden hose and other bizarre things we must do. Carl, an accountant, has meticulously pinned stock certificates, insurance policies and wills to clotheslines to dry in the air like laundry.

Sylvia's eighty-year-old father sleeps at the high school on the mountain, where the Red Cross has put cots in classrooms and halls and provides food and meals for everyone who needs them. Today, he displays a newspaper photograph of a downtown street whe a hanging traffic light hovers inch above the high-water mark.

"That's my apartment," he sa "There, under the water."

"It's incredible no one was drown or killed," Carl says.

"I've heard there were a few s cides," Joyce adds. "But the city o cials are keeping it quiet."

"Some people can't cope," Syl says. "I understand the Conn walked into their home, looked arou walked out, and said they were ne coming back."

We talk about our badly damaged longings. Can veneer be reglued to bles? Some insist it can; others say

They ask me what I'm going to with my piano.

"I don't know," I say.

"We're going to throw it out," P says. "It's a useless piece of junk."

I look at Peter. Afraid of angry wo I say nothing.

Everyone discusses the money government will give to us and Small Business Administration ho hold loans that we will have diffic paying back, even at 1 percent inte No one in the town carried flood in ance. It was far too expensive.

"The dikes were supposed to our insurance," Carl says.

The Valley will come back, just like ore," Sylvia's father insists. "I re- mber the flood of 1936. These streets d only a trickle of water." He pauses. ho would ever have thought we uld top history like this?"

It may happen again," Peter says.

The *Times* editorials say the Valley uldn't be rebuilt," Joyce says. "We uld build outside the floodplain. ere's certainly land enough."

Everyone's staying," Sylvia says. ie town won't be moved."

A mobile home is hauled slowly ng the streets. We watch it clumsily n the corner. Caravans of these imi- on dwellings arrive daily to be parked front lawns and in driveways next to ded homes. The waiting list is long. enty thousand families need them.

ave carried a Best & Co. gift box n place to place, the way the ancient naanites carted the bones of their estors from desert to desert. In it, I e preserved the photographs I was sort some rainy day, arranging in onological order my life and the s of those once around me. Now the ilsion has lifted from each of the old k and white snapshots, coating the s I love with mud. No longer are re records of the baby that was me, he growing child or quiet adoles- cent. It's almost as if I didn't exist.

"Throw the box away," Peter says. "Here, I'll do it for you," he says, pick- ing up the box.

"Put that down, Peter. Just because you can throw away everything without feeling doesn't mean I can. Can't you see I'm in pain?"

"Get rid of the stuff, and you'll lose the pain. It's just a goddamn box of ruined photographs."

Peter looks at my face and puts the box down abruptly. "All right, but I've got to get back to work on the mud," he says, walking out of the room.

In the box was a picture of a blond, curly-haired man on the beach at At- lantic City; a ten-year-old child was digging at his side. It was the last pho- tograph taken of my father. My young- er sister, Renee, the sandcastle breaker, was in the corner. She's in London now. We exchange letters. She asked if I needed her here. I do. But I told her I didn't. She will miss the pictures, too. But in a year she will return, and we'll talk and laugh and exchange memo- ries, and that will be like looking at the photographs—when she comes.

There were pictures of proms and military balls, of taffeta dresses and tuxedos, and of strange boys.

There was also a studio photograph of a woman with satin-black braids wrapped around her head. In a suit with shoulder pads, she gazed out of the frame with Marlene Dietrich mys- tery. I used to think I looked like her, that way—the way she was before she stopped playing the piano.

She would say, "I never want to be a burden." But in her last year, she rarely left the chaise.

"Play for me. Chopin. I love Chopin." And I would gladly play *Études* and *Nocturnes* for her.

"You know Chopin was consumptive. He died when he was only thirty-nine."

Then I would play louder, defying her thoughts with music.

Gone. Captured moments frozen in time, now buried in mud. Nothing ex- ists but afterimages. I place the box— and its mud—in a kitchen cabinet. The snapshots are not for keeping, but they aren't to be thrown away either.

Peter has decided to drill holes through the floor in order to wash the rooms with a hose. The mud drains into the basement. Progress is slow; the water pressure is weak.

"We're not getting anywhere," Peter shouts. "You've got to get rid of this furniture. The piano has to go."

"The refinisher promised to come next week," I plead. "You know I'm trying to have it fixed."

"It can't be *(continued on page 196)*



SPECIAL OFFER FROM LHJ

# LAYER IT

*Winter whites and other brights to keep you in style this season and those to come*



Bruce Nakamura



**Pile on the sweaters for winter warmth and style! Our oversize cardigans and crew-necks and skinny tube skirts are all cotton, available in cream, teal, black and fuchsia. Mix and match for lots of different looks. The sweaters are $33 each; the skirts, $22. Save by choosing a set at only $49.95. To order, see page 195.**

Hair by Tim for Jean-Louis David. Makeup by Adele Fass-Licata, Bumble & Bumble. Details, page 210

# Taste the best!
# Hillshire Farm's Oktoberfest.

Celebrate the hearty tradition of Oktoberfest with Hillshire Farm—America's great-tasting Smoked Sausage and Polska Kielbasa. Hillshire Farm's special blend of four natural hardwoods gently smokes the sausage for an old-fashioned flavor that picks up the best-tasting Oktoberfest ever!



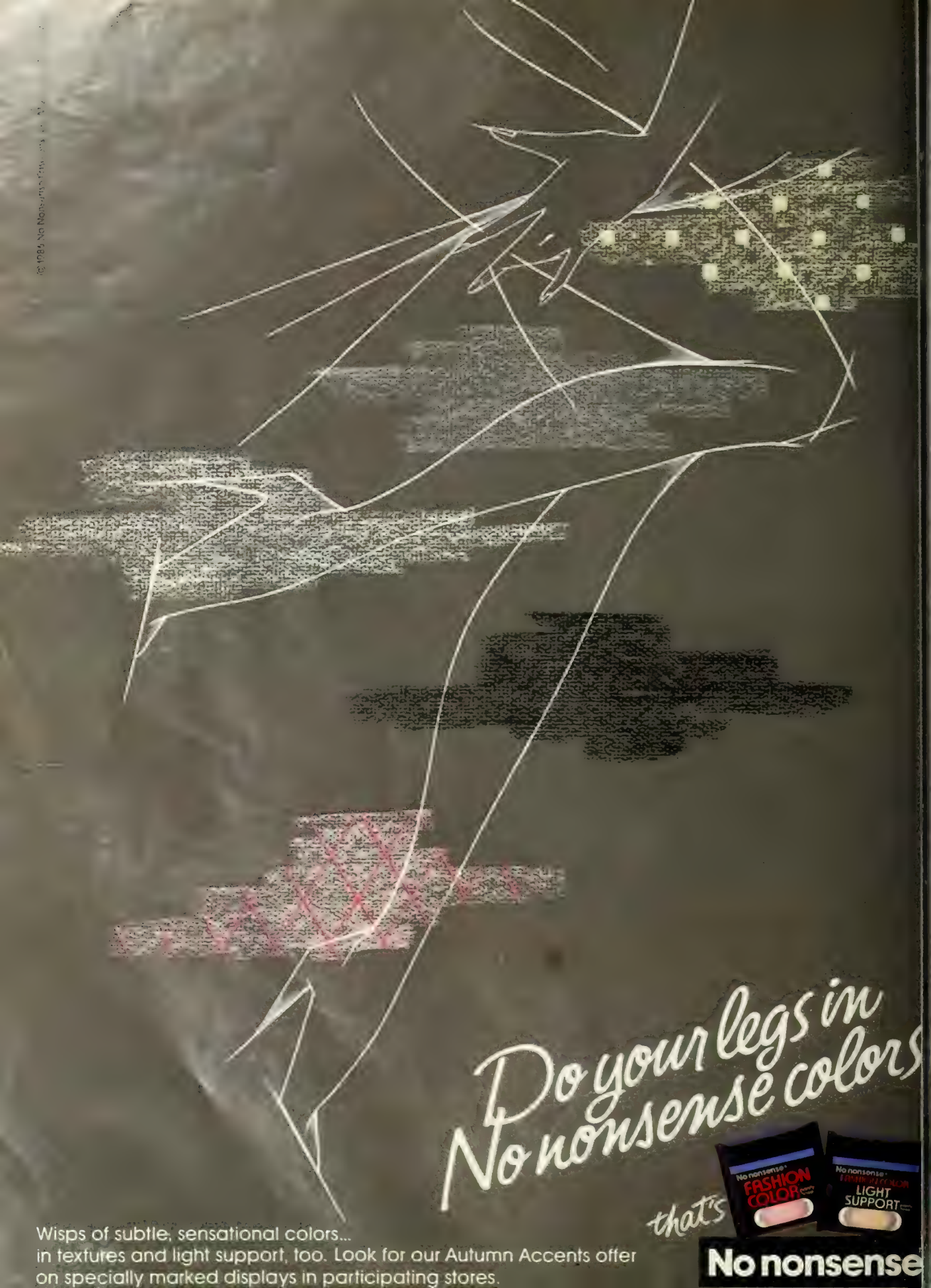

**HILLSHIRE FARM OKTOBERFEST SAUSAGE** Serves 6

- 1 to 2 lbs **Hillshire Farm Polska Kielbasa** or **Smoked Sausage**, cut into 4-inch lengths
- 1 tsp butter or margarine
- 1 medium onion, cut into wedges
- 2 16-oz cans sauerkraut
- 1 cup apple juice
- 2 medium apples, cut into wedges
- 4 to 6 medium potatoes, cut in half
- salt and pepper

Brown sausage in butter in a 1½-quart Dutch oven or large casserole. Arrange onion, sauerkraut, apples, and potatoes around sausage. Top with apple juice; salt and pepper to taste. Cover tightly and simmer over low heat, stirring once, for 30 to 40 minutes or until potatoes test done with a fork. Garnish with parsley as desired.

**Check our labels for more delicious recipes.**

Hillshire Farm gives you "Our Best Taste Every Time"




Wisps of subtle, sensational colors...
in textures and light support, too. Look for our Autumn Accents offer
on specially marked displays in participating stores.

LADIES' HOME JOURNAL
NOVEMBER 1986

# HAPPY BIRTHDAY
## to a generation



Penny Wolin

This year, the baby-boom generation begins to turn forty. What have the women of this special age group accomplished? What have been their desires and dreams? Find out at this reunion of six high school friends from across the country who gathered together to celebrate their fortieth birthdays. Their shared revelations are an evocative portrait of the progress, disappointments and achievements of an entire generation.

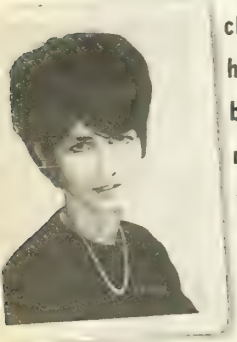
BY MARY KAY BLAKELY

## "The Brain"



**Marijean Giannino**

**Marijean earned her reputation by helping classmates with math homework. Later she built a solid career. But now she was making the painful discovery that her achievements had not given her what she wanted most.**

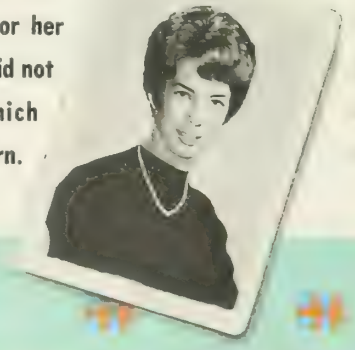


## "The Leader"



**Susan Cosmai**

**Full of energy, Susan had coped with years of heartache and disappointment. But now that she had resettled in the land of opportunity and had the money and the time to choose a new direction for her life, she did not know which way to turn.**



## "The Frisky One"



**Donna London**

**Donna had been the sweetheart of Tappan Zee High School. But her numerous relationships with men hadn't given her lasting love. Was she finally learning that standing by herself wa better than waiting for someone to lean on**



Wearing a bright-yellow cotton jumpsuit and running nervous fingers through her streaked blond hair, Susan Cosmai kept standing up and sitting back down in the crowded terminal of the Los Angeles airport, searching for familiar faces. Five women friends were arriving from different cities—the fulfillment of a promise they had made twenty-two years ago.

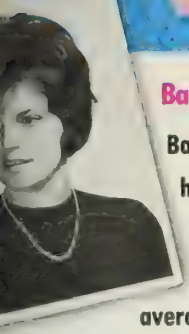


"We made a pact in high school that no matter where we lived, we would get together for our fortieth birthdays," Susan had reminded her friends in a letter three months earlier. They'd kept in touch since thei girlhood in Tappan, New York, where they onc thought of themselves as the "cool girls" in the clas of '64. Whenever business or family brought them t one another's cities, they got together to reminisc about their "crazy" years—the adolescent caper pulled on parents, the earnest heart-to-hearts wit one another. Now most were parents themselves, an life had turned out to be far crazier for each of then than anything they had predicted in their yearbooks

Their lives were a mirror image of the women o their generation, diverse and complex. Together, the reflected every major headline about the baby-boon generation: Marriages for five of them had ended i divorce; birth defects showed up twice in the chil dren born to their small group; two out of the thre who had become secretaries after high school en rolled in college years later. *(continued on page 170*

## "The Quiet One"





### Barbara Kesner

Barbara had never left her hometown, and on the surface her life might seem average, even dull. But showed her friends as well as the ire town of Tappan that she had the rage to flout convention and go after at she really needed to make her happy.

## "The Class Clown"





### Ellen Turverey

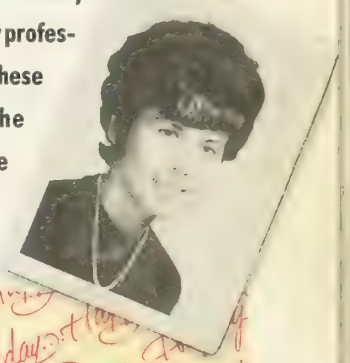
Ellen had been devil-may-care back in high school. But a devastating personal tragedy had changed her life and forced her to develop an amazing inner strength that transformed her in many crucial ways.

## "The Mother"



### Adele Coates

To the others in the group, Adele seemed to have it all: She was still married to her first love and had a large family and a brand-new profession. But were these things worth the emotional price she had paid?

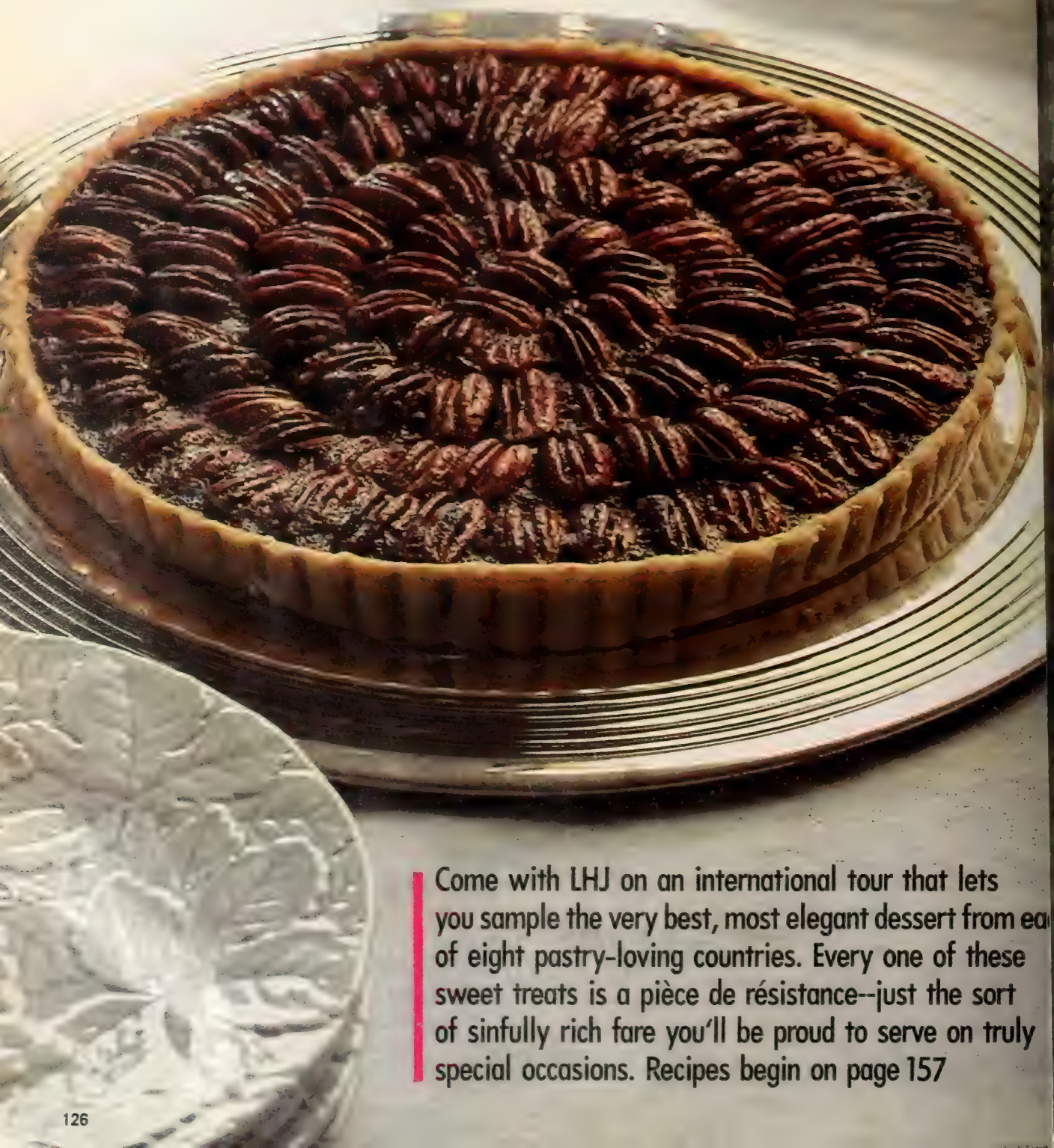


# Vital statistics

Between 1946 and 1964, 76 million babies were born in this country. They became a group more privileged in terms of wealth and opportu-ty, and more scrutinized by the media, an any previous generation. These were e youngsters who grew up glued to e TV set, the teens who experimented th drugs and adored rock music, the ung adults who marched for peace and ught for women's rights. Today, the omen of this generation have become siness people, parents and leaders. Here e some hard facts about what their lives e like and how these women differ from eir parents.

- Female baby boomers have an average 1.7 children, fewer than half as many as eir mothers had.
- Baby boomers are marrying later. In 53, women married for the first time at a median age of 20.7 years. In 1983, the average age of female newlyweds was 22.5.
- Seventy-seven percent of forty-year-old women are married. But these women are five times more likely to divorce than were people of the same age in 1947.
- The average age for first-time motherhood has risen. In 1950, the average age of new mothers was 22.5; in 1984, it increased to 23.4. Of forty-year-old women today, 33 percent have had two children; 13 percent have never given birth.
- The average forty-year-old woman can expect to live to be 78.5. Her grandchildren are expected to have a life span of 100 to 120 years.
- Baby boomers are responsible for the great increase in working women—today, women represent 53 percent of the work force. In fact, only 15 percent of all families have stay-at-home moms—in the 1950s, 70 percent of all moms were housewives.
- Women baby boomers are better educated than their predecessors. In 1980, 12.8 percent of American women twenty-five and over were college graduates; in 1950, only 5 percent had degrees.
- Baby boomer women are much more likely than their mothers to enter the professions. In 1964, there were only 6,000 women lawyers and judges and 19,000 women doctors and surgeons in the U.S. Just twenty-one years later, in 1985, there were 120,000 women lawyers and 85,000 women doctors.
- Some things don't change that much: Today, one out of every three women who work are "pink-collar," or clerical, workers.
- Women still earn only 64 percent of what men earn. In 1967, while full-time salaried male workers earned a median weekly income of $138, women earned $80. In 1985, full-time male employees earned a median weekly income of $447, and women earned just $284.

# THE WORLD'S GREAT DESSERTS



Come with LHJ on an international tour that lets you sample the very best, most elegant dessert from ea of eight pastry-loving countries. Every one of these sweet treats is a pièce de résistance--just the sort of sinfully rich fare you'll be proud to serve on truly special occasions. Recipes begin on page 157



resenting the United
tes, left, is the
rious pecan pie–
outhern specialty
t's become a
ional favorite. From
nce, right, we
e la croquembouche
ssique–miniature
am puffs glistening
h caramel



On to Austria, where licking one's lips over Viennese pastries is virtually a national pastime. This wunderbar entry in our global roundup is the Dobosch torte, a seven-layer sponge cake filled with a delightful mocha buttercream. Topping it all off is a shimmery sheet of crackling amber sugar


Last stop, Italy—Venice, to be
precise—for an aptly named confection,
Tiramisu, or "Pick-me-up."
Mascarpone, a double cream
cheese, is the main
ingredient in the velvety
filling, and the homemade
ladyfingers are laced
with coffee and
brandy. What
a finale. . .
brava!

# ANTI-AGING

## BEAUTY & FASHION GUIDE

*What's* **young**? *It's skin that's smooth, clear, firm, because it's been lavished with consistent, daily* **care**. *It's hair treated to a* **contemporary** *cut and the attention it needs for healthy shine and movement. It's keeping* **up-to-date** *on makeup and avoiding fashion ruts . . . never saying never to a look without first giving it a chance to do something marvelous for you. It's attending to the obvious—your* **smile**, *for example, and your* **posture** *(nothing is as aging as dingy teeth, a frump or slump). Most of all, it's a* **state of mind** *that any woman can cultivate if she cares enough. So throw out the calendar,* **stop counting birthdays** *and start with these time-tricking tips that can take years off your look!*

By Lois Joy Johnson, Beauty and Fashion Editor

**noisturize** *m inside: Best-kept ung-skin secret is to ink eight to ten asses of water daily. lps complexion stay wy and hydrated spite the slowdown oil production that mes with maturity.*

**amouflage** *ehead lines and fur- ws with bangs. Cut em full and long or vered and tousled th plenty of mousse. th are great fashion, th do the job.*

**plurge** *on your ndation—a top-qual- foundation smooths perfectly without the king and streaking at call attention to tiny es. (To test a product, t on base of thumb. If doesn't blend in easily, n't buy it.)*

**ift** *breasts for a unger, sexier shape, th a soft-cup under- re bra. Eliminates g, even for the small- easted (it's a must nder clingy knits!).*

**rotect** *hands. oisturize frequently nd apply sunscreen efore you go outdoors.*

hair by Sacha Cohen for Jean-Louis id. Makeup, this page, Linda Mason. tos: Tohru Nakamura

**SUSAN REED**

37 & SEXY

This beauty consultant never skimps on skin care—and her complexion certainly shows it!





**TAMARA SCHNEIDER**

45 & FUNKY

*LHJ's savvy art director uses wow colors to turn back the clock. Notice how even her bright-red specs sizzle!*

**LYDIA MUNRO**

46 & CHIC

*Fashion and beauty consultant Lydia believes in playing up strong points at any age. In her case, it's great legs.*

**BRENDA JOHNSON**

45 & CONFIDENT

Executive Brenda picks important jewelry and accessories . . . dainty can look timid and old.



**minimize** *any creases around eyes A.M. and P.M. with a nongreasy, lightweight treatment that reduces puffiness and revitalizes as it moisturizes.*

**graying?** *It needn't be aging if silvery strands act as highlighting, your hair is thick and healthy, and the cut is contemporary. (Blue-eyed, fair-skinned types take especially well to gray!) Otherwise, you may want to consider toning in with a shade close to your natural hair color.*

**update** *your wardrobe with one or all of the following age-erasing pieces (you'll look and feel five years younger each time you wear them): a slim black leather skirt, an unstructured jacket with padded shoulders, a skinny knit tube skirt, big hoop earrings, loafers made of snakeskin or mock croc.*

**rejuvenate**

*Check out the new anti-aging skin treatments—the best give immediate, though temporary, results. But test for sensitivity before you invest.*

Makeup: far left and this page, Leventé; near left, Linda Mason. Photos: Tohru Nakamura

# ANTI-AGING MAKEOVER



**JANE FARRELL**

33 & ELEGANT

*A slim shape, good features . . . but copy editor Jane's hands-off attitude made her look older than she was.*



*To feminist Jane, caring about her looks seemed somehow inappropriate. . . then she saw what a terrific difference a little time, effort and a dazzling new smile could make.*

*Jane's dramatic transformation began with cosmetic dentistry by Dr. Irwin Smigel, of New York City, who evened the color and contour of her upper teeth with porcelain laminates. Now she has something to smile about! For her hair, a dramatic blunt cut with built-in movement and sleek highlights of burnished russet by top colorist Louis Licari. Next, makeup in warm neutrals to capitalize on Jane's strong classic features, with eyeshadow concentrated at outer corners of upper lids for a young-looking lift. Dressed in easy pastel knits, Jane was radiant. "It's a new me," she exclaimed with delight, "it really is!"*

Hair, Amisco. Makeup, Linda Mason. Photos: Tohru Nakamura



# ANTI-AGING MAKEOVER



**JUDITH BRINDLEY**

42 & CUTE

*This art teacher vibrates with youthful energy. We helped her change her looks to match her personality.*

*For many women over thirty-five, subtracting years requires a relaxed approach to beauty and fashion. For Judith, that means looser hair, minimal makeup and easy clothing.*

udith's makeover was eally a makedown . . . n her case, less turns ut to be more. For her yes and mouth, a palette of softer, matte olors (smoky neuals) livens and defines ithout the harshocus effect of brights r pearlized shades. ven the applicators ere soft touch: silky rushes, cotton swabs, o and eye pencils ubbed lightly on tisue to blur their points. udith's hair, shot hrough with silver—hich she loves—was ghtly layered to rease natural curl and ounce (no more hot llers!), then moussed r even more volume. urned out in contemorary layers, she and er daughter Annika, ighteen, look like a retty sister teamup!

akeup, Leventé. Fashion details, page 210.
notos: Tohru Nakamura

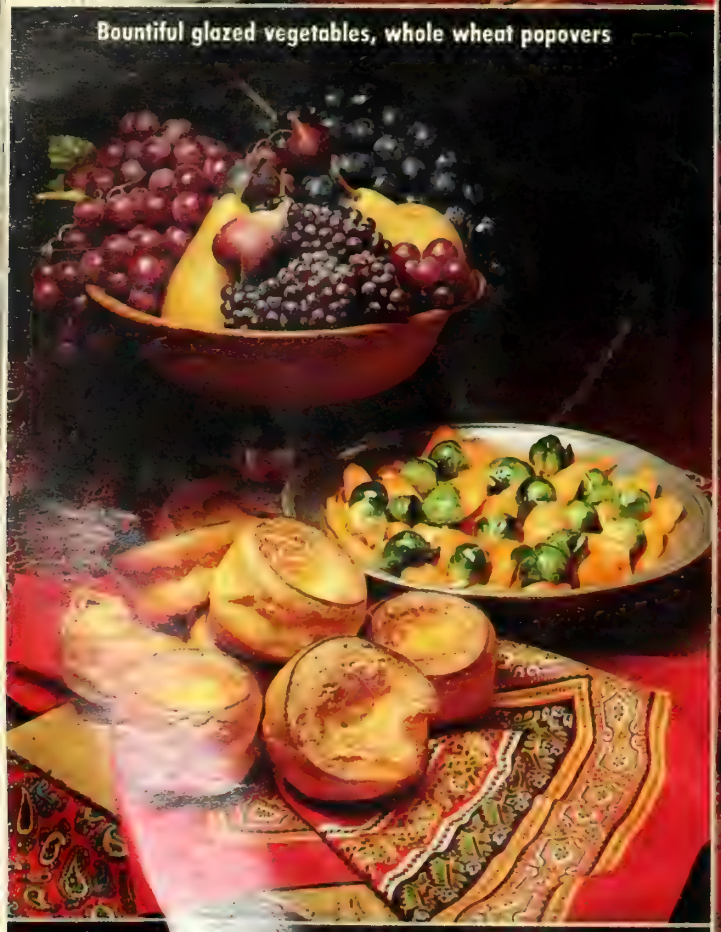
or more time-stopping ps, see page 196







Bountiful glazed vegetables, whole wheat popovers





pumpkin charlotte

# THANKSGIVING

## LESS WORK FEWER CALORIES

**Turkey with all the trimmings is the tradition we treasure. But it often means several days of slaving in the kitchen before the great day and a week of dieting after. Not anymore! We've created do-ahead, easy-to-prepare side dishes that can be finished in a flash. What's more, they have all the classic flavors you love, but not the calories.** **Recipes begin on page 165.**

**By Jan T. Hazard, Food and Equipment Editor**



Roast turkey, acorn squash with savory wild rice stuffing, cranberry-pear conserve

# Time for A NEW LOOK

*Here's the step-by-step story of what happens when a decorator redecorates her own home*

*By Katherine Stephens and Marilyn Glass, Decorating and Design Editor*

At long last, I have the home of my dreams—one that's elegant *and* cozy. For the past twenty years I've been raising three children and helping *other* people decorate their homes; I've been too busy to redecorate my own house! But I finally decided it was time for a makeover. Now I'm so pleased with the results that I want to take you on a tour of my new home and show you how I created its warm and inviting atmosphere. Perhaps you'll be inspired to create a new look for your home, too.



Let's start with the dining room. My former dining room was practical, but I wanted it to be more colorful and luxurious. My family loves red, so it was a natural choice of color. To make the room even more appealing, I had the French armchairs, originally in the living room, re-covered in an opulent, flowery chintz. Being overscale, they add a real sense of comfort, perfect for leisurely dining.





**Before (above): An tractive, basic dini room, but it lacked p sonality and style. I placed the informal, t ditional rag rug with contemporary black-b dered sisal carpet a newer, more elega look. Bold red walls a grand splashes of col ful cabbage roses gi the room vibrant life a make it more invitin**



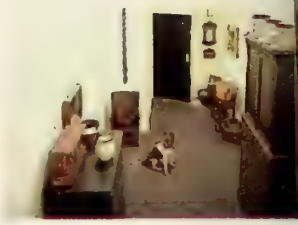
# Time for A NEW LOOK

Next stop, the foyer. The entrance to a home should be welcoming, but my foyer was rather dark and dreary. So I brightened the entry by doing away with the large pieces of furniture and adding baskets and plants for an informal, natural look. The floor is covered in a pale industrial carpet—as is the rest of the house—to unify the rooms. We have two dogs, and I wanted a light-colored but durable floor covering. I used a good and inexpensive idea in the foyer: a small round table with a cloth and centerpiece that can be changed seasonally.



The bedroom is my favorite room in the house—I wanted it to be a peaceful hideaway for day *and* night. The tie-back curtains are romantic and feminine, but the subtle brown-and-white color scheme appeals to men, thus creating a room my husband and I both can enjoy.







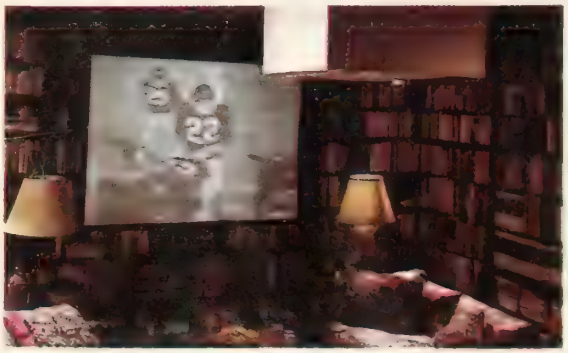
**Foyer before (top): spare, dim hallway th looked smaller becau of the large dark wo pieces. Right: A simp table and light-color carpet make the spa look bigger and mu brighter. Bedroom (abov lacked charm and warmt A new look (right): r mantic swagged windov matching wallpaper a a rustic twig bene**





# Time for A NEW LOOK

The grand finale: This is definitely a *living* room —shamelessly comfortable. I wanted a room I could entertain in that would also be intimate for my husband and me. With the flick of a switch, I can transform the glamorous setting into a contemporary screening room for videocassettes—there's a projection TV system suspended from the ceiling (left). Now the room is elegant and practical, the perfect combination. Today, my home reflects the easy-living style of my whole family. Decorating can be hard work, but it's well worth the effort when the result is a home you can live in and truly love.



*Designer Katherine Stephens is president of Katherine Stephens Associates, Inc. Her work has appeared in many books and magazines.*



All fabric and wallpaper from Cowtan and Tout.* Paint from Benjamin Moore. Carpet from V & B Carpet. Suede chair from Roundtree. Novabeam 100 TV from Kloss Video Corporation. Paintings from David Findlay Galleries. Pillows from Kentshire Galleries. *Bedroom:* Bed linens from Pratesi. Prints from Kensington Place Antiques. *Through decorators. Details, page 210.





**Bet you can't recogni this room anymor Above: beige, formal a dull. Right: A pleasu able room. I love da colors—they give me real sense of securi and warmth. Dee brown was a perfe choice for the walls. No this room is much more e joyable for entertainin especially for watchi movies on the big scree**







# Cooking with SPICE

If variety is the spice of life, then spices are the best way to add variety *and* sensational taste to your favorite foods. Our fascination with these exotic flavorings is centuries old, but at one time they were delicacies only the wealthy could afford. Today, spices are inexpensive, and it's a good thing, too, because we have grown to love an international repertoire of spicy dishes. The peppery zest of Mexican food is popular throughout the country. Chinese classics chock-full of ginger are perfect for easy entertaining. Now, with our simple instructions, you can prepare aromatic entrees from all over the world. Turn the page for our spice chart, then go to page 150 for delicious recipes for spicy delights.









J. Barry O'Rourke

## *hicken Curry/Curried Yams*

**oove: a true Indian specialty spiced st right with our unique curry mix. r use curry to give the Eastern touch a side dish of sweet potatoes.**

## *isteeya*

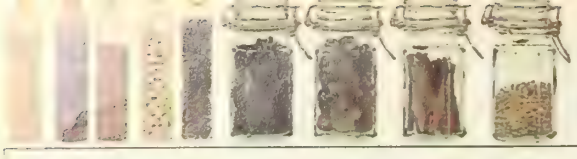
**p right: a Moroccan pie layered with icken and nuts and flavored with gin- er, turmeric, saffron and cinnamon.**

## *reole Shrimp Étouffée*

**iddle right: *LHJ*'s own Creole spice zzes up New Orleans–style shrimp and opped vegetables. Serve over rice.**

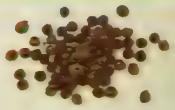
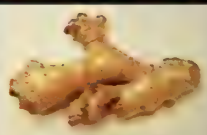
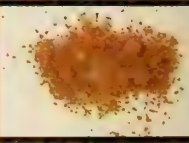
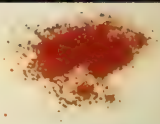
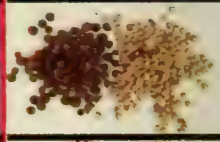
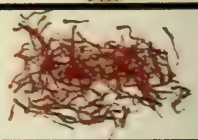
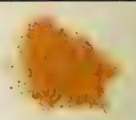
## *alypso Roast Pork/Potato Soup*

**ttom right: a gingery Caribbean eat with a brown sugar–rum crust. uadorean soup is laced with paprika.**



# All about spice

## How to enhance your favorite foods, plus tips on storing spice

| | TASTE TRAITS | BEST IN | HOW-TOS | |
|---|---|---|---|---|
| **ALLSPICE** | Flavor resembles a mixture of several spices: nutmeg, cinnamon and clove | Fruitcakes, mincemeat, tomatoes, rice, ground meat, pickling mixtures | Buy whole berries or ground. Store away from moisture, heat and light |  |
| **CARDAMOM** | Strong, slightly lemony flavor. Cooling aftertaste | Scandinavian baked goods, meat dishes, some curries, coffee and other beverages | Buy whole white or green pods, or ground. If whole, break open pod to use seeds. Store away from moisture, heat and light |  |
| **CINNAMON** | Pungent sweetness | Baked goods, curries, Moroccan and Middle Eastern meat dishes | Buy whole sticks or ground. Store away from moisture, heat and light |  |
| **CLOVES** | Sweet, warm, aromatic | Baked goods, pickling mixtures, beverages. To flavor ham | Buy whole brown buds or ground. Store away from moisture, heat and light |  |
| **GINGER** | Warm and pungent | Oriental dishes, chutneys, baked goods, beverages | Buy fresh root, dried ground or crystallized. Refrigerate fresh root; store dried and crystallized away from moisture, heat and light |  |
| **MACE** | A delicate version of nutmeg | Baked goods, pickling mixtures, cream sauces | Buy whole blades or ground. Store away from moisture, heat and light |  |
| **NUTMEG** | Warm, sweet | Baked goods, eggnog, cream sauces, spinach | Buy whole seeds or ground. Store away from moisture, heat and light |  |
| **PAPRIKA** | Mild and sweet. Hungarian varieties can be hot | Soups, goulashes, marinated meats. Good for browning meats in the microwave. Also used as a colorful garnish | Buy ground. Store away from moisture, heat and light. In hot, humid weather, refrigerate |  |
| **BLACK AND WHITE PEPPERCORNS** | Hot, aromatic. White is milder than black | Savory dishes in most cuisines. Use white pepper for light-colored foods | Buy whole berries or ground. Store away from moisture, heat and light |  |
| **RED PEPPER** | Hot, pungent | Indian, Mexican, Italian, Oriental and Cajun dishes | Buy whole (shown as a wreath), crushed or ground. Store away from moisture, heat and light. In hot, humid weather, refrigerate |  |
| **SAFFRON** | Delicate, bittersweet | Paella, risotto Milanese, bouillabaisse, couscous | Buy whole threads or ground. Store away from moisture, heat and light. In hot, humid weather, refrigerate |  |
| **TURMERIC** | Slightly bitter, musty | Curries, relishes, mustards, pickling mixtures | Buy ground. Store away from moisture, heat and light |  |

# The Five Words a Hard Working Mom Dreads Most...



"Hi Mom, What's for Dinner?"




For a naturally nutritious meal...

**Just brown some ground beef and Have a Manwich Night.**

## COOKING WITH SPICE

continued

### CALYPSO ROAST PORK

pictured on page 147

*All the flavors of the Caribbean join forces to enhance this pork roast.*

- 1 tablespoon pressed garlic
- 1 tablespoon ginger
- 1 teaspoon salt
- 1 teaspoon allspice
- ¼ teaspoon freshly ground pepper
- 1 bay leaf, crumbled
- 2 tablespoons dark rum, divided
- 3½-pound boneless or 5-pound bone-in pork loin roast
- ⅔ cup firmly packed brown sugar
- 1 tablespoon lime juice

In small bowl combine spices and 1 tablespoon rum; mix to a smooth paste. Score fat side of pork in a diamond pattern. Rub sides of pork well with spice mixture. Cover with plastic wrap and refrigerate overnight.

Preheat oven to 450°F. Place roast, fat side up, on a rack in roasting pan. Place in oven and immediately reduce temperature to 325°F. Cook 1 hour 15 minutes for boneless roast, 2 hours for bone-in roast.

Meanwhile, in small bowl combine brown sugar with remaining 1 tablespoon rum and lime juice. Spoon over top of roast. Continue roasting until surface is crusty and meat thermometer reaches 165°F., about 30 minutes. Makes 8 servings, 640 calories each.

### ECUADOREAN POTATO SOUP

pictured on page 147

*Paprika is the key spice in this Latin American soup. And you always thought only Hungarians cook with paprika.*

- 3 tablespoons butter or margarine, divided
- 1½ cups diced onions, divided
- 1 tablespoon paprika
- 2 cans (13¾ or 14½ oz. each) chicken broth
- 4 cups water
- 4 pounds baking potatoes, peeled and sliced
- 1 cup milk
- 2 cups (about ½ lb.) grated Muenster cheese
- 1 teaspoon salt, divided
- ½ teaspoon freshly ground pepper, divided
- 1 package (10 oz.) frozen whole kernel corn, thawed
- 1 can (16 oz.) tomatoes, drained and chopped

In large Dutch oven melt 2 tablespoons butter or margarine over medium-high heat. Add 1 cup onions and paprika; cook until onions are translucent. Add chicken broth, water and potatoes. Bring to a boil; reduce heat and simmer 30 minutes. Mash potatoes; add milk, cheese, ½ teaspoon salt and ¼ teaspoon pepper. Cook over medium heat, stirring occasionally, until cheese is melted.

Meanwhile, in small skillet melt remaining 1 tablespoon butter or margarine over medium-high heat. Add remaining ½ cup onion and cook 1 minute. Add corn and tomatoes; cook until heated through. Season with remaining ½ teaspoon salt and ¼ teaspoon pepper. Spoon 2 tablespoons over each serving for garnish. Makes 8 servings, 245 calories each.

### BISTEEYA

pictured on page 147

*A Moroccan specialty—chicken with spices—wrapped in filo dough. It's perfect for a buffet party.*

- 4-pound chicken, cut up
- 1½ cups chopped onions
- 1 cup chopped parsley
- 1 tablespoon minced garlic
- 1½ teaspoons salt
- ¾ teaspoon freshly ground pepper
- ½ teaspoon ginger
- ½ teaspoon turmeric
- Pinch saffron





On each package of Philly, in delicate print, is what we feel to be a very important message, and we're concerned that some of you may have missed it. So...

**cinnamon sticks (3 inches each)**
**tablespoons lemon juice**
**eggs, beaten**
**cups toasted almonds, chopped**
**cup butter**
**sheets filo dough**
**tablespoon confectioners' sugar**
**teaspoon ground cinnamon**

quart Dutch oven combine chicken next 9 ingredients; add just enough r to cover. Bring to a boil; reduce and simmer covered 45 minutes. ove from heat and cool completely. n off chicken fat and reserve. Re- e chicken and discard skin and s; dice meat and reserve. Discard amon sticks.

Dutch oven over high heat, reduce ing liquid to 1¼ cups. Add lemon and eggs; stir until eggs are ed. Drain well in colander.

medium bowl toss chicken with nds. Taste for seasonings. In small epan melt reserved chicken fat butter.

im filo into a 12-inch square. Place sheet in a 10-inch deep-dish pie e. Brush with butter mixture. To ent drying, keep remaining filo red. Continue lining pie plate in a heel pattern with 6 more filo ts, brushing each with some of the er mixture. Spread chicken mixture in pie plate. Spread drained egg mixture on top. Cover with 7 filo sheets, brushing each layer. With scissors trim overhanging filo. Tuck in edges. Brush with remaining butter mixture.

Preheat oven to 425°F. Bake 20 minutes. Invert bisteeya onto a cookie sheet; remove pan and bake 10 minutes more. Invert onto a serving platter. Combine confectioners' sugar and cinnamon; sprinkle on crust. Makes 8 to 10 servings, 640 calories each per 8, 510 calories each per 10.

## CREOLE SHRIMP ÉTOUFFÉE

pictured on page 147

*This popular Louisiana stew has just the right balance of hot and spicy.*

**⅓ cup salad oil**
**⅓ cup all-purpose flour**
**½ cup chopped onion**
**¼ cup chopped celery**
**¼ cup chopped green pepper**
**2 teaspoons minced garlic**
**1 can (16 oz.) tomatoes, chopped**
**1 bottle (8 oz.) clam juice**
**1¾ teaspoons LHJ Creole Spice, divided (recipe on page 152)**
**1 teaspoon salt**
**1½ cups rice**
**1½ pounds shrimp, shelled and deveined**
**¼ cup chopped parsley**

In 4-quart Dutch oven heat oil over medium heat. Stir in flour and cook, stirring constantly, until dark red-brown, about 10 minutes. Add onion, celery, pepper and garlic; cook 5 minutes. Stir in tomatoes, clam juice, 1 teaspoon Creole Spice and salt. Bring to a boil; reduce heat and simmer uncovered, stirring occasionally, 20 minutes.

Meanwhile, cook rice according to package directions, adding remaining ¾ teaspoon Creole Spice.

Add shrimp to Dutch oven; cover and remove from heat. Let stand 3 minutes. Add parsley. Serve with spiced rice. Makes 6 servings, 430 calories each.

## CHICKEN CURRY

pictured on page 146

*Curry is not one spice but a blend. For maximum flavor, it should be mixed just before using.*

**2 pounds chicken breasts, quartered and skinned**
**2 pounds chicken legs, halved and skinned**
**2½ teaspoons salt, divided**
**½ teaspoon freshly ground pepper**
**3 tablespoons salad oil**
**3½ pounds (8-10 cups) onions, halved and sliced** *(continued)*


# PHILLY HAS ONLY HALF THE CALORIES OF BUTTER OR MARGARINE!

There. That should do it.



## COOKING WITH SPICE

continued

- 2 tablespoons minced garlic
- 2 tablespoons LHJ Curry Mix (recipe at right)
- 2 tablespoons flour
- 1 can (16 oz.) tomatoes, drained
- 1 cup chicken broth
- 1 bay leaf
- Fresh coriander, for garnish

Sprinkle chicken with 1 teaspoon salt and the pepper. In large, deep skillet heat oil over high heat. Add chicken in 3 batches; cook until browned. Transfer each batch to a large, shallow baking pan. Add onions to skillet and cook over high heat, stirring occasionally, until onions are caramelized, 45 to 60 minutes. Reduce heat to medium.

Preheat oven to 350°F. Add garlic and Curry Mix to skillet; cook, stirring constantly, 3 minutes. Sprinkle in flour and cook, stirring constantly, 3 minutes more. Add tomatoes, chicken broth, remaining 1½ teaspoons salt and bay leaf. Bring to a boil, stirring. Pour mixture over chicken. Cover and bake 45 minutes. Uncover and bake 15 minutes more. Remove bay leaf. Garnish with coriander. Serve with rice. Makes 8 to 10 servings, 335 calories each per 8, 270 calories each per 10.




## CURRIED YAMS

pictured on page 147

*For a change, perk up your yams wi our curry mix.*

- 2 pounds yams or sweet potatoe peeled and quartered
- 1½ teaspoons salt, divided
- ¼ cup butter or margarine
- 2 teaspoons LHJ Curry Mix (recipe below)

Preheat oven to 400°F. In mediu saucepan combine yams with 1 t spoon salt and water to cover. Bring t boil; boil 5 minutes. Drain. In sm saucepan melt butter or margari Add curry mix and ½ teaspoon sa heat 30 seconds. Toss yams with cu butter; spread in a single layer on jel roll pan. Bake 25 minutes, stirri once halfway through cooking. Make servings, 200 calories each.

## LHJ CURRY MIX

- 1½ teaspoons turmeric
- 1 teaspoon cumin
- 1 teaspoon freshly ground peppe
- ½ teaspoon cinnamon
- ½ teaspoon coriander
- ½ teaspoon ginger
- ¼ teaspoon cardamom
- ¼ teaspoon ground cloves
- ¼ teaspoon nutmeg
- ¼ teaspoon ground red pepper

In small heavy skillet combine all gredients. Toast over low heat, stirri constantly, until very fragrant a slightly darkened, about 4 minut Makes 2 tablespoons.

## LHJ CREOLE SPICE

- 1 teaspoon freshly ground pepper
- 1 teaspoon ground white pepper
- 1 teaspoon ground red pepper
- ½ teaspoon thyme
- ¼ teaspoon dry mustard
- ¼ teaspoon mace
- 1 bay leaf, crumbled fine

In small bowl combine all ingredien Makes 5 teaspoons.

## MOUSSAKA

*A popular Greek dish, in which spi and lamb or beef are sandwiched tween eggplant and a velvety custard*

- 3 eggplants (about 1 lb. each), peeled and cut lengthwise into ⅜-inch slices
- Salt
- ½ to ¾ cup all-purpose flour
- About 1⅓ cups salad oil
- ⅓ cup dry bread crumbs
- 2 tablespoons olive oil
- 1½ cups diced onions
- 1½ pounds ground lamb or beef
- ½ teaspoon cinnamon *(continu*

# lveeta presents the inside scoop
# n quick party dip.



iere's the latest word on the easy way to make cheesy party dip. Cheesy Spinach Party oaf made with Velveeta Process Cheese Spread. This recipe is always the hit of any party. hat's because Velveeta Process Cheese Spread uses a special blending of natural heeses for a taste no single cheese can match.

**heesy Spinach Party Loaf**

- 1 1½-lb. round sour dough bread loaf
- ⅓ cup PARKAY Margarine
- ⅓ cup chopped red or green pepper
- ⅓ cup chopped celery
- ⅓ cup chopped onion
- 1 lb. VELVEETA Pasteurized Process Cheese Spread, cubed
- 1 10-oz. pkg. frozen chopped spinach, cooked, drained, squeezed
- ¼ teaspoon dried rosemary leaves, crushed

ut slice from top of bread; remove center leaving -inch shell. Cut removed bread into bite-size ieces; reserve. Brush insides of shell with 3 table- spoons margarine, melted. Place on cookie sheet with reserved bread. Bake at 350° 20 minutes. Sauté peppers, celery and onions in remaining margarine until tender. Add process cheese spread; stir over low heat until process cheese spread is melted. Stir in remaining ingredients; heat thoroughly, stirring constantly. Pour into bread shell; serve with reserved bread, top slice and assorted vegetable dippers. Makes 2⅔ cups.

here's no single cheese like Velveeta.

KRAFT Velveeta

c 1986 Kraft, Inc

1 can (28 oz.) crushed tomatoes in puree
½ cup grated Parmesan cheese

Custard Topping

¼ cup butter or margarine
5 tablespoons all-purpose flour
¼ teaspoon salt
¼ teaspoon nutmeg
1 cup water
½ cup heavy or whipping cream
2 eggs, beaten
2 teaspoons lemon juice

Soak eggplant 20 minutes with 2 tablespoons salt in water to cover.

Preheat oven to 450°F. Drain eggplant and pat dry with paper towels. Coat half the eggplant with flour. Coat bottom of each of 2 jelly-roll pans with about ⅓ cup oil. Add a single layer of floured eggplant, turning to coat well. Bake 10 minutes on each side. Drain on paper towels. Repeat with remaining eggplant. Layer eggplant in a 3-quart oblong casserole, sprinkling each layer lightly with bread crumbs.

Meanwhile, in large skillet heat olive oil over medium-high heat. Add onions and cook until translucent, 10 to 15 minutes. Add ground meat and cook until browned, about 10 minutes. Drain off fat. Sprinkle meat with cinnamon and 1½ teaspoons salt. Add tomatoes and cook until excess liquid is evaporated, about 15 minutes. Pour over eggplant. Sprinkle with Parmesan.

*Custard Topping:* Adjust oven rack to lowest position. Preheat oven to 350°F. In medium saucepan melt butter or margarine over medium-high heat. Whisk in flour, salt and nutmeg; cook 1 minute. Whisk water and cream into flour mixture until smooth. Cook, stirring frequently, until very thick, about 10 to 12 minutes. Spoon about one third of the custard into eggs while whisking vigorously. Whisk mixture back into sauce. Stir in lemon juice. Spoon custard over casserole. Bake until lightly browned, about 35 to 40 minutes. Carefully drain off excess fat. Makes 8 to 10 servings, 710 calories each for 8, 570 calories each for 10, with lamb; 675 calories each for 8, 540 calories each for 10, with beef.

## FIVE-SPICE BEEF

*It's the ginger and star anise that gives this beef its delicious flavor. You can get star anise in Oriental groceries or the gourmet section of your supermarket.*

3 to 3½ pounds beef round
3 teaspoons Szechuan peppercorns, divided
1 teaspoon salt
1 tablespoon dry sherry
4 quarts water
2 pieces (1 inch each) fresh ginger
3 green onions
1 teaspoon fennel seed
½ teaspoon whole cloves
6 whole star anise
5 cardamom pods
1 bottle (10 oz.) soy sauce, divided
½ cup sugar
6 tablespoons Oriental sesame oil
Sliced tomatoes, sliced cucumber and blanched snow peas, for garnish

Rub beef well with 2 teaspoons peppercorns, salt and sherry. Let stand 1 hour.

Meanwhile, in stockpot or large Dutch oven combine water, ginger, green onions, remaining 1 teaspoon peppercorns, fennel seed, cloves, star anise and cardamom pods. Bring to a boil; reduce heat and simmer uncovered 30 minutes.

Reserve 2 tablespoons soy sauce. Add remaining soy sauce and sugar to pot. Add beef and bring to a boil; reduce heat and simmer uncovered 2 hours, adding more water if needed to cover beef. Remove beef; cool. Wrap in plastic wrap and refrigerate until cold.

In jar with tight-fitting lid combine sesame oil and reserved 2 tablespoons soy sauce. Cut beef into thin slices. Garnish with tomato, cucumber slices and snow peas. Drizzle on sauce. Makes 10 servings, 245 calories each.

## MEXICAN ZUCCHINI IN TOMATO CREAM

*This vegetable casserole has such fabulous flavor that you'll serve it often.*

2 pounds zucchini, halved lengthwise and sliced
1 can (16 oz.) crushed tomatoes
¼ cup heavy or whipping cream
¾ teaspoon salt
¼ teaspoon freshly ground pepper
¼ teaspoon cinnamon
⅛ teaspoon cloves
2 tablespoons chopped fresh cilantro
1 tablespoon chopped fresh mint

In large skillet combine zucchini, tomatoes, cream, salt, pepper, cinnamon and cloves. Bring to a boil; reduce heat and simmer uncovered until zucchini are tender and excess liquid has evaporated, about 30 minutes. Just before serving, stir in cilantro and mint. Makes 4 servings, 120 calories each.

## SYRIAN RICE PILAF WITH PINE NUTS

*The allspice gives this pilaf a faintly sweet taste. It's perfect served with grilled meats or poultry.*

1 can (13¾ or 14½ oz.) beef broth
1¼ cups water
3 tablespoons butter or margar
1 cup diced onions
1½ cups long-grain rice
½ teaspoon allspice
⅓ cup pine nuts (pignoli), toaste
½ teaspoon salt

In small saucepan bring beef broth a water to a boil over high heat. In m dium saucepan melt butter or m garine over medium-high heat. A onions and cook 1 minute. Add rice a allspice; cook, stirring, 2 minutes mo Add broth and return to a boil. Red heat; cover and simmer until rice tender and liquid is evaporated, ab 18 minutes. Just before serving, stir pine nuts and salt. Makes nine ½-c servings, 190 calories each.

## BLACK PEPPER POUND CAK

*Yes—black pepper in a pound cake! best if wrapped and stored 24 ho before serving.*

1 cup unsalted butter, softened
1 cup sugar
5 eggs, separated, at room temperature
1 teaspoon vanilla extract
1 tablespoon lemon juice
1½ cups all-purpose flour
1 teaspoon freshly ground pepp
½ teaspoon salt
¼ teaspoon mace
½ teaspoon cream of tartar

Preheat oven to 325°F. Grease and flo an 8-cup Bundt cake pan or a 9x5-in loaf pan.

In mixer bowl cream butter un light. Gradually add sugar until ve light and fluffy. Add egg yolks one a time, beating 1 minute after each ad tion. Stir in vanilla and lemon jui Combine flour, pepper, salt and ma fold into creamed mixture. Beat e whites until foamy. Add cream of tar and continue beating until stiff but n dry. Fold into batter. Pour batter in prepared pan. Bake 1 hour or un toothpick comes out clean. Cool in p 15 minutes; remove from pan and c completely on wire rack. Makes slices, 170 calories each.

## PUMPKIN PIE

*How could we have a spice cookbo without including one of America's f vorite pies?*

Pastry

1½ cups all-purpose flour
⅛ teaspoon mace
½ cup butter or margarine, chille and cut up
2 tablespoons shortening
½ teaspoon vanilla extract
4 tablespoons ice water

(continue

# Uncle Ben's Introduces Long Grain & Wild Rices with Sauce.




## One has real chicken chicken sauce.

## One has real beef beef sauce.

Some people cook. You create. Now Uncle Ben's helps again with two new Long Grain & Wild Rices. One has chicken sauce. One has beef sauce. An unexpected blend of the finest long grain rice and crunchy wild rice... a nutty full-bodied taste enriched with seasonings and hearty stock. And trust Uncle Ben's to put real chicken and real beef in the sauce. Delicious. And it all cooks up in just 5 minutes. Let 'em think you're a genius.



**Taste the good cook in Uncle Ben's Wild Rices.**


Ah, the image of gourmet store coffe
ARABICA SUPREME
GOURMET
COFFEE
Fresh Brewed
Taster's Choice
100% Freeze Dried Coffee
Taster's Choice® uses the very same beans found in gourmet stores. Arabi
beans, for superior tasting coffees. Choose original Taster's Choice or dark roas
Maragor Bold,® both available in regular or naturally decaffeinated.
The choice for taste is Taster's Choice.
The Choice For Tast




## COOKING WITH SPICE

continued

**ing**

- 1 can (16 oz.) pumpkin
- 1 cup half and half cream
- 3 eggs
- ⅔ cup firmly packed brown sugar
- 1 tablespoon brandy
- 1 teaspoon cinnamon
- ½ teaspoon ginger
- ½ teaspoon salt
- ¼ teaspoon ground white pepper
- Pinch cloves

*stry:* In medium bowl combine flour d mace. With pastry blender or 2 ves, cut in butter and shortening il mixture resembles coarse mbs. Mix vanilla with ice water, and inkle over flour, tossing with a fork il dough forms a ball. Wrap and re-gerate 1 hour.

*ling:* In large bowl beat all ingredi-s until well combined; set aside.

Adjust oven rack to lowest position. heat oven to 375°F. On floured sur-e, roll pastry to an 11-inch circle. ie a 9-inch pie plate with pastry; e edge. Place in freezer 15 minutes. our filling into pastry shell. Bake to 50 minutes, until knife inserted center comes out clean. Makes 8 vings, 390 calories each. **End**

## WORLD DESSERTS

continued from page 129

### TIRAMISU

pictured on page 129

*You can substitute 12 ounces of cream cheese mixed with ½ cup sour cream for the mascarpone.*

**Ladyfingers**

- ½ cup all-purpose flour
- ¼ cup potato flour (potato starch)
- Pinch salt
- 4 eggs, separated
- ½ cup granulated sugar, divided
- ½ teaspoon vanilla extract
- ¼ teaspoon white vinegar
- Confectioners' sugar
- ½ cup brewed espresso coffee
- ¼ cup brandy

**Filling**

- 4 egg yolks
- ⅓ cup sugar
- 1 pound mascarpone cheese
- 1 cup heavy or whipping cream
- 1 teaspoon confectioners' sugar
- 1 teaspoon unsweetened cocoa powder

*Ladyfingers:* Preheat oven to 275°F. Line four 17x14-inch cookie sheets with parchment paper.

In medium bowl combine flours and salt; set aside. In large mixer bowl beat egg yolks and 2 tablespoons sugar at high speed 5 minutes. In another mixer bowl beat egg whites until foamy. Gradually add remaining sugar and beat until stiff but not dry. Beat in vanilla and vinegar. Fold one third of the whites into yolk mixture, then fold in one third of the dry ingredients. Fold in half the remaining whites, then remaining dry ingredients and whites.

Spoon batter into a pastry bag fitted with a plain tube (#6). Pipe 2½-inch cookies 1 inch apart on cookie sheets. Sift with confectioners' sugar. Bake 45 minutes, until golden. Cool on wire rack. Makes 4 dozen, 25 calories each.

Arrange cookies on a cookie sheet. In bowl combine espresso and brandy. Spoon over cookies. Let stand.

*Filling:* In mixer bowl beat egg yolks and sugar until thick and pale. Gradually beat in cheese. In another mixer bowl beat cream until stiff. Fold half the whipped cream into the cheese mixture. Reserve remaining whipped cream. Reserve 7 cookies.

In shallow 2-quart glass serving dish, layer half the cookies, then half the filling; repeat. Top with reserved cookies. Pipe on reserved cream. Refrigerate up to 4 hours. Just before serving, sift confectioners' *(continued)*

sugar and cocoa on top. Makes 12 servings, 420 calories each.

### APPLE STRUDEL

*We've included not only the recipe for strudel dough but also a make-in-a-hurry variation with prepared filo dough.*

**Pastry**

- 2 cups all-purpose flour
- ¼ teaspoon salt
- ½ cup butter
- 2 egg yolks
- ½ cup cold water

**Filling**

- 4 pounds tart green apples, peeled and sliced thin
- 1¼ cups sugar
- 1½ cups golden raisins
- ¾ cup ground blanched almonds
- 1 teaspoon grated lemon peel
- 1 teaspoon cinnamon
- ¼ teaspoon nutmeg

- ¼ cup butter, melted, divided
- 2 tablespoons dry bread crumbs, divided

**Topping**

- 2 tablespoons sugar
- ½ teaspoon cinnamon

*Pastry:* In large bowl combine flour and salt. With pastry blender or 2 knives, cut in butter until mixture resembles coarse crumbs. Beat egg yolks with the water. Add to crumbs and toss until pastry forms a ball. Divide dough in half. Wrap and refrigerate at least 6 hours or overnight.

*Filling:* Preheat oven to 400°F. In large bowl combine all ingredients.

On large floured pastry cloth or cotton apron, roll half of dough into a very thin 18x15-inch rectangle. Grease two 17x14-inch cookie sheets. Brush 1 tablespoon butter on rectangle, then sprinkle with 1 tablespoon bread crumbs. Spoon half the filling along the longer side of dough, covering one third of the rectangle, leaving a 1-inch border. Fold the 2 short sides of dough over ends of filling. Roll up jelly-roll fashion. Seal edges with water. Place seam side down on a cookie sheet. Repeat procedure with remaining ingredients.

*Topping:* In bowl combine sugar and cinnamon. Brush each roll with remaining butter. Sprinkle with sugar-cinnamon. With sharp knife score each roll into sixteen slices. Bake 40 minutes. Reduce oven temperature to 350°F. and bake 10 minutes more. Transfer to wire racks to cool. Makes 32 slices, 170 calories each.

### FILO DOUGH VARIATION

- 1 pound filo dough or strudel leaves, divided
- 1½ cups unsalted butter, melted

Preheat oven to 375°F. Prepare fillin as directed above. Grease two cooki sheets. For each roll, reserve 12 tabl spoons melted butter. Place 1 filo she on an 18-inch sheet of wax pape brush with butter. (Keep remainin filo covered.) Layer and butter 3 mo filo sheets. Sprinkle with 1 teaspoo bread crumbs. Repeat with filo an bread crumbs 2 more times. Add 6 mo filo sheets, brushing each with butter.

Spread half the filling along long side of filo, covering one third of th rectangle, leaving a 1-inch border. Li filo with wax paper and roll up jelly-ro fashion. Tuck ends in. Place seam si down on cookie sheet. Brush with r maining butter; sprinkle with half th topping. Score in sixteen slices. Repe with remaining filo and filling. Bake 5 minutes. Cool on wire racks. Makes 3 slices, 175 calories each.

### PECAN PIE

pictured on page 126

*Our American pie has its roots Southern cooking. This updated versi is baked in a tart pan.*



**try**

- cup all-purpose flour
- Pinch salt
- tablespoons cold butter or margarine, cut up
- tablespoons vegetable shortening, cut up
- tablespoons ice water

**ng**

- eggs, lightly beaten
- cup firmly packed dark brown sugar
- cup light corn syrup
- tablespoons butter or margarine, melted
- tablespoons dark rum
- teaspoon vanilla extract
- cups pecan halves, toasted

*try:* In large bowl combine flour and . With pastry blender or 2 knives, in butter and shortening until mix- e resembles coarse crumbs. Add the er, tossing with a fork just until past- forms a ball. Wrap in plastic wrap refrigerate 1 hour. On lightly red surface roll pastry to a 12-inch le. Fit pastry into a 10-inch tart pan h a removable bottom. Prick bottom h a fork. Place in freezer 15 minutes. reheat oven to 425°F. Cover pastry h foil and fill with dried beans or pie weights. Bake 10 minutes. Remove foil and beans. Bake 8 to 10 minutes more, until golden. Cool on wire rack.

*Filling:* Reduce oven temperature to 350°F. In large bowl whisk eggs, sugar, corn syrup, butter, rum and vanilla until just combined. Pour ½ cup filling into a bowl. Stir in 1½ cups pecan halves; set aside. Chop remaining pecan halves and stir into filling. Pour into cooled tart shell. Arrange coated pecan halves in circles on top. Bake 50 minutes. Cool completely on wire rack. Makes 12 servings, 500 calories each.

## DOBOSCH TORTE

pictured on page 128

*This famous Viennese dessert was actually invented by a Hungarian chef, Josef Dobos. The thin layers of sponge cake are filled with a mocha buttercream and topped with a caramel glaze.*

**Cake**

- 6 eggs, separated, at room temperature
- 1 cup sugar, divided
- ½ teaspoon vanilla extract
- 2 egg whites
- Pinch salt
- 1 cup cake flour, sifted

**Syrup**

- ⅓ cup brewed strong coffee, hot
- 1 teaspoon sugar

**Buttercream**

- 5 squares (1 oz. each) unsweetened chocolate
- ¾ cup sugar
- ⅓ cup water
- 6 egg yolks
- 1½ cups unsalted butter (no substitute), at room temperature
- ½ teaspoon vanilla extract

**Glaze**

- ⅔ cup sugar
- ⅓ cup water

*Cake:* Preheat oven to 425°F. Trace a 9-inch circle on each of seven 11-inch sheets parchment paper or foil; grease and flour each.

In large mixer bowl beat 6 egg yolks 1 minute. Gradually add ¾ cup sugar. Add vanilla; beat at high speed 5 minutes, until pale and thick. In another mixer bowl beat all the egg whites and salt until foamy. Gradually add remaining sugar; beat until stiff but not dry. With a rubber spatula fold 1 cup of the whites into yolk mixture, then gently fold in half the flour. Fold in half the remaining whites, then remaining flour and remaining whites. *(continued)*








10225

20¢ OFF

JANUARY COUPON

Any size Reddi-wip® ... all natural dairy product made from real cream.

Mr. Grocer: As our agent, accept this coupon on the purchase of Reddi-wip whipped topping. We will redeem it for 20¢ plus 8¢ handling. Invoices proving sufficient purchase of stock must be shown upon request and failure to do so will void all coupons submitted for redemption. Mail the coupon to: Beatrice Companies, P.O. Box 20339, El Paso, TX 79998. Void where prohibited, licensed or taxed. The consumer must pay any sales tax. Cash value 1/20 of 1¢. Coupon valid only during January 1987.

10225

10226

20¢ OFF

FEBRUARY COUPON

Any size Reddi-wip® ... all natural dairy product made from real cream.

Mr. Grocer: As our agent, accept this coupon on the purchase of Reddi-wip whipped topping. We will redeem it for 20¢ plus 8¢ handling. Invoices proving sufficient purchase of stock must be shown upon request and failure to do so will void all coupons submitted for redemption. Mail the coupon to: Beatrice Companies, P.O. Box 20339, El Paso, TX 79998. Void where prohibited, licensed or taxed. The consumer must pay any sales tax. Cash value 1/20 of 1¢. Coupon valid only during February 1987.

10226

Divide batter evenly on prepared parchment. With a metal or rubber spatula spread batter evenly within each circle. Slide a cookie sheet under 1 cake layer and bake 5 minutes, until the top is golden. Immediately invert onto a wire rack; peel off paper. Invert again onto another rack to cool completely. Repeat with remaining cake layers. Reserve the smoothest layer to use for top of torte.

*Syrup:* In small saucepan dissolve sugar in coffee; cool. Brush over tops of 6 cake layers.

*Buttercream:* Melt chocolate in a double boiler over simmering water; cool. In small saucepan bring sugar and water to a boil over medium heat. Cook until syrup mixture reaches soft-ball stage (240°F.–245°F.) on candy thermometer.

Meanwhile, in mixer bowl beat egg yolks at medium speed until pale and thick. Add hot syrup in a thin, steady stream, beating constantly. Beat at high speed 8 to 10 minutes more, until completely cool. Add butter a tablespoon at a time, blending thoroughly after each addition. Beat in chocolate and vanilla.

Place 1 cake layer on a serving plate and spread on about ½ cup buttercream. Repeat with remaining 5 cake layers. Top with reserved layer. Refrigerate while making glaze.

*Glaze:* In small saucepan bring sugar and water to a boil over medium-high heat. Boil until syrup is caramel-colored, 8 to 10 minutes. Remove from heat; let thicken 1 minute. Spread over top of cake with a metal spatula. Immediately run a sharp, buttered knife through glaze to form 12 wedges.

Spread sides of torte with a thin layer of buttercream. Spoon remaining buttercream into a pastry bag fitted with a small star tip. Pipe buttercream rosettes on top. Refrigerate 1 hour, then cover loosely and refrigerate overnight. Let stand 30 minutes at room temperature before serving. Use a serrated knife to cut through glaze. Makes 12 servings, 420 calories each.

## CROQUEMBOUCHE

pictured on page 127

*This caramel-coated cone of miniature cream puffs is a favorite in France for the holidays and as a wedding cake.*

**Cream Puffs**

- 1 cup water
- ½ cup butter or margarine
- 1 cup all-purpose flour
- 4 eggs

**Praline**

- ¼ cup sugar
- 1 tablespoon water
- ¼ cup shelled hazelnuts

**Filling**

- 2 cups milk
- ½ cup sugar
- 3 tablespoons cornstarch
- 2 eggs, beaten
- 2 tablespoons butter or margarine
- 1 teaspoon vanilla extract
- ½ cup heavy or whipping cream

**Caramel**

- 1 cup sugar
- ⅛ teaspoon cream of tartar
- ¼ cup water

- 1 12-inch Styrofoam cone with 4¾-inch base, covered with foil
- 1 8-inch cardboard circle, covered with foil

*Cream Puffs:* Preheat oven to 400°F. Grease 2 cookie sheets. In medium saucepan bring the water and butter or margarine to a boil over medium heat; boil until butter is melted. Reduce heat. Add flour all at once; stir with a wooden spoon until dough leaves sides of pan. Continue stirring about 1 minute to dry. Cool slightly. Add eggs one at a time, beating thoroughly after each addition. Spoon dough into a pastry bag fitted with a plain tube (#4 or #6). Pipe into ¾-inch balls 1 inch apart on prepared cookie sheets. Bake 20 to 25 minutes, until golden. Turn off oven. Puncture each puff with tip of knife to let steam escape. Cool in oven with door ajar 1 hour. Transfer to wire rack to cool. *(Can be made ahead. Freeze in an airtight container up to 2 weeks. Uncover and thaw 1 hour at room temperature before filling.)*

*Praline:* In saucepan bring sugar and water to a boil over medium-high heat; boil until syrup is golden, about 8 to 10 minutes. Place hazelnuts on a cookie sheet. Immediately pour on syrup. Cool completely. Break praline into pieces and grind fine in food processor. *(Can be made ahead. Cover and store at room temperature up to 2 weeks.)*

*Filling:* In saucepan scald 1½ cups milk over medium heat. In bowl combine sugar and cornstarch. Whisk in eggs and remaining ½ cup milk. Gradually whisk in scalded milk; add to saucepan. Bring to a boil over medium heat, stirring constantly; boil 1 minute. Remove from heat. Stir in butter or margarine and vanilla. Cool, stirring occasionally. Cover surface with plastic wrap. *(Can be made ahead. Refrigerate up to 3 days.)* When ready to fill puffs, whip cream until soft peaks form. Stir custard to soften; fold in whipped cream and ¼ cup praline powder.

Spoon filling into a pastry bag fit[ted] with a plain tube (#1). Pierce botto[m] each puff with tube tip; fill. Refrige[rate] in a single layer on a cookie sheet li[ned] with wax paper.

*Caramel:* In saucepan bring su[gar] cream of tartar and the water to a [boil] over medium-high heat until suga[r] dissolved. Reduce heat and cook u[ntil] syrup is deep golden, 8 to 10 minu[tes]. Reduce heat to very low to keep sy[rup] warm. Lightly dip top of each puff i[n] glaze and return to cookie sheet.

*To assemble:* Tape base of Styrofo[am] cone to cardboard circle. With too[th] picks secure puffs around base w[ith] glazed sides out. Continue adding p[uffs] a row at a time, keeping puffs as c[lose] together as possible. Top with 1 p[uff]. *(Can be made ahead. Refrigerate up [to] hours.)* Makes about 18 servings (1 puffs per serving), 230 calories each.

## BAKLAVA

*The combination of three nuts gives this Greek classic its great taste.*

- 2 cups (8 oz.) chopped walnuts
- 1 cup (5 oz.) chopped blanched almonds
- 1 cup (4½ oz.) chopped pistachi[os]
- ½ cup sugar
- ¾ teaspoon cinnamon
- ¼ teaspoon ground allspice
- Pinch ground cloves
- 18 sheets (8 oz.) filo dough or strudel leaves
- 1 cup unsalted butter (no substitute), melted and cool[ed]

**Syrup**

- ¾ cup sugar
- ¾ cup water
- 3 whole cloves
- 1 cinnamon stick
- ¾ cup honey
- 1 tablespoon lemon juice
- 2 orange slices
- ½ teaspoon vanilla extract

Preheat oven to 325°F. In large b[owl] combine nuts, sugar, cinnamon, [all]spice and cloves. Trim filo to 15½x[12½] inches. (To prevent drying, keep [it] covered with plastic wrap as you wo[rk].)

Brush a 15½x10½x1-inch jelly-[roll] pan with melted butter. Place 1 [filo] sheet in pan; brush with butter. L[ay] and butter 5 more filo sheets. Sprin[kle] with 1 cup nut mixture. Layer [with] butter 2 more filo sheets; sprinkle [with] 1 cup nut mixture. Repeat with filo [and] nuts 2 more times. Add 6 more [filo] sheets, brushing each with but[ter]. Brush on remaining butter. Trim e[dges] with a small, sharp knife. Cut bak[lava] crosswise into 1½-inch strips, then [cut] strips diagonally at 2-inch interva[ls] to form diamonds. Bake 50 to 60 minu[tes] until lightly browned. Cool on a [wire] rack 30 minutes. *(contin[ued])*

# owder Problem.



# Liquid Solution.






## Introducing Palmolive® Automatic.

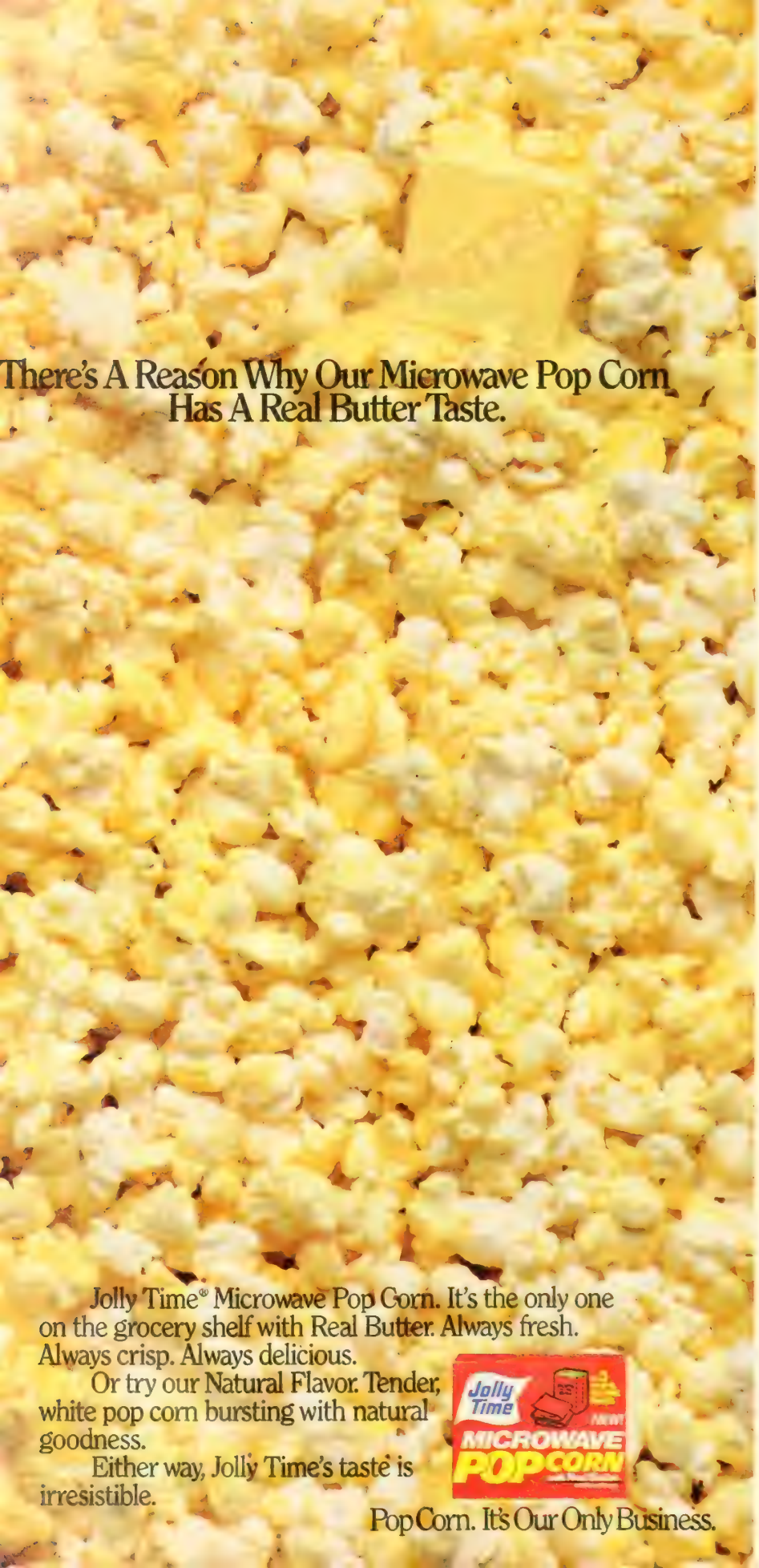
Those gritty, grainy remains of undissolved dishwashing powder aren't a problem anymore.

The solution: New Palmolive Automatic, a revolutionary new liquid made just for automatic dishwashers. It dissolves in a twinkling and rinses clean without a trace of powder residue. New Liquid Palmolive Automatic Dishwasher Detergent. All it leaves behind is clean.

## The solution for automatic dishwashers.

ood Housekeeping

Colgate-Palmolive Co.




## WORLD DESSERTS
continued

*Syrup:* In medium saucepan combin sugar, water, cloves and cinnamo stick; simmer 2 minutes. Add hone lemon juice and orange slices; simme 5 minutes more. Stir in vanilla. Re move from heat; discard cloves, cir namon stick and orange slices. Spoo over warm (not hot) baklava. Cool com pletely before serving. Cover and stor at room temperature up to 5 days Makes 45 diamonds, 155 calories each

### COCONUT FLAN

*Cream of coconut adds the flavor t this Latin American favorite. A gentl hint of rum tops off the caramel sauce.*

**Caramel Sauce**

- 1 cup sugar
- Water
- 2 tablespoons dark or amber rum

- 2½ cups heavy or whipping cream
- 1 can (15 oz.) cream of coconut
- 3 eggs
- 4 egg yolks

*(continued*

### NOVEMBER RECIPE INDEX

Here is a listing of recipes appearing in this issue, including those from the Journal kitchen and advertisements.
•Recipe includes microwave instructions.

**DESSERTS**

Apple Crunch Pie p. 177
Apple Strudel p. 158
Baklava p. 160
Black Pepper Pound Cake p. 154
Brach's Chocolate Raisin 'n Oatmeal Cookies p. 69
Chocolate Decadence Cake p. 57
Chocolate Peanutty Pie p. 177
Coconut Flan p. 162
Cranberry Ribbon Pie p. 177
Croquembouche p. 160
Dobosch Torte p. 159
Emperor's Almond Delight p. 78
Fresh Fruit With Eggnog Custard Sauce p. 168
Karo Classic Pecan Pie p. 115
Libby's Famous Pumpkin Pie p. 77
Luscious Pumpkin Charlotte p. 166
Pecan Pie p. 158
Pumpkin Pie p. 154
Tiramisu p. 157
Trifle p. 164

**ENTREES**

Bisteeya p. 150
Calypso Roast Pork p. 150
Chicken Curry p. 151
Chicken L'Orange p. 163
Creole Shrimp Etouffée p. 151
Dijon Ham 'n Swiss p. 95
Five-Spice Beef p. 154
Hillshire Farm Oktoberfest Sausage p. 121
Honey 'n Spice Chicken p. 163
•Microwave Roast Turkey p. 166
Moussaka p. 152
Szechuan Stir-Fry p. 78

**MISCELLANEOUS**

Dom DeLuise's Marinated Vegetable Salad p. 171
Cheesy Spinach Party Loaf p. 153
Cranberry-Pear Conserve p. 166
Ecuadorean Potato Soup p. 150
Honey Mustard Dip p. 163
Honey 'n Spice Dip p. 163
LHJ Creole Spice p. 152
LHJ Curry Mix p. 152
Oriental Cucumber Salad p. 78
•Satiny Butternut Soup p. 165
Whole Wheat Popovers p. 166

**SIDE DISHES**

•Acorn Squash With Savory Wild Rice Stuffing p. 165
•Bountiful Glazed Vegetables p. 165
Curried Yams p. 152
Mexican Zucchini In Tomato Cream p. 154
•Potato-Cauliflower Duet p. 168
Syrian Rice Pilaf With Pine Nuts p. 154

# Chicken Tempters

## ONEY'N'SPICE DIP

2 teaspoons cornstarch
2 teaspoons water
1 cup Heinz 57 Sauce
½ cup honey

Dissolve cornstarch in water. Combine with 57 Sauce and honey in small saucepan. Cook over low heat, stirring occasionally, until thickened. Serve at room temperature as a dipping sauce for chicken nuggets. Makes 1½ cups.



YOUR RECIPE FOR SI

## HONEY MUSTARD DIP

¼ cup Heinz 57 Sauce
¼ cup prepared mild mustard
2 tablespoons honey

Combine all ingredients; blend well. Serve as a dipping sauce for chicken. Makes about ½ cup.

Or for a deliciously simple dip, serve Heinz 57 Sauce's unique blend of 10 herbs and spices—straight from the bottle—to add a delicious, tangy flavor to any chicken.





FOR SUCCESS.

## HONEY'N'SPICE CHICKEN

2 to 2½ pounds broiler-fryer pieces
Melted butter or margarine
¼ cup Heinz 57 Sauce
2 tablespoons honey

Brush chicken with butter; place, skin-side down, on rack in shallow baking pan. Bake in preheated 375°F oven, 40 minutes. Combine 57 Sauce and honey. Turn chicken skin-side up; brush with half of honey mixture. Bake chicken 15 to 20 minutes longer. Brush again with honey mixture. Makes 4-5 servings.





YOUR RECIPE FOR

## CHICKEN L'ORANGE

2 whole chicken breasts, split, skinned, boned
2 tablespoons butter
2 teaspoons cornstarch
⅔ cup orange juice
⅓ cup Heinz 57 Sauce
¼ cup orange marmalade
Slivered toasted almonds

In skillet, slowly sauté chicken in butter 8 to 10 minutes; remove and set aside. Mix cornstarch and juice; stir in 57 Sauce and marmalade. Pour into skillet; heat, stirring, until thickened. Place chicken in sauce; heat. Serve garnished with almonds. Makes 4 servings.





YOUR RECIPE FOR SUCCESS.



© 1988 H.J. Heinz Co.



WARM UP THE PARTY IN MINUTES

Now you can make Chex Party Mix in a microwave oven.

So once you've mixed all the ingredients, you can get it to the party in 7 minutes flat.

CHEX® PARTY MIX BRAND

© Ralston Purina Company, 1986

2 tablespoons butter or margarine
1 teaspoon vanilla extract
½ cup heavy or whipping cream
4 teaspoons dry sherry

1 package (10¾ oz.) frozen pound cake, thawed
1 tablespoon dry sherry
3 tablespoons seedless raspberry jam
1 package (10 oz.) frozen raspberries in light syrup, thawed and drained, divided
2 tablespoons sliced almonds, toasted, divided
½ cup heavy or whipping cream
2 teaspoons sugar

*Filling:* In saucepan scald 1½ cups milk. In medium bowl combine sugar and cornstarch. Whisk in eggs and remaining ½ cup milk. Gradually whisk in scalded milk. Add mixture to saucepan. Bring to a boil over medium heat, stirring constantly; boil 1 minute. Remove from heat. Stir in butter or margarine until melted, then stir in vanilla. Cool, stirring occasionally. *(Can be made ahead. Cover surface with plastic wrap and refrigerate up to 3 days.)*

In small mixer bowl beat cream until soft peaks form. With rubber spatula fold into custard along with sherry.

With a serrated knife cut cake into sixteen ½-inch slices. Brush each slice with sherry, then spread on raspberry jam. Arrange slices jam side up in 4 even stacks; cut each stack into 4 slices. Line a 2-quart glass soufflé dish with enough cake slices to cover sides and bottom. Spoon in half the filling. Top with half the raspberries, almonds and remaining cake slices. Repeat with remaining filling, raspberries and almonds. Cover and refrigerate at least 2 hours. In small mixer bowl, beat cream and sugar until stiff. Spoon on trifle. Serve immediately. Makes 10 to 12 servings, 380 calories each per 10, 320 calories each per 12. **End**

## WORLD DESSERTS

continued

½ teaspoon vanilla extract
¼ teaspoon salt

*Caramel Sauce:* In saucepan combine sugar and ⅓ cup water. Cook over high heat until caramel-colored, about 6 to 8 minutes. Do not stir. Remove from heat. Pour one third of mixture into a 2-quart soufflé dish. Rotate dish to cover bottom evenly with caramel; set aside. Pour ¾ cup water into remaining caramel. Bring to a boil; boil 2 minutes, until sugar is dissolved. Refrigerate until cold. Add rum.

Preheat oven to 325°F. In saucepan scald cream. Meanwhile, in large bowl combine remaining ingredients. Whisk until well blended. Pour in hot cream and blend well. (Do not overmix.) Strain slowly into soufflé dish to avoid bubbles. Place dish in a 13½x9½-inch baking pan; pour enough boiling water to reach halfway up sides of dish. Bake 1½ hours or until knife inserted in center comes out clean. Cool on wire rack. Cover and refrigerate overnight.

Run a sharp knife around edge of dish. Invert a serving plate over dish. Invert custard onto plate. Serve with caramel sauce. Makes 16 servings, 265 calories each with sauce.

### TRIFLE

*The British love their cake and pudding and jam and sherry, so they put them all together, and voilà!*

Filling

2 cups milk, divided
½ cup sugar
3 tablespoons cornstarch
2 eggs, beaten



THAW OUT THE PARTY IN MINUTES

When you make a big batch of delicious Chex Party Mix, save some for the freezer.

So next time, you can get a party started in no time.

CHEX® PARTY MIX

© Ralston Purina Company, 1986




SPICE UP THE PARTY IN MINUTES

Now all the spices you need for traditional Chex Party Mix come in one convenient seasoning pack. So you can make it almost as fast as they eat it!

CHEX® PARTY MIX

© Ralston Purina Company, 1986

## SATINY BUTTERNUT SOUP

pictured on page 138

*The flavors are very subtle—the apple adds sweetness, and the curry powder, spice.*

- 2 tablespoons butter or margarine
- 1 medium onion, chopped
- 1 carrot, peeled and chopped
- 1 teaspoon curry powder
- 3 cans (13¾ or 14½ oz. each) chicken broth
- 2 large butternut squash (about 3 lbs.), peeled, seeded and coarsely chopped
- 2 baking apples, peeled, cored and coarsely chopped
- ¼ teaspoon freshly ground pepper
- Plain low-fat yogurt, for garnish
- Apple slices, for garnish

In large saucepan melt butter or margarine. Add onion, carrot and curry powder; saute until onion is translucent. Add broth, squash, apples and pepper; simmer 12 minutes.

In blender puree soup in batches. (*Can be made ahead. Cover and refrigerate up to 2 days. Reheat in saucepan 15 minutes.*) Garnish with a dollop of yogurt and apple if desired. Makes ten 1-cup servings, 105 calories each.

*To reheat in microwave:* Transfer soup to a 3-quart microwaveproof casserole; cover. Microwave on Medium-High, stirring occasionally, 20 minutes. Let stand 5 minutes.

## ACORN SQUASH WITH SAVORY WILD RICE STUFFING

pictured on page 139

*Cooking the sausage in water helps reduce fat.*

- ½ pound sweet Italian sausage

*(continued)*

## THANKSGIVING

continued from page 139

## BOUNTIFUL GLAZED VEGETABLES

pictured on page 138

*The key to preparing these vegetables ahead of time: After blanching, plunge them into ice water, drain and set aside.*

- 2 containers (10 oz. each) fresh Brussels sprouts
- 1 pound carrots, cut diagonally into ½-inch pieces
- 2 tablespoons butter or margarine
- ½ teaspoon salt
- ¼ teaspoon freshly ground pepper
- ¼ teaspoon allspice
- 2 tablespoons slivered almonds
- 2 tablespoons maple syrup

Cut an X in the bottom of each Brussels sprout. In medium saucepan bring 1 quart water to a boil. Add Brussels sprouts and simmer 5 to 7 minutes. Drain. In another medium saucepan bring 1 quart water to a boil. Add carrots and cook 4 minutes. Drain. (*Can be made ahead. Cover and refrigerate up to 24 hours.*)

In large skillet melt butter or margarine over medium heat. Add Brussels sprouts, carrots, salt, pepper and allspice. Saute 5 minutes. Add almonds and syrup; cook until heated through. Makes 10 servings, 95 calories each.

*To microwave:* In large shallow microwaveproof dish combine uncooked Brussels sprouts and carrots with ½ cup water; cover. Microwave on High 8 minutes; stir. Microwave covered 6 minutes more or until vegetables are tender. Let stand 3 minutes. In small microwaveproof bowl melt butter on High 30 seconds. Stir in salt, pepper, allspice and syrup. Toss with vegetables; add almonds.




CHEX® PARTY MIX. NOW JUST MINUTES FROM A PARTY.

**Traditional Chex Party Mix recipe:**
1 stick butter or margarine
1¼ tsps. McCormick/Schilling Season-All Seasoned Salt®
4½ tsps. Worcestershire sauce
2⅔ cups each: Corn Chex, Rice Chex, Wheat Chex brand cereal
1 cup salted mixed nuts
**Microwave:** In a large bowl melt butter on high 1 minute. Stir in salt and sauce. Add cereal and nuts. Mix. Microwave on high 5-6 minutes. Stir every 2 minutes. For conventional oven recipe, see cereal packages.

© Ralston Purina Company, 1986

[illegible] butter
[illegible] margarine
[illegible] medium onion, chopped
1 cup chopped celery
2 garlic cloves, pressed
1 teaspoon poultry seasoning
1 teaspoon salt
½ teaspoon freshly ground pepper
1 cup long-grain rice, cooked
¾ cup wild rice, cooked
2 large acorn squash (2-2½ lbs.)

In saucepan bring 4 cups water to a boil. With fork prick each sausage link 3 times. Drop into boiling water and simmer 5 minutes. Remove and cool slightly. Remove casings and crumble.

In medium skillet melt butter or margarine. Add onion, celery, garlic, poultry seasoning, salt and pepper; saute until onion is translucent.

In 3-quart casserole combine rices, sausage and onion mixture. (*Can be made ahead. Cover and refrigerate up to 24 hours. Let stand at room temperature 1 hour before reheating.*) Preheat oven to 350°F. Cover and bake 30 minutes or until heated through.

Meanwhile, cut each acorn squash into 5 rings; remove seeds. Place in a shallow baking pan with 2 cups water. Cover and bake 30 minutes. Remove from pan; pat dry with paper towels. Arrange on a serving plate. Scoop ½ cup stuffing over each ring. Makes 10 rings with stuffing, 160 calories each, plus 3 cups additional stuffing, 130 calories per ½ cup.

*To microwave squash:* Place raw squash in a large shallow microwaveproof dish. Microwave on High 10 minutes, rotating dish once.

*To reheat stuffing in microwave:* Transfer to a 2½- to 3-quart microwaveproof casserole; cover. Microwave on Medium-High 15 minutes, stirring occasionally. Let stand covered 5 minutes.

## MICROWAVE ROAST TURKEY

*If you have Medium-High on your microwave, cooking time will be 1½ to 1¾ hours; 2½ to 3 hours on Medium.*

1 ready-to-cook turkey, thawed (12-14 lbs.)
2 tablespoons melted butter

Remove giblets and neck from body cavities. Rinse and dry. Truss turkey. Place breast side down in large microwaveproof baking dish. Brush with some butter. Microwave uncovered on Medium-High 45 to 50 minutes, depending on size of turkey. (If no Medium-High setting, microwave on High 10 minutes, then Medium 67 to 78 minutes.) Turn turkey breast side up. Brush with butter.

Microwave uncovered on Medium-High 45 to 50 minutes or until done, basting 2 to 3 times and draining fat. (If no Medium-High setting, microwave on Medium 75 to 87 minutes.) As you baste, check wing and leg areas; if they are done, cover with foil (if your oven allows it) to prevent overcooking. To crisp turkey skin, preheat conventional oven to 500°F. Transfer turkey to oven 5 to 10 minutes. Let stand 20 minutes at room temperature, loosely covered with foil. Makes 12 servings, 515 calories each.

# Turkey Talk

**Turkey is available in many sizes and shapes. Depending on the size of your crowd and your preference for dark or white meat, you might want to investigate some of the alternatives to a whole turkey.**

| Type and average weight | Amount to buy per person | Roasting time at 325°F. |
|---|---|---|
| Whole (12–24 lbs.) | 1½ lbs. | Stuffed: 4–6 hours<br>Unstuffed: 3½–5 hours |
| Boneless whole white and dark meat (2¾–3½ lbs.) | ⅓ lb. | 1¾–2½ hours |
| Whole breast (2½–8½ lbs.) | ¾–1 lb. | 1½–2¾ hours |
| Boneless breast (2¾–3½ lbs.) | ⅓ lb. | 1¾–2½ hours |
| Prestuffed turkey (5–16 lbs.) | About 1½ lbs. | 4¾–7 hours (from frozen state) |

For more turkey roasting information, the toll-free Butterball Turkey Talkline (800-323-4848) is open to callers from November 3 to December 24, 9 A.M. to 9 P.M. EST Monday through Friday and the weekends of November 15–16 and 22–23 from 9 A.M. to 7 P.M. EST. The toll-free USDA Meat and Poultry Hotline (800-535-4555) is open Monday through Friday, 10 A.M. to 4 P.M. EST, year round.

## CRANBERRY-PEAR CONSERVE

pictured on page 139

*If you're invited for Thanksgiving dinner, offer to bring this conserve—so little work, so much praise.*

1 package (12 oz.) fresh cranberries
⅓ cup golden raisins
½ cup sugar
¼ cup water
⅓ cup pear schnapps

Preheat oven to 325°F. In 13x9-inch baking pan combine all ingredients except schnapps. Cover with foil and bake 45 minutes. Carefully remove foil and drizzle with schnapps. Cool completely. (*Can be made ahead. Cover and refrigerate up to 1 week.*) Makes 2½ cups, 90 calories per ¼ cup serving.

## WHOLE WHEAT POPOVERS

pictured on page 138

*Whole wheat flour adds a wonderful nutty flavor to these delicious rolls.*

1¼ cups all-purpose flour
¾ cup whole wheat flour
¾ teaspoon salt
2 cups low-fat milk (1% milkfat)
4 eggs
2 tablespoons melted butter or margarine, cooled

In medium bowl combine flours and salt. With blender at low speed blend milk, eggs and butter or margarine. Slowly add dry ingredients and process until smooth. (*Can be made ahead. Cover and refrigerate up to 24 hours.*)

Preheat oven to 450°F. Spray two 12-cup muffin pans with vegetable cooking spray; pour in batter, filling each about three quarters full. Bake 15 minutes. Reduce oven temperature to 350°F. and bake 15 to 20 minutes more. Makes about 20, 85 calories each.

## LUSCIOUS PUMPKIN CHARLOTTE

pictured on page 138

*Let everyone have his just desserts—just the right flavor, just the right calories.*

12 ladyfingers (3-oz. package)
1 envelope unflavored gelatin
5 tablespoons brown sugar, divided
½ teaspoon cinnamon

*(continued)*

# *NEW* MICROWAVE RICE-A-RONI.








## OR TRADITIONAL RICE-A-RONI.




## THE FLAVOR CAN'T BE BEAT.

Rice-A-Roni. Quick. Convenient. Delicious. Traditional Rice-A-Roni, the one you sauté and simmer. Or new one-step Microwave Rice-A-Roni for modern microwave cooking.

Both easy to make, great to eat. That's why Rice-A-Roni is the San Francisco Treat.

20¢ | MFR. COUPON | EXP. 10/31/87 | 20¢

## 20¢ OFF

On Any Package of Traditional or Microwave Rice-A-Roni (including Wild).




DEALER: We will redeem this coupon for 20¢ plus 8¢ handling if used to purchase one package of Traditional or Microwave Rice-A-Roni (including Wild). Any other use constitutes fraud. Invoices proving sufficient stock to cover coupons presented must be shown upon request. Not to be transferred or sold. Offer void where taxed, restricted or prohibited by law. Limit one coupon per purchase. Consumer pays any sales tax. Cash value 1/20 cent. [illegible] Co., P.O. Box 730078, [illegible]

15300 109832

RAR/MIC-LHJ-1186-NAT




**Fifty-two smiles to a bag. Rolo®.**

That comes out to one smile for every possible occasion. A sunny day. A rainy day. Or just because. **Rolo** combines milk chocolate outside and creamy caramel inside. For a taste so good, any occasion will do.

## THANKSGIVING
continued

- ¼ teaspoon salt
- ⅛ teaspoon ginger
- Pinch cloves
- ½ cup low-fat milk (1% milkfat)
- 2 eggs, separated
- 1 cup canned pumpkin
- 1 teaspoon vanilla extract
- 1 egg white
- ½ cup heavy or whipping cream

Cut ladyfingers in half crosswise; split. In bottom of a 9-inch springform pan arrange half the ladyfingers cut sides down. Arrange remaining ladyfingers, round sides up and cut sides toward center, around side of pan; set aside.

In medium saucepan combine gelatin, 2 tablespoons sugar, cinnamon, salt, ginger and cloves. Blend in milk beaten with egg yolks. Cook, stirring, over low heat until gelatin is dissolved, about 5 minutes. Stir in pumpkin and vanilla; cool completely. In mixer bowl beat the 3 egg whites until soft peaks form. Add 2 tablespoons sugar and beat until stiff. Fold into pumpkin mixture. In same mixer bowl beat cream until soft peaks form. Add remaining 1 tablespoon sugar and beat until stiff. Fold into pumpkin mixture. Spoon into prepared pan. Cover and refrigerate at least 3 hours or overnight. Makes 10 servings, 130 calories each.

### POTATO-CAULIFLOWER DUET

*It's neither potatoes nor cauliflower that is the calorie culprit but the toppings. Teamed up, these vegetables need only each other for wonderful taste.*

- 3 pounds all-purpose potatoes, unpeeled and quartered
- Salt
- 1 large head cauliflower, cut into florets
- ½ cup low-fat milk (1% milkfat)
- 4 tablespoons butter or margarine
- ½ teaspoon freshly ground pepper
- Chopped chives

In saucepot combine potatoes with water to cover and 1 tablespoon salt. Bring to a boil; boil 20 to 25 minutes, until tender. Drain and cool slightly.

Meanwhile, in medium saucepan bring 1 inch water to a boil. Add cauliflower; cover and simmer about 7 minutes or until tender. Drain. Puree in blender or food processor.

Quickly peel skin from potatoes. In mixer bowl mash potatoes. Add cauliflower puree, milk, butter or margarine, 2 teaspoons salt and the pepper. (*Can be made ahead. Cover and refrigerate up to 24 hours. Remove from refrigerator 1 hour before reheating. Reheat covered in preheated 350°F. oven 40 minutes.*) Sprinkle with chives. Makes 7 cups, 90 calories per ½ cup.

*To reheat in microwave:* Transfer to a microwaveproof casserole. Cover tightly with plastic wrap. Microwave on Medium-High 16 minutes, stirring occasionally. Let stand covered 5 minutes.

### FRESH FRUIT WITH EGGNOG CUSTARD SAUCE

*It just wouldn't be the holidays without eggnog. Here it is, without guilt.*

- ¾ cup milk, scalded
- 2 egg yolks
- 2 tablespoons sugar
- ⅛ teaspoon nutmeg
- 1 tablespoon rum
- 2 oranges, peeled and sliced
- 2 pears, cored and sliced
- ½ pound seedless grapes
- 2 bananas, peeled and sliced

In top of double boiler combine milk with egg yolks, sugar and nutmeg. Cook over simmering water, stirring constantly, until sauce coats back of spoon. Stir in rum. Cover and refrigerate at least 2 hours. (*Can be made ahead. Cover and refrigerate up to 2 days.*) Arrange fruit and serve with sauce. Makes 10 servings, 100 calories each. **End**

Philip Morris Inc. 1986

# PLAYERS LIGHTS 25's

## 5 free in every pack.

# "I'm tickled pink!"




## 25 of the finest for the price of 20.

Mfr's. suggested pricing based on full-price brands.

Kings & 100's
Regular and Menthol

SURGEON GENERAL'S WARNING: Smoking Causes Lung Cancer, Heart Disease, Emphysema, And May Complicate Pregnancy.

Kings: 10 mg "tar," 0.8 mg nicotine—
100's: 12 mg "tar," 0.9 mg nicotine av. per cigarette by FTC method.







continued from page 124

Paralleling the patterns of today's women, they worked part-time, full-time and overtime hours. And in their private lives, most knew a dark side. Susan thought her friends had the courage of veterans, but theirs had been domestic, not foreign, wars. After a second divorce in Fort Lauderdale, Florida, Donna was meeting the challenges of single motherhood with a job she had invented, visiting manicurist. In Washington, D.C., Ellen worked at home raising two sons, one of whom had been born brain-damaged almost six years ago. Adele, the mother of five children, was still married to her high school sweetheart and living in upstate New York. She had earned a two-year nursing degree in 1982. It had taken eleven years.

Marijean, after launching successful careers in research and in finance in San Francisco, was single, childless and at forty facing the crisis of the biological clock. Barbara, an executive secretary still living in Tappan, resolved the same dilemma seven years ago, when she decided to become a single mother. Susan herself identified with their struggles, having experienced a divorce and the death of a child before settling into a happy second marriage twelve years ago. She was now living in Palos Verdes, California.

Not wishing to leave their high school promise to chance, Susan had appointed herself reunion director. She was the undisputed leader of the group. Twenty-two years ago, she had organized the informal coaching sessions when the cool girls had decided to try out for cheerleading at Tappan Zee High. "Everyone made the team that year except me," she said, laughing.

The first discovery the leader made about how the last two decades had changed her friends was that at forty, there was nothing wild or impulsive about planning the birthday pajama party. When six grown women get together for a long weekend, it takes an army of troops to replace them. Husbands, employers, baby-sitters, nurses and grandmothers had to be drafted into service to cover their myriad commitments. At forty, they had an altogether different notion of what "going crazy" meant. When the friends finally assembled in the airport, they huddled in a six-woman hug and congratulated one another profusely for their valiant efforts in just getting there.

### The price of love

The next morning, after breakfast on Susan's patio, high on a bluff overlooking the blue Pacific, the six friends relaxed in a cedarwood hot tub. Susan sketched out the activities she'd organized: a trip to scenic Laguna Beach, a formal dinner at chic Spago restaurant and a night at the elegant Beverly Hills Hotel. "But Susan, when do we *talk*?" asked Ellen. "Talk?" the leader responded as if it were a foreign word. "We'll talk in the car!"

Sitting in the hot tub, the group discovered that forty still looked great in a bathing suit. Gravity showed its effects after four decades, of course—the firm, high hips of youth had settled in around the tops of thighs. But the group unanimously agreed that Donna London, whose tanned, firm body seemed to defy gravity, didn't have to worry when the college crowd descended annually on Fort Lauderdale.

Twenty-two years ago, Donna had been the sexual prodigy of the group. She was the first to develop noticeable breasts, and the first to discover the tremors of passion. It was Donna who taught the cool girls about French kissing at informal seminars she conducted in the girls' bathroom at Tappan Zee High.

Now Donna found herself single again, after two marriages, two divorces and two other relationships. She loved men and left them but carried no grudges. She *(continued)*

# "I use Ziploc Storage Bags for all my leftovers."



Believe it or not, there are a few meals even I have trouble finishing. For instance, the dessert table on the Queen Mary. That's when I need Ziploc® brand storage bags.

Ziploc Storage Bags have the unique zipper seal I can close easily. And once it's closed it stays closed. Which means food stays fresh longer.

But storing leftovers is only one reason why I use Ziploc Storage Bags.

---

**DOM DELUISE'S MARINATED VEGETABLE SALAD**

12 servings

*2 cups fresh broccoli flowerettes*
*2 cups fresh or frozen sliced carrots (¼-inch)*
*2 cups fresh or frozen cauliflowerettes*
*1 cup diagonally sliced celery (¼-inch)*
*½ cup chopped green pepper*
*½ cup chopped green onions*
*1⅓ cups unsweetened apple juice*
*1 cup cider vinegar*
*1 teaspoon ground black pepper*

Steam broccoli, carrots, cauliflower and celery until crisp tender; cool. Combine steamed vegetables, green pepper and green onions in a gallon Ziploc Storage Bag. Combine apple juice, cider vinegar and pepper; pour over vegetables. Seal bag and shake to mix well. Refrigerate vegetables overnight; will keep up to 3 days.

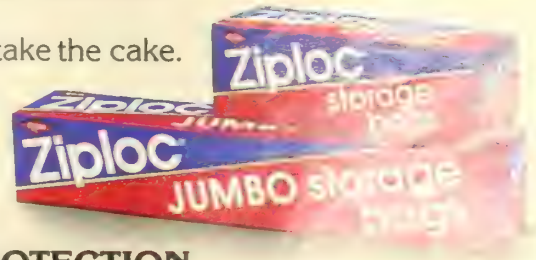
---

Ziploc Storage Bags also come in handy when the family is over for dinner. You see, my Uncle Louie uses them to bread the cutlets. Aunt Tessie tosses her salad in them. My wife Carol uses them to marinate her mushrooms. And my kids use them to sneak my sister Anne's butter cookies out of the kitchen.

What's more, I wouldn't limit myself to using just Ziploc Storage Bags. To me, that's like not going up for seconds or thirds. I also buy Ziploc Freezer Bags and Ziploc Sandwich Bags.

But when it comes to leftovers, Ziploc Storage Bags take the cake. And the cookies and the chicken and the fruit and the shrimp...

**NOW IN JUMBO TWO GALLON SIZE.**




**ZIPLOC. WE'VE GOT THE LOCK ON FOOD PROTECTION.**

*Trademark of Dow Consumer Products Inc

was friendly with their ex-wives, and with the new wives that followed her. "We *have* to be friends," Donna explained. "One of these women takes care of my daughter whenever the kid visits her father. You don't think he's doing the child care, do you?" she asked.

She had married once for economic security: "I didn't love him. I was scared and didn't see any alternative." She regretted that she needed to depend on men for financial support, and in an effort to become more independent, she had taken classes in court stenography but discovered that "sitting at a desk all day drove me nuts." So she applied for a license as a manicurist and set up her own business. This career allowed her the freedom to travel whenever the spirit moved her, prompting her friends to call her a gypsy.

Donna had left the one man she'd really cared about—a Vietnam veteran who "would just get *crazy*," Donna confided to her friends. "Words didn't reach him. He just flew into rages. I had no choice. I had to leave him."

Donna looked somber as she thought about the war in Vietnam, another kind of craziness that had rocked the lives of the baby-boom generation, creating innumerable domestic casualties, the women and children of veterans who suffered the effects when that war came home. "That war cost us sixty thousand men," Donna pointed out. "And the ones who returned aren't entirely back."

### The price of mothering

The four bedrooms in Susan's Palos Verdes home looked like the dressing rooms in an overcrowded sorority house as the six women settled in for their stay. Curling irons, skin creams, cosmetics and sunscreens were everywhere, waiting to be used in practiced routines—forty required significant preparations before starting a day.

The group started out on their tour through Laguna Beach. Slowly, the intimate talk reserved for the car began. Fair, slim Ellen Peterson Turverey, remembered fondly by her friends as the class clown back in high school, began telling the story of her first son's birth. When she spoke about Jonathan, her vocabulary was careful and precise—she had become an expert in educating friends on how to speak comfortably with the mother of a "hurt child."

"Since I waited to have children—I earned my degree and worked for ten years, and it was my second marriage—I was *ready* for motherhood. My son was supposed to become the president of the United States." Instead, Jonathan arrived, the least likely candidate to fulfill Ellen's plans.

The first awareness of Jonathan's abnormality came when he had a violent seizure one morning six months after his birth. Ellen described her terror when her infant went into convulsions, eyes rolling back in his head and limbs shaking, making sounds "that didn't resemble anything human," she said. After countless tests there was a diagnosis: tuberous sclerosis, a disease resembling autism. Ellen's acceptance of her son's irreversible brain damage was slow and painful.

The first three years were totally exhausting. Jonathan had as many as three seizures a night, and Ellen functioned, marginally, on less than five hours of sleep. She and her husband, a Washington, D.C., computer programming supervisor, refused a drug therapy for Jonathan that might have controlled his seizures, because there was a possibility of dangerous side effects.

Donna had left the one man she'd really cared about—a Vietnam veteran who "would just get crazy. Words didn't reach him. He flew into rages. I had to leave him."

Instead, they sought alternative treatments. "The parents of a hurt child will try any safe method, however oddball it sounds, if they believe it will help," she said now. Once, they took Jonathan to a psychic, whose chiropractic manipulations seemed to ease the boy's seizures, but only to a limited degree. The search continued.

Then, when Jonathan was three, Ellen came across a magazine called *Science of Mind*. "I was searching for a new way of thinking, because I still had a lot of sadness over Jonna's condition. An article mentioned that the Chinese character for crisis is the same as the one for opportunity, because the Chinese ancients regarded troubles as the way people grow. A crisis upsets normal ways of thinking, and you see things you might otherwise miss. It may sound like a rationalization," Ellen confessed, prepared for the skepticism that usually greeted her belief th Jonathan's handicap was a gift, "b when I read that article, I knew i stantly it was true."

Ellen began to change her own at tudes instead of trying to change Jon than. "There are still plenty of frustra ing days," she admitted. "He's almo six and still not potty trained." Neve theless, life with Jonathan has broug its own spectacular moments.

"Last month, I was standing at t kitchen sink, and Jonna was playing the floor," recalled Ellen. "All of a su den, he came over to me and sai 'mum-mum-mum.' " Ellen's voi cracked as she recalled her amazemen sadness and joy.

"He was looking directly into m eyes," she said. "We made contact." A she spoke to her friends, she didn move to wipe the tears that had begu coursing down her cheeks.

"You know, people like to put th mother of a handicapped child into th role of saint—but it's not martyrdo we're after," Ellen said emphaticall "It was a *thrill* when Jonathan and made contact after trying so hard for s many years. People who haven't bee there just can't know." The other pas sengers in the car waited while Elle became silent, drifting off to a plac they could only imagine. The clas clown had clearly grown up.

"Of course," Ellen said lighthearted ly, "I *do* think I'm becoming a saint. There was a chorus of groans, an Ellen was pulled, like a bad comic un der an emcee's hook, into the backseat

### The price of success

That evening, the group of friends wen to Spago for a formal celebration o their fortieth birthdays. Splendidly outfitted in a bright-green linen jacket Marijean Giannino was appointed t choose the dinner wine—she'd becom a connoisseur during her numerous business dinners. After high school Marijean had earned a bachelor's de gree in education and then a master's in educational psychology. Since begin ning her career in San Francisco ten years ago, she had advanced steadily t her current executive position as a se nior financial analyst with a large retai chain.

"You're the one I envy," Donna said in a toast to her friend, thinking of her own wish for economic independence "You're making *real* money." To Donna the fact that Marijean owned her own house and had a few modest invest ments and a salary in the neighbor hood of $35,000 made her seem genu inely wealthy. Marijean smiled and shook her head, her black curls fram ing her delicate face. "I'm comfortable not rich," she replied. *(continued)*



THEIRS.

OURS.

NOBODY ELSE
IS THIS SPOTLESS
THIS CLOSE.




Cascade. For virtually spotless dishes




seven-layer chocolate mousse birthday cake, which Susan had ordered inscribed to the group. "Here's to our first forty years," she said, raising her glass. Her warm hazel eyes radiated sheer pleasure in this intimacy of old friends.

### The price of independence

After dinner, the group went to the Beverly Hills Hotel to spend the night. They canceled their reservations for a drink at the Polo Lounge and sequestered themselves, in sweatsuits and robes, in Marijean's room. Returning to the chatter of their pajama-party years, they remembered old flames. "Ellen, did you lose your virginity to Paul?" Donna asked her friend directly.

"Paul?" Ellen looked up surprised. "I lost my virginity several times," the class clown deadpanned.

In the security of this protective huddle, tall, graceful Barbara Kesner relaxed. She was the most reserved member of the cool girls, rarely impulsive or crazy.

"Was it hard for you, Barbara," Ellen asked in a voice full of empathy, "when your pregnancy became obvious at work?" The keeper of confidences nodded, then smiled. "It was worth it," she said, thinking of her daughter, Lauren. Barbara's long separation from her husband had been well known in her office, so her sudden appearance in maternity clothes had surprised her colleagues. "My husband is the father," she had explained to her co-workers, "but we're still getting divorced."

The pregnancy was not an accident. Barbara had planned it with deliberation, understanding there would be no child support. But she also knew that before becoming single again at thirty-three, there was one more privilege she wanted to exercise as wife. Like Marijean, she wanted to be a mother. She contacted the man she'd already left, and her pregnancy was the result of their last intimate meeting.

## HAPPY BIRTHDAY

continued

Marijean had always been known as the brain of the group. Two years ago, when Adele was struggling with the statistics course required for her nursing degree, Marijean had taken a vacation in New York to tutor her friend.

But Marijean's brains hadn't yet supplied the answer to the current dilemma facing her: After her eleven-year marriage ended, she found herself adrift at forty, single and childless. The statistician looked at the probability of marrying again and didn't like the odds.

"I didn't anticipate not having a family," Marijean told her friends. "The question of who will be in my life twenty years from now is a great blank. I'm really feeling the time-bind." She spoke calmly, as if she were giving a business presentation, but her friends, all mothers, didn't miss the intense vulnerability.

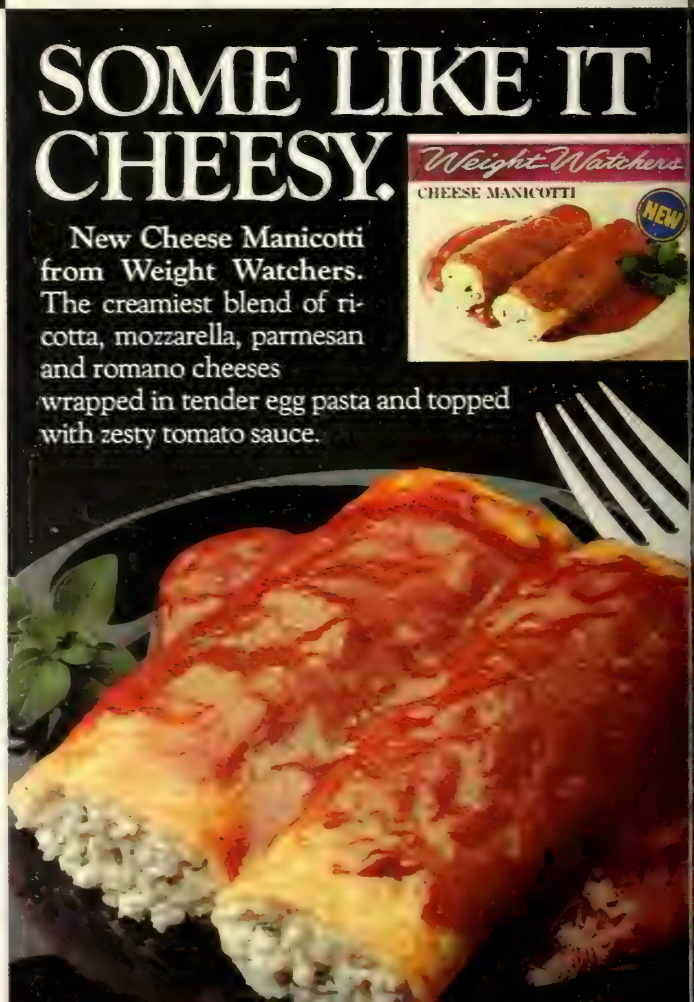
"I know I'm not alone," she said. "There are thousands of women in our generation in exactly the same bind. Ours was the first generation to have the luxury of choice, and the first to suffer the anxiety of waiting too long."

When Marijean's husband chose to have a vasectomy ten years ago, she had accepted his decision because she assumed they would always have each other. After an amicable divorce, her ex-husband told her, "I'm not sorry I didn't have a child, but I'm sorry you didn't have one." It was small consolation.

"Men come and go in our lives," she said. "But you're connected with a child for the rest of your life."

Susan nodded. "It's true. When we left our husbands, we always took the kids with us."

As a finale to the dinner, the waiters brought out a






she swung into the dance, grinning and flashing glimpses of her Sophia Loren beauty. When the song ended, she and Susan sank back into the cushions, skin glowing and cheeks flushed.

Wide-eyed, dark-haired Adele was the uncontested mother of the group, the pillar of stability. On the surface, it appeared that she'd arrived at forty without any serious wrong turns. Still married to her high school sweetheart, the only one of the group who hadn't divorced, she had a family of healthy, thriving children. With her recently acquired nursing degree, Adele now seemed to have it all.

But there had been enormous stresses—after having five children in six years, Adele had slipped into a prolonged depression.

"I realized that I was losing it when I kept running out of milk—on purpose—several times a week," she said. For five years, she was a regular at Lloyd's grocery store, where late-night shoppers lingered for hours over free coffee. "That was my night out. I was lonely and isolated, surrounded by babies. I gave everything I had, but children are such natural takers, I lost all track of myself."

When Adele decided to return to college, there was little family support. Her husband, a high school coach, spent most of his after-school hours on the playing fields. Resentment flared between husband and wife. Weighed down by the responsibilities of a part-time job and five full-time kids, Adele had taken eleven years to complete her two-year degree. Many of those years were spent fighting her continuing depression and rescuing her lost self-confidence.

But finally attaining the degree and going back to work as a professional provided numerous benefits. The extra money let her family build a new addition on the house. "It makes living with five adolescents unimaginably easier," Adele said, laughing. *(continued)*

If the townsfolk of Tappan were tempted to scorn Barara's departure from social convention, the opprobrium as forestalled by her quiet confidence. She had saved nough money by the time Lauren was born to stop workng for seven months, and she accepted her widowed nother's offer to share the family house. Seven years later, he had no regrets.

Barbara was sure of the decision for herself but was ensitive to her daughter's feelings about having only one arent. When Lauren had inquired about who would be taying with the children of the other mothers going to the eunion, Barbara had answered that most of them had athers at home.

"I felt as if I had to apologize that a father wasn't an ption for us," Barbara admitted. But her guilt receded hen Lauren answered brightly, "But Mom, we have a randma!"

"Kids are amazing," Susan said, shaking her head. "If hey can tell you're okay with something that makes them ifferent, then it's okay with them."

### The price of having it all

he pajama party lasted until three in the morning. The omen returned the next day, aspirin and hangover cures n hand, to the quiet retreat of Susan's family room in alos Verdes. Susan put on a recording of Dion's Runaround Sue" and started to snap her fingers.

"C'mon, Adele," she said, reaching out a hand to her riend on the couch. "Do you remember the dance we made p to this one?" Susan switched from her smooth aerobic hythms to a be bop step Dick Clark would have recogized on *American Bandstand*.

"Oh, God," Adele groaned, rising to her feet and picking p Susan's speed. "I'm going to need CPR after this." Then



# JEEPERS! CREEPERS!

## HOW'D YOU MAKE THOSE PIES?



**EASY!** With a little help from Jell-O® Pudding and Cool Whip,® it's easy to whip up these spectacular pies. And once your family tastes them...Jeepers, creepers!

JELL-O instant pudding and pie filling

Cool Whip

GENERAL FOODS ©1986 General Foods Corporation

"The only problem with nursing," ıe reported to her friends, "is that I anted to stop waiting on everybody at ome, but now I'm making beds and eding sick people at work."

"Would you do it again, Adele—ould you have five kids?" one of her iends asked. "No, not five," she anvered immediately, then quickly oubted herself. "But which one would give back?"

She shrugged. "It all works out." dele had never divorced, never left ome, never abandoned her commitents. But she had been in and out and ack in love with the same man, the me children, countless times. And ıe saw at least as many revolutions ıead of her.

### Risks and choices

orty moved slowly, the last morning of ıe weekend. As the friends packed, ıey made mental notes on the changes ıey'd observed: Ellen, the class clown, ad grown up, and Marijean, the brain, ad become emotional; Donna, the isky one, could turn serious, and Barara, the quiet one, could open up; dele, the mother, yearned for freeom, and Susan, the leader. . . well, the eader was looking lost. Susan had othing to pack, so she roamed from oom to room, wanting to be helpful.

Now that her plan had been skillılly accomplished, Susan was floating ı a post-adrenaline fog. But she rarely allowed for long. "It must be the Virgo in me," she told friends who comlained periodically about the vigorous ace she set. "I'm only happy when I'm noving."

At present, Susan was debating whether to return to college to finish ıer associate's degree in marketing or o teach aerobics. Her happy second narriage, to Bob, a Nissan executive, provided her with the luxury of time to hink, a privilege she felt slightly guilty about when she considered the ıardships of her friends.

Still, Susan believed she deserved his comfortable phase. If she needed o reinforce that belief, she had only o remember the moment when she ıad felt the bottom dropping out of ıer life.

It was six months after her daughter Jennifer died of spina bifida. Her daughter's illness had demanded most of Susan's time. Sleeping in the mothers' room of the hospital pediatric ward during much of Jennifer's three-year life, she had come back home and discovered her marriage was over.

Realizing there was no chance of reviving her marriage, Susan had left her husband, taking her eighteen-month-old daughter, Adrienne, with her. At her lowest point, she had a two-year-old daughter, twenty dollars in cash, no place to live and one job interview on her calendar. "The only support system I had was myself and my desires," Susan said. She moved in with a friend, put the twenty dollars down on a used car (with a loan cosigned by her mother) and talked the president of a national insurance company into giving her a job, despite her lack of experience. "Within one week, everything had turned around," she said, still amazed that she had done it.

Shortly after, a friend had insisted she accept a date with Bob. "I didn't want to go," she said. "I suppose I was still too angry and raw." But she went, and they continued to see each other. She resisted the idea of marriage for three years, not wanting to risk the hard-earned security she and Adrienne had for the first time. Finally, however, she married Bob, and when Kristin was born, two years later, Susan felt she had reached the maximum in happiness that life had to offer.

"I never understood why they called us the me generation," she commented to her friends sixteen years later. "In my book, we were the do-it-yourself generation."

In their final talk on the way to the airport, the group wondered if the next twenty years could possibly hold more twists and turns than the last. Forty was not what they had expected—it was worse, it was better. But out of all the hard times and disappointments they chronicled together, they had gained something precious: They knew who they were. They'd been humbled by crises, delighted by breakthroughs and strengthened by the enduring affection among them. Their firm belief in their ability to survive prompted Susan to suggest another pact—for a reunion at sixty.

Just as the idea of turning forty had sounded outrageous to them twenty years ago, imagining themselves at sixty made them laugh now. But it was a seasoned laugh, tempered by their awe for the power of life to change them. Unanimously, the six friends agreed to another reunion weekend, to be marked down on calendars they didn't even own yet.

These longtime friends were veterans of life—they'd taken many risks, faced the results with courage and included their own needs among their many obligations. "We'll *do* it," the leader announced firmly, reflecting on their future reunion plans, and she's probably right. The "cool girls" of Tappan Zee High had proven to be women who kept their promises. **End**




# RECIPES!

## APPLE CRUNCH PIE

Prep. time: 10 min.



1 can (21 oz.) apple pie filling*
2 tablespoons brown sugar
¼ teaspoon cinnamon
¼ cup chopped pecans
1 baked 9-inch pie shell, cooled
½ cup cold milk
½ cup cold half and half or light cream
1 package (4-serving size) JELL-O® Vanilla Flavor Instant Pudding and Pie Filling
1½ cups thawed COOL WHIP® Whipped Topping
*Or use cherry, blueberry or peach pie filling.

Combine apple pie filling, brown sugar and cinnamon; add nuts. Spread half in pie shell; chill remaining apple mixture. Pour milk and half and half into small mixer bowl. Add pie filling mix. Beat at lowest speed of electric mixer until well blended, 1 to 2 minutes. Fold in whipped topping. Spoon over apple mixture in pie shell. Freeze 1 hour or chill 3 hours before serving. Garnish with reserved apple mixture and additional whipped topping, if desired.

## CHOCOLATE PEANUTTY PIE

Prep. time: 10 min.

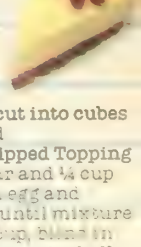


1½ cups cold milk*
¼ cup creamy peanut butter
1 package (6-serving size) JELL-O® Chocolate Flavor Instant Pudding and Pie Filling*
2 cups thawed COOL WHIP® Whipped Topping
⅓ cup chopped peanuts
1 baked 9-inch pie shell, cooled
*Or use 2 packages (4-serving size) Instant Pudding and Pie Filling and 2 cups milk.

Gradually blend milk into peanut butter in small bowl, beating until smooth. Blend in pie filling mix and beat until blended and smooth, 1 to 2 minutes. Fold in whipped topping and nuts. Spoon into pie shell. Freeze 1 hour or chill 3 hours before serving. Garnish with additional whipped topping and peanut halves, if desired.

## CRANBERRY RIBBON PIE

Prep. time: 15 min.



1 package (4-serving size) JELL-O® Lemon Flavor Pudding and Pie Filling
½ cup sugar  2 cups water
1 egg, slightly beaten
¾ cup cranberry orange sauce
1 baked 9-inch pie shell, cooled
1 package (8 oz.) cream cheese, cut into cubes
1 tablespoon grated orange rind
2 cups thawed COOL WHIP® Whipped Topping

Combine pie filling mix, sugar and ¼ cup of the water in saucepan. Stir in egg and remaining water. Cook and stir until mixture comes to a full boil. Measure ¾ cup, blend in cranberry sauce and pour half into pie shell. Chill. Chill remaining cranberry mixture. Add cream cheese to remaining filling and stir until cheese is melted; add rind. Chill 30 minutes (or place in freezer for 15 minutes). Fold in whipped topping and spoon over cranberry mixture. Freeze 1 hour or chill 3 hours before serving. Garnish with reserved cranberry mixture, additional whipped topping and orange sections or slices, if desired. Alternate Method: Spread half cranberry mixture over half cheese filling in shell; add remaining filling.




THAT'S HOW YOU MAKE THOSE PIES!

Jell-O and Cool Whip are registered trademarks of the General Foods Corporation.

insists on order, that's a poor fit, and a

Of course, sometimes a good fit naturally prevails, and sometimes it doesn't. Linda, a forty-year-old mother, describes her ten-year-old son, Greg, as a very active, terribly persistent, demanding boy with irregular sleeping and eating patterns. "I know I let him get away with things," she says. "But, frankly, Greg's bullheadedness pleases me."

Nina, a nine-year-old, often gets on her mother's nerves. "Nina's demanding, shy and clingy, and she can have a horrible temper," her mother explains. "But I admire Nina, and she knows it. I try to give her the support she needs, though I get angry sometimes because I feel she's old enough to do things on her own."

A good fit is not always in evidence in Nina's family, but Nina knows that her mother loves and respects her. According to William Carey, M.D., a pediatrician and researcher in the field of child temperament, in Media, Pennsylvania, a parent like Nina's—who recognizes that her child's behavior is temperamentally based—is more likely to act wisely and have a well-adjusted child than is a parent who blames herself for her child's behavior. "Nobody says you have to love everything about your kid," he says.

But when a child is extremely difficult, even such awareness may not be enough. For example, Lyn, a suburban mother of four, has an extremely difficult ten-year-old son, J.J. "For the first four and a half years, J.J. cried almost twenty-four hours a day," Lyn says. "He didn't sleep through the night until he was seven. When J.J. was five, my husband and I went to see a psychologist. We realized we just couldn't handle him on our own anymore."

The psychologist helped. "We learned to avoid varying J.J.'s daily routine if possible," Lyn says. "We cut down on the number of rules we insist he follow, because he finds it so hard to behave. We also learned it's important to praise J.J. for his good points."

Many temperament-oriented specialists agree that for difficult children, like J.J., some of the parenting techniques in child-rearing manuals are often inappropriate. For example, reasoning doesn't work. "These kids," says Robert Porter, M.D., a New York City child psychiatrist, "definitely need firm parents."

Turecki also advises parents of a difficult child to "take an attitude of detached neutrality when things aren't going well. Try to stand back and evaluate the situation. If a child never wants to go to sleep at bedtime, the child just might not be sleepy at a regular time each night. If that's the case, you can insist that he be in his room ready for bed at a certain hour and let him read before he goes to sleep. This way, you'll avoid battles every night."

"Parents of a difficult child need to realize they're in for a lot more trouble than other parents," Porter says. "But if they learn to be sensible, not to let situations get out of hand, not to blame themselves, their kid turns out fine."

The behavior of a slow-to-warm-up child can also be upsetting to parents, especially in our society. "Because most Americans prefer a bold to a timid child, they consciously try to make their inhibited three-year-old become less cautious," says Jerome Kagan, Ph.D., a psychology professor at Harvard, in his book *The Nature of the Child* (Basic, 1984). Kagan suggests that this can be done "if parents gently encourage a less-fearful approach to unfamiliar people and situations." The key words here are *gently encourage*. Because timidity and degree of sociability are likely to persist into adulthood, a shy child can learn to be more outgoing, but it's unlikely that the child's basic nature will change. And a parent's insisting that such a child act boldly may produce stress and conflict.

> "If parents of a difficult child learn not to let situations get out of hand and not to blame themselves, their kid turns out fine."

Social psychologist Jayne Burks, Ph.D., and her husband, psychiatrist Melvin Rubenstein, M.D., recall a patient of theirs, an outgoing woman, whose child was the opposite. "This mother worked at getting her child to be more outgoing, but the child resisted," Burks says. "The mother considered herself a failure and was so frustrated, she became abusive."

This is an extreme example, of course. "But it's not unusual for parents to become very frightened when they see behavior in their child that they don't like," says Naomi Siegel, M.A., a counselor who runs The Parents Workshop, in New York City. "They think it's going to be there forever."

Parents should give slow-to-warm-up children plenty of time to get used to anything new, suggests Richard Formica, Ph.D., a psychologist and co-founder of the Interpersonal Skills Institute, in Englewood Cliffs, New Jersey. "These kids need to rehearse what will happen," he explains. "So, for example, well before school starts in the fall, parents should talk about how the day will go."

Even an easy child can be a challenge to parents. Because these children are so undemanding, parents may unintentionally neglect them, especially if the easy child has a difficult sibling.

Easy children may also be asked to conform too much, according to Formica. "The parent realizes that the child does whatever is asked, so the parent asks more and more," he explains. "The child may actually lose touch with his or her own basic needs. They become the people who suddenly wake up after many years of marriage and say, 'Wait, I *give* all the time and never get anything in return.'"

A good fit usually exists between parents and an easy child, but not always. Take Michelle, a laid-back, very bright fifteen-year-old in classes for gifted kids. Her father "often gets quite angry with Michelle, because she doesn't seem to care about anything, especially school," says Michelle's mother. "He feels she's got to learn to deal with the competitive pressure of the real world."

No one can predict whether Michelle will learn to use more of her abilities. But because a good fit is lacking between Michelle's easygoing temperament and her father's demanding expectations, the friction between them may generate behavioral problems in Michelle.

Thus, when it comes to building a good parent-child relationship, parental approval of a child's personality plays a key role. "Everyone wants to be accepted for who she is, especially by a parent," says Schoenfeld.

Naturally, we won't always approve of the way our children act. Every parent is critical of a child's behavior at times. But we need to learn not to blame ourselves and also to let the child know that we still love him in spite of the behavior. The best way to do this, the experts agree, is to make our children understand that even though we ask them for improvement or change, we recognize them for who they are, and we like them that way, too. By accepting our child's basic temperament, we are helping him to form a base on which he can begin to develop his full potential. **End**

*Virginia Slims has gone to great lengths to bring us our very own 120's."*

# VIRGINIA SLIMS 120's




**The LONGEST Slims of all.**



1 mg "tar," 1.0 mg nicotine av. per cigarette by FTC method.

SURGEON GENERAL'S WARNING: Quitting Smoking Now Greatly Reduces Serious Risks to Your Health.




## THE YO-YO SYNDROME

continued from page 94

believe it can also be changed through a low-fat, low-sugar diet," says Fisher, director of the laboratory. "When our diet is combined with exercise, this level will be lowered even further. People lose weight and keep it off. They don't feel hungry or deprived. In fact, they don't even feel as if they're on a diet."

In 1983, Lyn was one of four hundred women who answered a newspaper advertisement Fisher had placed calling for volunteers for his new weight-loss program. Lyn went for several interviews before she was selected to be one of forty-eight participants in the study.

Volunteers were divided into four groups. The first was asked to follow a low-fat, low-sugar diet, with plenty of complex carbohydrates—whole grains, fruits, legumes. They were told there was no need to count calories, but they *were* required to build up to fifty minutes a day of formal exercise—walking, jogging, aerobic dance, and so on.

Lyn was assigned to the second group, which ate the same foods but in limited quantities, since this group would *not* be exercising. (Sports maven Lyn found the ban on activities the hardest part of the program.) The two remaining groups were put on traditional low-calorie diets, with one grou required to exercise, and the other consume fewer calories.

### Learning new habits

The new diet required Lyn to make complete change in the way she ha been eating. For much of her adult li she had been skipping breakfast. A midday, she was in the habit of gra bing a taco or slice or two of pizza—a high in fat, sugar and calories. Dinne were often eaten at fast-food restaurant

But Fisher insisted she have brea fast, so Lyn usually chose hot or co cereal. For lunch, she packed a turk sandwich on whole wheat bread wi mustard, and carrot sticks. On oth days she'd carry a thermos of sou made from tomato juice and vegetable Dinner was four ounces of chicken, fi or lean meat, a baked potato, veget bles, bread and salad.

"I was surprised, but I really didn have a hard time getting used to it all," says Lyn. "There was alwa plenty to eat. In fact, we *had* to eat t amount they told us, so they could co pare us with the other groups."

Having dieted unsuccessfully f years, though, Lyn refused to let he self get too optimistic. "I never believe this was the answer. I just told myse to wait and see what happened."

What happened was a remarkab shift in Lyn's attitude toward food. B the end of the first week, she was n longer obsessively preoccupied with d eting and counting calories. Her tas began to change, too. Gone was h craving for chocolate and other sweet gone the urge to binge and fast. Sh developed normal feelings of hung but between meals, she felt satisfied.

"If you're going to lose weight su cessfully," Fisher says, "it's critical th you experience complete satiety eve day, so the fat thermostat can relax an willingly fall."

Although Lyn did have to spend e tra time planning and preparin meals, she found her creativity cha lenged: "It was fun to see what comb nations of foods I could come up with.

Best of all, the system worked. Lyn snug clothes grew steadily looser. B the time of her final weigh-in, twel weeks after starting the program, sh had lost ten pounds. "I thought I ha lost more, since I looked great."

Though the women in all four grou lost, those in the low-fat, low-sug *plus* exercise group lost the most, ave aging eleven pounds. "We're not tryin for a sudden massive weight loss," e plains Fisher. "We are teaching mode ation and a change in habits that ca last a lifetime."

By the time Lyn left the study, h new eating habits had *(continue*

*Important New Vitamin Facts from an Independent Hospital Survey:*

# OF 105 MULTIVITAMIN/MINERAL SUPPLEMENTS STUDIED, ONLY ONE TYPE WAS FOUND "APPROPRIATE."

***Better-balanced, advanced formula Unicap M.®***
***More "appropriate" to help rebalance unbalanced meals the way nutritionists recommend.***

*Are all vitamin/mineral supplements the same? Not so, say nutritionists who conducted an independent survey within the Department of Food and Nutritional Services at a leading hospital.*

*According to them, among the 105 multivitamin/mineral supplements studied, only 16 were judged "appropriate" for most vitamin users. And that's the kind whose formulation provides neither too much (above 200%), nor too little (below 50%) of the U.S. RDA of its essential vitamins and certain minerals. Such as advanced formula Unicap M.*

*It's why the hospital's nutritionists consider Unicap M a better-balanced vitamin, better to help you rebalance unbalanced meals. Unicap M, for most vitamin users, the "appropriate" choice.*




***Potency guaranteed. Sugar free. Sodium free.***

***The Better-Balanced Vitamin from*** **Upjohn**




*Unicap: The official vitamin of the National Hockey League.*

**Nutrition Insurance Update — No. 2:**

# NEED TO REBALANCE UNBALANCED MEALS AFFECTS MILLIONS OF WORKING WOMEN.

## THESE EASY TO FOLLOW STEPS OFFER A WELL-BALANCED SOLUTION.

A USDA Survey shows that, from foods they eat, millions of Americans are not satisfying completely their vitamin and mineral needs. Among them are many working women. The reasons why vary. These include:

- Working women are often too busy, so they skip meals — only two out of five eat three square meals a day.
- Working women are concerned about being overweight — consuming less than 1800 calories a day makes it hard to get the vitamins and minerals one really needs.
- Working women spend less time in the kitchen, less time shopping for food — for them, convenience may be a more important criterion in food selection than nutrition.

To make up for these limitations to a well-balanced diet, nutritionists suggest a few sensible steps for working women to take:

- Check the labels of food products on grocers' shelves. The labels provide information about the vitamins and minerals within each product. Nutrients that can help maintain good health.
- Minimize vitamin loss by cooking vegetables in as little water as possible. Also, avoid overcooking foods, or storing them too long.
- Most important: Eat a variety of foods from the traditional four food groups — fruits and vegetables; grain products; meat, poultry, fish and legumes; and milk and milk products.

In addition, working women should consider rebalancing unbalanced meals with a vitamin/mineral supplement, such as Unicap M. This will help provide good insurance for proper nutrition...so important for women who want to maintain optimal health.

**Better-Balanced Nutritional Supplements from Upjohn.**
Designed for Health. Produced with Care.

# If you're eating a high fiber bran flake, that's good.

# If it's highest in fiber and best tasting, that's better.

## And that's Post.®

"To me, no bran flake is better than Post® Natural Bran Flakes. In fact, in a test, Post® was preferred against a leading brand. And I agree.

"This oven toasted, whole grain goodness tastes best. The flakes are the crispiest. And compared to the other leading bran flake they're highest in fiber. So I know I'm getting more.

"It was good to add a high fiber bran flake to my diet. And choosing Post® Natural Bran Flakes was even better."




Post

**The best tasting, highest fiber bran flake.**

GENERAL FOODS

© 1986 General Foods Corporation Post is a registered trademark of General Foods Corporation

## THE YO-YO SYNDROME
continued

come second nature. "I've actually anged the foods I like to eat," says Lyn. fact, if I do have an ice-cream cone, it esn't even taste that good to me anymore!" Over the past two years, Lyn has lost enty pounds—without rebounding. e's back at her regular exercise pro-am, and she's confident now that she'll able to control her weight permanently. n has thrown away her "fat" clothes ever. And last year, when she was plan-ng her wedding to Dennis Chapman, an mentary school principal, Lyn headed aight for the wedding dresses hanging the rack marked size seven—the allest size she's worn since high school!

### 10 tips for breaking the yo-yo syndrome

If you can't break all your bad eating bits at once, eliminate one (between-eal snacking, for example). Making y change—however small—will art you on a positive track.

Choose a flexible, sensible program. ur plan should include lots of com-ex carbohydrates (whole grain cere-s and bread; brown rice, beans, fresh frozen vegetables; fresh, plain frozen water-packed fruits); fish, turkey d chicken (without fat and skin). Stay away from fried foods and heavy gravies. Systematically cut down sugar, artificial sweeteners, salt and white-flour products. Limit red meats (even lean ones) to two or three times a week. Keep fat between 20 and 30 percent of your total caloric intake.

**3** Don't skip meals and don't starve; you'll only "frighten" your body and trigger a slowdown of your metabolism.

**4** If you feel hungry between meals, first try drinking a glass of water. In fact, try to drink six to eight glasses a day. Limit juice to one unsweetened fruit juice per day, and avoid colas, coffee and tea entirely. Still hungry? Go for a nonfatty, nonsugary snack: a piece of fruit; a slice of whole grain bread; a small bowl of cereal with skim milk; a toasted corn tortilla broken into chips with a small portion of salsa; air-popped popcorn; a fresh fruit shake; plain yogurt with fresh fruit, nutmeg or cinnamon; vegetables and dip made with seasoned cottage cheese.

**5** Remember that striving for perfection will probably lead to defeat; so will guilt and self-blame. If your self-control falters occasionally — and everybody's does—it's not the end of the world. Don't let that one mistake serve as an excuse to abandon your diet completely.

**6** Allow yourself small amounts of your favorite foods. You'll be less likely to binge, since you'll feel less deprived.

**7** Take heart from the fact that your new eating patterns will become automatic as you condition yourself.

**8** Develop your own convenient and enjoyable exercise program, one you can pursue on a daily basis. Begin by walking at a moderate pace, twenty minutes a day; as your fitness level improves, increase the time five minutes each week until you're walking thirty to forty-five minutes each session. When this exercise becomes too easy or boring, move on to another form of exercise—jogging, cycling or aerobics—that will boost your cardiovascular system. Exercise hard enough to perspire, but not so hard that you are too out of breath to carry on a conversation. Gradually work up to thirty to forty-five minutes of exercise each day. (Always check with your doctor before beginning any diet or exercise program.)

**9** Think before you eat. Are you really hungry? Or are you reaching for the comfort of food because you are bored, depressed, under stress or in need of a friend? If so, food won't supply what you need. Pick up a book, call a friend or go for a walk instead. Before you know it, the urge to eat may pass.

**10** Don't expect miracles. You'll see results, but you won't see them instantaneously. Patience! **End**


# Doesn't your family deserve less?

If your family deserves what's best, it deserves less. Less salt, fats, calories, and cholesterol. By helping your family eat right now, you may be establishing healthy eating habits that will last a lifetime. And, as leading health professionals agree: less is best.

Providing Fleischmann's® Light as part of a sensible diet can help to reduce excessive levels of salt, fat, calories, and cholesterol that many families often consume. Only Fleischmann's Light gives you less of what you don't want and more of what you do want. Great Fleischmann's taste.

© Nabisco Brands, Inc.

Your family deserves what's best. Fleischmann's Light and less.

**25% less salt**
**25% less fat**
**25% less calories**
**than regular margarine**
**100% delicious**




MANUFACTURER COUPON | EXPIRES NOV. 30,1987

20¢

**Save 20¢ when you buy any size Fleischmann's® Light.**

RETAILER: One coupon per purchase. ... other use constitutes fraud. ... if copied, transferred, ... only in U.S.A. APOs. ... face value plus 8¢ ... sumer have complied ... NABISCO BRANDS ... DEPT 9921 ...

8422

5 0

2900 2020

NOW THERE'S AN AUTOMATIC BLANKET SO SENSITIVE, IT KNOWS EXACTLY HOW YOU FEEL. ALL OVER.
THE NEW SUNBEAM P.M. PERSONAL MONITORING SYSTEM




## NEW MEDICAL TESTS

continued from page 48

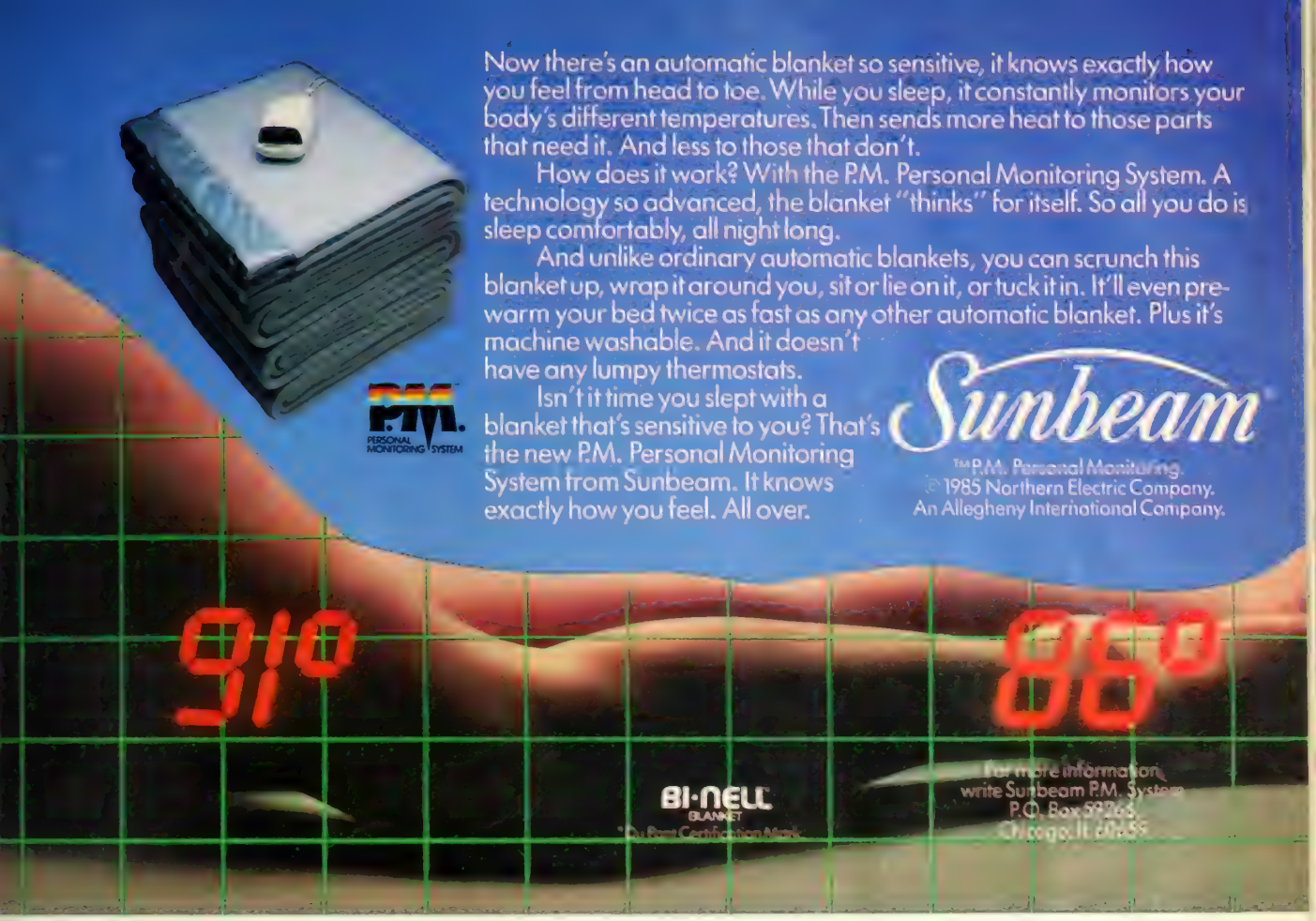
axial tomography (CAT) scan does not provide sufficient information. During the painless fifteen-minute test, the patient lies still on a table that slides into a doughnutlike machine. Images of the inside of the body appear on a monitor in an adjoining room. Since magnets, rather than radiation or dyes, are involved in creating the image, individuals with cardiac pacemakers or certain metal prostheses cannot take advantage of MRI. Cost: $600 to $800.

**Chlamydia** Doctors predict that this year, an estimated 4.6 million Americans will contract chlamydia, the nation's number-one sexually transmitted disease. Most, however, will not know they have it unless they try to have children and find they are unable to do so. What's more, when untreated, chlamydia, though virtually symptomless, is one of the chief causes of tubal pregnancy. Until now, a definite diagnosis could be made only by using a costly ($50 to $60) tissue culture that yields results in about a week. However, the new and inexpensive ($20) *antigen detection test* (ADT), a blood test, provides answers in as little as thirty minutes, making it an important screening tool for men and women with two or more of the following risk factors: being under twenty-four; having multiple sex partners; not using a barrier form of contraception; having a thick, creamy genital discharge. One caveat: The new test yields a high percentage of false positives; if you receive a positive result, a tissue culture will be needed to confirm the diagnosis. But doctors hope the low cost and the quick results of ADT will make it a practical first step.

**Foot, leg and lower-back pain** The *electrodynogram* (EDG), known as the EKG for the feet, allows a physician to take an electronic measurement of the foot muscles to see whether any parts of the foot are bearing above-normal pressure. The results may indicate the origin of pain. For instance, if one leg is slightly shorter than the other, if a person is not walking properly or if she is carrying her weight unevenly, the imbalance may be reflected in the foot. For the test, thin, flexible sensors are attached to key spots on the sole. As the patient walks around for a few minutes with a microcomputer strapped to her waist, the sensors record pressure points, which show up on the EDG printout. The doctor can make orthopedic corrections—perhaps adding heel lifts or arch supports or prescribing exercises to improve posture and weight distribution. Cost: $150 to $200.

**Suspicious growths** A new proce dure called *fine needle aspiration* ca effectively diagnose lumps and masse anywhere in the body—without th surgery required for the traditional bi opsy; it is used most often for th breast, thyroid, liver and pancreas Convenient, simple and quick, the tes can be done in a doctor's office. An the results are available immedi ately or within a day or two, dependin on the part of the body tested. Guide by an ultrasound image, the docto uses a very fine needle to penetrate suspicious mass and remove a few cell for study. Cost depends on the area t be aspirated (some are not as accessibl as others); the procedure can be don for as little as $50.

**Temporomandibular joint dys function syndrome** An estimated 2 percent of all Americans suffer fron facial pain and tenderness in the jaw and neck. This condition may be trig gered by any number of problems— clenching or grinding the teeth, a poo bite, a blow to the face or jaw, disease of the joints (for example, arthritis and, often, stress; therefore, doctor have difficulty making a diagnosis. Re cently, however, doctors have found tha *digital sonography* (which has bee used effectively in cardiovascular an pulmonary medicine since early 1984




ds remarkably accurate diagnoses. ing the painless fifteen-minute pro- ure, a tiny digital stethoscope is ked inside a patient's ear and at- ed to an ultrasound machine, ch records any sounds made by the as the patient slowly opens and es her mouth. Since a normal jaw kes no sounds, any clicking indi- s some dysfunction. Treatment—ch can consist of orthopedic reposi- ing appliances, to prevent teeth n grinding, as well as biofeedback other relaxation techniques—can n be prescribed. Cost: $175.

**pression** Clinical depression can difficult to diagnose, because its ptoms are so diverse and often nic those of other illnesses. Now a ple blood test may help doctors de- nine with greater certainty when eone has the condition. The *dex- thasone suppression test* (DST) cks for levels of cortisol—a natu- y occurring hormone—whose pro- tion fluctuates in the clinically de- ssed. The test works this way: At 11 , for example, a patient takes one ligram of dexamethasone, a syn- ic steroid similar to cortisol. At 3 the next day, blood samples are wn and checked for cortisol levels. nondepressed persons, the body's out of cortisol decreases; in depressed people, it rises. The drawback: inaccuracy. Other conditions (pregnancy or fever, for instance) can produce false positive results; also, some depressed people may show normal results. Still, many doctors believe the information that DST yields is valuable. Cost: $15 to $30.

**Brain and body function** One of the newest dazzlers in the medical arsenal is the *positron emission tomography* (PET) scan, which allows doctors to peer into the body to see how it works, not just how it looks. So far used principally to understand the metabolism of, and blood flow to, the brain, the PET scan reveals information that can be helpful in the treatment of epilepsy, schizophrenia and stroke. Doctors hope to use it in treating Alzheimer's disease. The patient is given an intravenous injection of an isotope that can be tracked through the brain by a scanner. It is possible, for instance, to observe a person having a seizure and determine precisely where in the brain the seizure is taking place. Armed with such information, doctors can better plan treatment. However, the PET scan is still in testing stages and is available at only a dozen centers. Its use can be arranged only on a doctor's recommendation, and since it is experimental, the cost is absorbed by the project's sponsors. **End**

## MAMMOGRAPHY

continued from page 48

to another town, your mammograms should go with you. Having your previous mammograms to compare with your most recent ones will help your new doctor enormously.

Deciding to have a mammogram is only half the battle. The other half is making sure you get a good one. Without a high-quality mammogram, you can't get an accurate diagnosis and will get nothing more than false security.

There are steps you can take before the procedure to help ensure a clear picture and a minimum of discomfort:

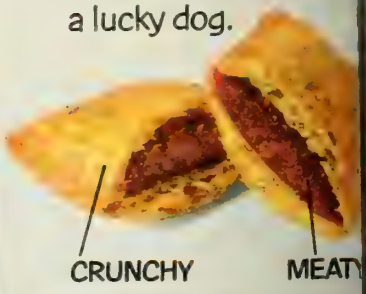
- Try to schedule the mammogram for just after your period, when your breasts are the least sensitive.
- Avoid caffeine for about a week prior to the mammogram, since caffeine can make the breasts more sensitive.
- Don't wear any deodorant on the day of the test, since most deodorants contain aluminum flecks, which can show up on the X-ray and make it difficult for the doctor to read.

Beyond these personal steps, there are a few guidelines to follow in order to monitor the quality of your breast-cancer screening. A good mammogram depends on five factors: new, low-dose X-ray equipment; *(continued)*

# I'M A LUCKY DOG



My new dog food has a tender beefy center inside a crunchy bonemeal crust. It's new Lucky Dog® brand dog food from Purina. That's what makes m a lucky dog.







Purina

Helping pets live longer, healthier lives

© R.P. Co., 1986

## MAMMOGRAPHY
continued

, low-dose film; good film processing; experienced X-ray technologist to the mammogram; an experienced ologist to read the X-ray.

ere's how to evaluate each of these ients to ensure that you are getting best mammograms.

**equipment**

Then you make an appointment for ammogram, ask how old the equipit is and whether the machine is a icated mammographic unit. (X-ray hines that are designed specifically mammograms, and produce low-en- X-rays, are called dedicated mamgraphic units.) You should not have ammogram performed on a ma- e that is more than five years old. enerally, the newer the machine, better the mammograms it will duce, because of its advanced tech- l design. Some of the newer ma- es can magnify portions of the ast for detailed study. They also e a special device that helps im- ve the image on very dense breasts easts that contain more glandular fibrous tissue and less fat). The de-, called a bucky/grid assembly, re- es scattered radiation to improve picture contrast. This increases the iation dose to the breast; however, h the newer machines and film, the e is still very low.

**e film**

'ind out which of the two common mmographic techniques—xeroradiaphy or screen-film combination—ir doctor uses.

Both xeroradiography and screen- n radiation rely on low-dose X-ray osure to produce pictures of the ast. The difference between them is t xeroradiography pictures are de on a specially processed paper, l screen-film combinations are made X-ray film. Xeroradiography reires higher radiation doses to proce the picture.

With current technology, a woman ll receive the lowest radiation exsure if she has a mammogram taken a dedicated mammographic unit th a screen-film combination. It has en reported that the typical radiation se from screen-film mammography is small that a woman's risk of develop- breast cancer and dying from that ncer as a result of the radiation can equated to the risk of dying from ng cancer after smoking one quarter a cigarette.

**e film processing**

Ask if the technologist will process e first film before continuing the ammography (generally, two or three ews are taken of each breast), to make sure that the appropriate exposure is being used. Breasts have different densities, and although the newer mammography units have automatic exposure, processing the first film separately absolutely ensures that the following films will produce the best possible mammogram.

**The technologist**

- Request a female technologist if you would be more comfortable.

The technologist is responsible for putting you at ease. Having a mammogram makes most women nervous, because they are anxious about the results. The technologist should be able to help you relax, and she should explain what she is doing. A calm and relaxed patient is actually an important element of a good mammogram, because she is more likely to be still (movement can blur the image slightly, making it more difficult to read).

- Ask about the technologist's special training in mammography.

> **"The death rate from breast cancer for women over fifty could be decreased by more than 30 percent if all women had regular mammograms, because survival rates are higher when the disease is detected early."**

Your chances of getting a good mammogram are greatly increased if the technologist has had special training. She is the one who actually takes the pictures; it is she who determines how the breast is positioned on the film, whether all of the breast tissue is included in the picture and how much compression is needed. (Some women have more compressible breasts than others, and compression is important because it produces a uniform thickness.) The best equipment, film and processing in the world are useless if the technologist makes an error on any of these points.

- Expect to feel some discomfort while the breast is being compressed.

The more compression, the better the image—which can mean the difference between discovering and missing a cancer. Compression should not, however, be painful. A good technologist will compress a breast, then release the pressure slightly. Any discomfort should last for no more than a few seconds.

Some women feel slight aches in their breasts after the mammogram from the compression, but this is nothing to worry about and can be treated with over-the-counter pain relievers.

**The radiologist**

- Go to an office or hospital that has a staff radiologist who will review the films while you wait.

Sometimes, for instance, four views of the breasts aren't adequate because the radiologist sees something suspicious and needs a better angle or a magnification view. If the films aren't reviewed until later, you may have to come back.

- Choose an experienced radiologist, since he or she often recommends what happens next when something suspicious shows up on the mammogram.

For instance, if there is a dense area on the mammogram, the radiologist may turn to ultrasound, another imaging tool. When mammography and ultrasound cannot give a definite answer, a biopsy (removal of the suspicious area to determine whether it is cancerous or not) may be required. New in-office techniques for locating and removing tiny growths that cannot be felt are replacing the conventional hospital biopsy, and the radiologist may be involved in this procedure, too.

But not all suspicious areas that show up on a mammogram need further investigation or treatment right away. Sometimes, the radiologist will recommend that the patient simply return in a few months for another mammogram. In any case, since the radiologist is responsible for analyzing the mammogram and recommending the next course of action, it's important to choose a skillful doctor.

Mammography is currently the best means we have to detect breast cancer, and it is considered 85 to 90 percent accurate. Why isn't it foolproof? Some cancers don't show because they have the same density as the surrounding breast tissue; others are hidden within the breast tissue. In general, however, the accuracy of mammography is tied to the overall quality of the images. If you are careful to have your mammograms performed on new equipment, with the latest screen-film systems, by qualified and skilled technologists and radiologists, you can be assured that you are receiving the most accurate breast-cancer screening possible.

But the first step is for you to take the initiative and ask your physician to order the test. The next is to recognize that mammography is only one weapon in the war against breast cancer and must be combined with monthly breast self-examination and regular physical examinations by a skilled doctor. **End**

# Electric Train Sets only $5



*(Shapes of cars may vary*

As part of a nationwide publicity campaign, a leading New York firm will give away its best-selling set of battery operated electric trains —the nationally advertised GFX™ TRANS-AMERICAN GOLDEN EAGLE FLYER™—for the astonishing price of only $5 each to every person who writes to the company address (below) before Midnight, Dec. 25, 1986.

**This *original* publicity ad must accompany your request. No copies or photostats.**

These are the same famous nationally advertised GFX "GOLDEN EAGLE" electric train sets featured in leading media throughout America. They are the fastest-selling set of electric trains currently being sold by this multi-million-dollar firm. *Yet your price is just $5 for the complete set if you act promptly.*

**Trains, tracks, switches, railroad station —everything is included**

Each set includes an independently battery powered turn-of-the-century locomotive—pulling a coal tender, boxcar and caboose. Also included are 8 sections of modular tracks and a dual position lever-switch that shunts the entire train from track-to-track and from curve to straightaway. You also get colorful cardboard cut-out figures of passengers, a uniformed trainman, a period style railroad station, phone booth, train-master's office, even signal posts, stop signs and yard posts!

**You control every operation with a flick of your finger**

You can couple the cars or uncouple them, switch locomotive power on or off—all with easy finger action. Able to run continuously from noon to midnight (a full 12 hours) on just one ordinary alkaline "AA" flashlight battery *(not included)* the entire set is so easy and safe to operate that it is *manufacturer-rated for children as young as age 3.* (That is, if they can get it away from Daddy!)

The total track area circumscribes an impressive 240 squar inches in area. But you can make it bigger—much bigge That's because the track is modular, so you can put two or mor sets together, creating huge "super-systems" with *multipl* trains running at the same time.

**You can even stage your own crashes and "catastrophes"!**

Imagine the excitement of two trains hurtling towards eac other "full steam ahead"—and coming together in a spectacula collision that flings them violently from their tracks...*wit absolutely no damage to trains or passengers.* Simply replac the trains on the track and send them on their merry way again

Is it any surprise that this is the fastest-selling set of electri trains ever sold by this multi-million dollar company. *Yet you publicity price is only $5 for the complete set.*

**Not available from us at this price in any store.**

These electric train sets will *not* be sold at this price by th company in any store. There is a limit of two (2) sets pe address at this price. But if your request is mailed early enough (before Dec. 17) you may order up to 7—*enough to build a "super-system" that will turn friends green with envy.* And every set is covered by the company's unconditional one yea money-back guarantee.

To order, mail this *original* publicity ad (no copies or photostats together with your name and address and $5 for each set. Add only $2 shipping no matter how many sets you are ordering (New York residents add sales tax.) Allow up to 6-8 weeks fo shipment. *Make check payable to RBM Ltd.* Mail to: **RBM Train Offer, Dept. 949-108, Box 1782, Hicksville, New York 11802.** **(R44300)**

©1986 RBM Ltd 1200 Shames Drive Westbury, N Y 11590

# "I'M READY."




As more and more people are beginning to find themselves ready for the unusually satisfying taste of Wasa Crispbread, : can't help but wonder about the rest you.

Could it be you just don't know what to ake of Wasa?

After all, Wasa is not only healthy but nsiderably more versatile than ordinary ackers; it's clearly crunchier and lower in lories than soft bread; it's even an excelnt source of natural fiber—an important alth consideration these days.

And there is certainly no end to a asa's uses—whether it's an early morning eakfast with butter or jam, a light lunch th chicken or tuna salad or a late night ack alone or with cheese, Wasa ispbread is tasty, healthful and satisfying.

It's no wonder we're developing a loyal id steadfast following. Of course, Wasa isn't actly jumping off the shelves, you underand. There's no shortage of folks who ntinue to resist trying something that is dmittedly) a little different, a touch unusual.

But we do understand. And we don't ant to rush you.

So look, when you're ready (whenever at may be), you'll find a fresh selection of asa Lite Rye, Breakfast, Golden Rye, Sesame heat, Fiber Plus, Hearty Rye and Savory Sesne Crispbread in the store waiting for you.

For some of you, we figure we could be for a long wait.

**OME PEOPLE MAY NEVER BE EADY FOR WASA CRISPBREAD.**





# Traditional lasagna you don't boil before you bake?

## *Delicious!*

You don't boil the noodles when you make Golden Grain Lasagna. Just layer them in with the other ingredients. Then add our rich, zesty Marinara Sauce—made from Mama DeDomenico's original recipe.

Tonight, serve a delicious lasagna dinner—30 minutes faster. The No-Boil recipe is on the package.




MANUFACTURER'S COUPON | EXPIRES 10/31/87

20¢ 20¢

**20¢ OFF** on a 32 oz. jar or two 15 oz. cans of Golden Grain Marinara Sauce (or Marinara Sauce with Mushrooms), or any package of Golden Grain Lasagna.




DEALER: We will redeem this coupon for 20¢ plus 8¢ handling if used to purchase one 32 oz. jar or two 15 oz. cans of Golden Grain Marinara Sauce (or Marinara Sauce with Mushrooms), or any package of Golden Grain Lasagna. Mail coupons to Golden Grain, P.O. Box 1480, Clinton, Iowa 52734. Invoices proving sufficient stock to cover coupons presented must be shown upon request. Other void wherever taxed, restricted or prohibited. Cash redemption value 1/20 cent. Golden Grain Macaroni Co., San Leandro, CA 94578.

15300 109053

20¢

PST/SAU-LHJ-1186-NCA


# FITNESS FORUM

## GET FIT FOR A BETTER SEX LIFE

Has sex become less enjoyable as you've gotten older, or since you've had a bab or gained a few pounds? It could be tha you're out of shape for sex. Pregnanc weight gain, aging and even a seden tary lifestyle can contribute to a loss tone in the pelvic floor and vagina muscles, which may result in less sen sation during intercourse. These mu cles need exercise to remain strong an firm, especially if they have bee stretched by childbirth.

If you have this problem, don worry—it's easy to get back in shap Just practice the following firming e ercises. (Before starting this or any e ercise program, consult your doctor.)

**Kegels** These exercises involve co tracting and releasing the muscles the pelvic floor, and you can do the anytime. Elly Rakowitz, co-author *Living With Your New Baby* (Berkle 1986), says that regardless of wheth you've had children, it is important do Kegels to maintain muscle tone you get older. (If you have bladder-co trol problems, consult your docto Kegels are also helpful for women wh experience pain or discomfort durin sex due to muscle constriction cause by anxiety or stress.

To do: Lying down, sitting or stan ing, tighten your vaginal muscl firmly. To isolate these muscles, ima ine that you're trying to stop the flow urination. Hold for five seconds; r lease. Repeat often throughout the da

**Pelvic lifts** To strengthen pelvic, va inal and buttocks muscles: Lie your back, knees bent and feet should width apart. With your back flat on th floor, slowly lift your buttocks a fe inches off the floor. Tense your vagin and buttocks. Hold for a count of fou Slowly lower. Repeat ten times.

**Pelvic tilts** These exercises are pr marily for the back and stomach, but you tighten your vaginal and buttoc muscles, tilts tone them also. To d Standing straight, with knees slight bent, tilt your pelvis forward, whi tensing your buttocks and vagin muscles. Now tilt your pelvis back. R peat ten times.

**Stretching out** To maintain flexib ity, do these stretching exercises ofte

- Standing, reach from the waist a stretch your arms toward the ceiling.
- Sitting on floor, spread your legs f apart, knees slightly bent. Bendi from the waist, touch your left ank with both hands. Hold for a count of eigh repeat on other side.

—WENDY KO

# BERNINA

# We Took The Time To Do It Right




## Introducing the Swiss-Made Bernina 1130.

### The easy-to-use, mistake-free computer that really sews

**The Machine with the Most Daily Advantages**

Bernina's new 1130 sewing machine is computerized, t don't let the computer scare you. The 1130 combines e intelligence of a computer with the simplicity expected om a Bernina.

Stepping into the future with the quality of the past, s designed to be simple, easy-to-use, and easy-to-un- rstand. Simply turn it on and sew; it's virtually mistake-proof. The 1130 is a genius among machines. Never again will you wonder which presser foot to use; the 1130 tells you. The infinite stitch width and length adjust automatically for proper stitch formation. And the 1130 remembers things that you may not. If you have to stop a project to quickly sew a buttonhole, the 1130's memory saves your pattern and stitches at the touch of a button.

**ust a few features of the ew 1130 Bernina:**

- A state-of-the-art infra-red buttonhole feature which automatically measures the buttonhole and conveniently repeats it.
- Reverse sewing button near the needle so your hands don't leave the fabric
- Automatic Needle-stop up and down
- Designed to meet every woman's fantasy.
- Unique cutter and holder for thread ends and much more

ee how the most advanced omputer technology makes for e simplest sewing on Bernina.

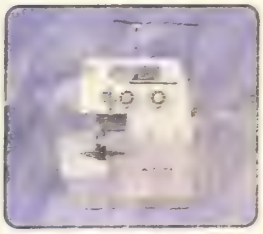
## Free Special Offer*

**While Supply Lasts or Dec. 31, 1986**

**— an estimated $700 Savings —**



With the purchase of the Bernina 930, your choice of a Free Model 203 Bernette Overlock



The Bernette is the most-sold overlock in the world.

or

a Free Bernette Ironing Press Made in Switzerland



"Meet the [illegible]" and you'll never want to hand iron again.

Made in Switzerland, the Bernina 930 Electronic is the most-sold European Sewing Machine in the U.S.A

*Exclusive of Trade-ins or discounts at Participating Dealers only

**Bring in this Coupon**

Importer: Bernina Sewing Machine Co., Inc. 70 Orchard Dr. North Salt Lake, Utah 84054 (801) 298-3882

Consult white or yellow pages for your authorized Bernina Dealer.


NEW
Best Foods
Light
Reduced Calorie Mayonnaise
The Best Tasting Light In The Land.
New Best Foods Light Mayonnaise is the light of a new day. With only half the calories of regular mayonnaise, new Best Foods Light has a rich, thick texture that stands up to everything you put it on. No other light mayonnaise tastes as good as Best Foods. It's absolutely delicious. Spread the word.

# SAVE $3.00 ON THE COOKBOOKS THE CHEFS COOK UP.

Now, for a limited time only, you
n savor the gourmet secrets of
e chefs at the California Culinary
ademy—at palatable prices.
th the purchase of any of the 14
es in the CCA Cookbook series—
autiful, easy-to-follow volumes
voted to specific food categories
MEXICAN COOKING,""SOUP &
EWS,""CAKES & PASTRIES"),
u'll receive a mail-in rebate coupon
rth $3. That's a saving of 47% on
e suggested retail price of $7.95.
nat's more, along with the $3
bate, you'll be mailed back two
50 rebate coupons good toward
ditional purchases.

These books are an amazing value, with 160 tested recipes and 70 full-color photographs in each, and are endorsed by the California Culinary Academy, one of the world's most respected chef training schools. Look for this special offer now at bookstores, or wherever fine books are sold.

CALIFORNIA CULINARY ACADEMY



*Arnold smile before."*

*"He got the last bite of Crèmerie."*



Who could resist smiling about new Crèmerie triple creme appetizer cheese?

New Crèmerie triple creme cream cheese from Philadelphia Brand. Rich. Creamy. Tempting. Choose from French Onion. Herb and Garlic. Garden Vegetable. And Garden Herb. Serve Crèmerie soon and watch it disappear.




New Crèmerie triple creme appetizer cheese from Philadelphia Brand.
Now disappearing at the finest occasions.

Available in limited areas © 1986 Kraft, Inc

# ♡BEAUTY GUIDE♡

## MAKEUP TIPS FROM TOP MODELS

It's true that beauty comes from within, but even natur needs a little help sometimes. The following hints, fro Carol Alt, Kim Alexis and other models, can help you mak the most of what you've got.

**Face** • The secret to good-looking makeup lies in th blending. Use a transparent powder over everything t blend and mute any harsh effects.

• Once opened, makeup shouldn't be kept around for mor than six months, especially eye makeup, since it can becom a breeding ground for infection-causing bacteria.

• Always apply your makeup in the same type of light i which you will be seen.

• Use a base that's a little lighter than your natural ski color. If you have any facial blemishes, a darker foundatio won't cover them—it will stain them.

• For a lighter, less drying foundation, mix loose powde with water.

• To soften a dominant jawline, contour under your chi using a large brush and a light-brown powder. Use the sam powder to make a wide nose look thinner.

**Eyes** • Don't use an eyeshadow the color of your eyes— will actually detract from, rather than enhance, their natu ral color.

• To provide mascara with extra staying power, lightly pow der lashes before applying.

• To make small eyes look larger, put your lightest shado right under the brow, a medium shadow on the lid and darker shadow line in the crease between the eyelid an brow bone. Shade the outer part of the lid darker than th inner part. And don't line the inner edge of the eye—it wi "close up" eyes that aren't big to begin with.

• Curling your lashes will also make your eyes look bigge Always curl them before applying your mascara. Otherwis lashes may bend sharply instead of curve, and mascara wi make lashes stick to the curler.

• You can create a distinct eyelid by putting a darker eye shadow powder in the crease of the eye, a lighter color unde the brow and another light color on the lid, and blendin them all together.

• For an elegant, glamorous look, fill in the little hollow a the outer corner of your eye with smudgy black pencil, s that it blends right into the upper and lower liner.

• When tweezing your eyebrows, never create new eyebro shapes. Instead, just pluck strays and lengthen with penc if you have to, or fill in with a very sharp pencil the sam color as your brows. For a more natural look, brush hair down before feathering in lines, so that your own brow hair will cover and blend in with the pencil lines when you brus them back up.

• Since black skin absorbs color easily, black women shoul use powder shadows on their eyes rather than cream which tend to cake and congeal in the creases. And using dark eyeliner on the inner edge of the lower lid, as well as o the lash lines, will prevent eyes from blending in with skin

**Lips** • Put a bit of foundation on your lips before you appl your lip color to give it more staying power.

• To make thin lips appear thicker, use a burgundy line just above the natural lip line. Then soften the line you'v drawn by blending it into your lips with your pinky, and fi in with a soft, pink-toned lipstick. Too much lipstick an frosted lipstick make thin lips look even thinner.

• Don't use a liner on too-thick lips—aim for softnes around the lip line. Use a fairly transparent lipstick an avoid bright colors.

—SHERRY SUIB COHE

# REEN THUMB JOURNAL

r first priority this month should be to winterize your den so it will be in good shape for next year. Gather all aining plant refuse and add it to the leaves in your compost o. If you shallow-till your garden now, you can destroy a e number of grasshopper eggs and other potential pests by sing them to the sun, weather, birds and other predators. autumn, while the soil is still relatively warm (about 40 to legrees F.), the roots of dormant shrubs and trees will rb nutrients more readily than they will in early spring. you should apply fertilizer after the leaves of the plant e fallen off.

nce the soil temperature reaches 32 degrees F. and the und begins to get hard, you should apply mulch to your s of bulbs and perennials. Use four to six inches of a light erial such as straw or evergreen branches. However, don't asty. The purpose of mulch is not to warm the ground but eep the soil temperature constant and prevent heaving. If lied too early, mulches can do more harm than good.

### Tips for gardeners

Thanksgiving centerpiece is complete without decorative rds, so next year why not plan ahead and grow them in r own garden? Like cucumbers, gourds grow on tender es, have yellow or white flowers and need a lot of sun. The es will do better if you grow them on a fence or trellis. You stuff young gourds and bake them as you would squash. and peel mature loofah gourds to make sponges from their ny insides. To use gourds as decorations, wash the fruits dry them in the sun. Dip them in alcohol and then paint or lac them.

ried flowers and lush foliage seem particularly appropri- for display this season. The best flowers to use in your angements are artemisia, straw flowers, yarrow, honesty everlastings. They will dry beautifully if you tie them ether and hang them in a moderately dark, dry place for weeks. Combined with small branches of beech, leucothoe ayberry that have been soaked for six days in a 33 percent cerine and water solution that you can mix yourself, they make a lovely, lasting bouquet.

### Answers to your gardening questions

*For indoor blooms this winter, can I dig up some of my unias, cut them back severely, pot them and bring them into house?*

That's not a good idea, because your petunia plants will end looking straggly and bare. Instead, pick off some new ots that have flowers, remove the blooms and the er leaves and place the shoots in a vase of water. They uld root in about ten to fourteen days. Then place them in a and, as they grow, pinch them back to make them full healthy.

*Why do so many of the potatoes from my garden go soft soon r I've stored them?*

As a rule, you shouldn't harvest your potatoes until their s are completely dead. They will keep longer if you leave m in the ground until their skins are tough and cannot be ily rubbed off. Be sure to store potatoes in a moderately st place with a temperature between 35 and 40 degrees F. also important that plenty of air can circulate around m, so don't pile them more than twelve to eighteen inches h in boxes or trays. And remember to check all your stored etables periodically and swiftly dispose of any that show ns of spoilage.

—C. Z. GUEST

*nd your gardening questions or tips to C. Z. Guest, LHJ, 3 rk Avenue, New York, NY 10016. Enclose a self-ad- essed, stamped envelope if you want a personal answer.*





Dreams are made of new Crèmerie triple creme appetizer cheese.

New Crèmerie triple creme cream cheese. Blended with selected herbs and spices. In four delicious varieties. You'll find Crèmerie next to the Philadelphia Brand cream cheese in your grocer's dairy case.




New Crèmerie triple creme appetizer cheese from Philadelphia Brand.
Now disappearing at the finest occasions.

Available in limited areas. © 1986 Kraft, Inc

# A traffic jam in Traverse City, Michigan. Home of the best pies in the world.



In Traverse City, Michigan, ducklings have the right of way. And the Chef Pierre Pie Company still makes pies the way your grandmother used to. With special attention to the fruit. And pastry dough made in small batches, for crusts that are tender, flaky and crisp—never soggy or doughy.

Take our apple pies, for example. We use Northern Spy apples. Sure, they're rare and hard to come by. But there's not a better-tasting apple on the face of the earth.

Our pies come ready to bake yourself or handily pre-baked to warm in a regular or microwave oven. Look in your grocer's freezer.

**Chef Pierre. The best pie you can buy.**



# Famous Nationally Advertised Circus Clown Dolls

## for only $5



As part of a nationwide publicity campaign a leading New York firm will give away one of its most expensive childrens dolls—the famous Nationally Advertised™ Adoradoll™ Circus Clown Dolls—for the astonishing publicity price of only $5 apiece to every person who writes to the company address (below) before Midnight, Dec. 5, 1986.

**This *original* publicity ad must accompany your request. Copies and photostats are *not* acceptable.**

These are the same famous Adoradoll™ Circus Clown Dolls nationally advertised in leading media across America. Both the BOY Clown and the GIRL Clown have authentic "huggable-soft" plush bodies, rainbow-colored clown costumes, lace trimmed collars and floppy pom-pom hats.

Each doll is over a foot tall. They are great big huggable clowns your children can actually put their arms around and really make friends with.

The cutest and most lovable Circus Clown Dolls you've ever seen, these authentic Adoradoll Circus Clowns are perfect "pals". Every child in America would love to own one—so don't miss out by responding too late. These are the fastest selling and most popular Clown Dolls ever sold by this multi-million-dollar New York firm.

These Famous Nationally Advertised Circus Clown Dolls will *not* be sold at this price by the company in any store. There is a limit of two (2) dolls per address at this price, but if your request is made early enough (before Dec. 17) you may request up to 7. Each doll is covered by the company's full one-year money-back guarantee.

To obtain your authentic Circus Clown Doll mail this *original* publicity ad (no copies or photostats) together with your name and address and $5 for each doll. (Specify: Boy Doll - R42271 or Girl Doll - R42272). Add $2 shipping per doll. (New York residents add sales tax.) Allow up to 6-8 weeks for shipment. *Make check payable to RBM Ltd.* Mail to: **RBM, Clown Doll, Dept. 949-107, Box 1708, Hicksville, New York 11802.** **(R42270)**



©1986 RBM, Ltd., 1200 Shames Drive, Westbury, N.Y. 11590

## HOLLYWOOD PARTY

continued from page 104

he was real royalty or a con man. I couldn't help feeling somewhat responsible for the decision.

I continued to circulate. All around me were celebrities: Alana Stewart (ex-wife of both George Hamilton and Rod Stewart), in a very low-cut gown; Elke Sommer, in a see-through-to-the-waist number; Sugar Ray Robinson and his elegant wife, Millie. Although stargazing was terrific, I decided to really have fun and devote myself to some serious eavesdropping.

"Just look at her," said one woman sotto voce as she pointed to the wife of a Hollywood producer. "Her sapphires are as big as the Ritz."

"Her husband's belly is also as big as the Ritz," answered her friend. "She can keep the sapphires."

In another corner, someone asked, "Did you see Diana Ross at Spago last night? It was so *cute*. Her kids were pestering Linda Evans for her autograph. Don't they know their mother is Diana Ross?"

Just then, a knockout redhead passed me on her way to the oysters. "I love the way the web on your dress catches the light," she said with a smile. "Dynamite!" I sighed with relief and stood up just a little straighter.

Suddenly, as if on cue, the small talk stopped. All attention was drawn to the doorway. "What's happening?" I wondered aloud.

"Word is probably out that she's coming," someone answered.

I didn't have to be told that "she" was Elizabeth Taylor, still the woman who most represents pure glamour and beauty, the undisputed star of stars.

Harry, who has had years of experience photographing the famous, was at my side immediately. "If you want to have a word with the Lady, do it as soon as she comes in, while everyone else in the room's still in shock," he instructed, "because a minute after that, she'll be inaccessible."

There was no spotlight when she made her entrance—surrounded by bodyguards and followed by guests of honor Bacharach and Sager—but it somehow seemed as though one were shining right on her. The crowd of luminaries all craned to see her. You could have heard a pin drop.

She was a surprisingly tiny woman, considering her larger-than-life image. The white gossamer dress she wore was embroidered with satin and organdy, tiny seed pearls and glitter. Her short black hair was frosted and threaded with miniature white orchids and white satin ribbons. Her diamond earrings hung almost to her shoulders, and that spectacular Richard Burton diamond was on her finger.

Harry gave me a little push. "*Now*!" he whispered.

My heart pounded, my knees felt weak, but I moved. "Miss Taylor," I managed. "I—we—can't wait to read your book." (I happened to know from well-placed sources that she had signed a contract to write a diet book, in which she'll talk about how women feel when they become overweight.)

"Oh," she said, "I guess that means I'll have to write it, doesn't it?" Her voice was low and cultured.

"Who are you?" she asked, looking directly into my eyes. There were two hundred people watching. I stammered something about my invitation and Harry's covering the party for *Ladies' Home Journal*.

"I always read the *Journal*," she said with a smile as she took my hand. "Thanks for coming tonight. I appreciate it." And she moved on, leaving me alone, my knees still weak.

**My heart was pounding as I approached her. Two hundred people watched. "Miss Taylor," I said, "I can't wait to read your book." Her voice was low and cultured. "Oh," she said, "I guess that means I'll have to write it, doesn't it?"**

The crowd moved into a tent on the tennis courts for dinner. Each table was covered with white cloth and featured a bouquet of white lilies, tulips and freesia as a centerpiece. Huge pillars draped in white chiffon lined the perimeter of the room. Liz's table—the best in the house—was directly in front of the stage.

At my table was Jay Bernstein, the famous talent-agent-turned-producer, whose celebrity clients included Farrah Fawcett, Linda Evans and the host of *Entertainment Tonight*, Mary Hart. To my left was Armand (Army) Archerd—the Liz Smith of Hollywood, who writes an industry news column for *Variety*—and his ebullient wife, Selma.

"There's Rob Lowe, the teenage heartthrob," whispered Army. "He's holding hands with Melissa Gilbert, star of *Little House on the Prairie*."

I decided to take advantage of Army's insider view and give him a little quiz.

"If the Queen of Hollywood is sl Elizabeth Taylor, who's the undispu King?" I asked him.

"Jack Nicholson, without a doul he answered. "Where he is, th where the action is."

"Who was the nicest star?" I ask warming to the game.

"Bill Holden," he answered with any hesitation. "We all miss him. was *honest*."

"Who's the most un-Hollywood?"

"Carol Burnett—all she *really* ca about is her family."

Elegant waiters poured the first many glasses of wine and served first course: jumbo shrimp sauteed lime butter with avocado crescer served in a tiny pastry coquille. V medallions followed, touched with delicate morel sauce. There were a teeny red potatoes with parsley butt and baby zucchini and carrot blosso served with an orange glaze. Dess consisted of a fragile chocolate sh filled with zabaglione custard, out which spilled fresh raspberries in pool of crème fraîche. I began worki my way through the filling, saving t lush flavor of the Belgian chocolate last. One or two delicious bites into i realized everyone else was leaving t fattening confection untouched. quickly put down my fork.

Then it was showtime. Liz took t mike, thanking Burt and Carole "opening our eyes and helping us to s more clearly. That's what friends a for." The radiant couple serenaded ea other and the audience with a medl of their hit songs. Barry Manilow p formed next, wooing everyone with l romantic voice.

The magical night, I realized, w drawing to a close. The crowd mov outside to wait for their cars. I stc next to Zsa Zsa and Barry as a sea Silver Cloud Rolls-Royces, Bentle and block-long stretch limousines we driven around the huge circular dri way to be claimed by their owners.

"God," I whispered frantically to r husband, "I don't remember what o limousine looks like. Would you rec nize the driver?"

"No way," he answered. "They look alike to me."

But just then, a sleek silver limo sine pulled up, and its chauffeur g out, tipped his cap at me and, with t tiniest of winks, said formally, "Yo car, Madame."

"Thank you," I said as I swept Larry followed with élan—at least, I sure it *looked* like élan.

As we pulled away, we waved goo bye to Zsa Zsa, whose car hadn't a rived yet. Larry and I hugged ea other and collapsed in laughter. *Th* was a Hollywood party. **En**

© 1986 R.J. REYNOLDS TOBACCO CO.

# Low isn't... lowest.




6mg 4mg 7mg 5mg 3mg

# Now is lowest.

By U.S. Gov't. testing method.

SURGEON GENERAL'S WARNING: Cigarette Smoke Contains Carbon Monoxide.

NOW. THE LOWEST OF ALL BRANDS.

Competitive tar levels reflect either the Jan. '85 FTC Report or F... method

SOFT PACK 100s FILTER, MENTHOL: 3 mg. "tar", 0.3 mg. nicotine av. per cigarette by FTC method.

# NOTHING-TO-IT STUFFED TURKEY

NEW STUFFING IDEA
À LA REYNOLDS®
OVEN COOKING BAG.



STEP 1

Combine favorite stuffing ingredients in turkey-size or large-size oven cooking bag (no bowl to wash). Close bag with tie from carton. Cut 15 half-inch slits in each side to allow juices to flow into bag.



STEP 2

Place bag with stuffing inside turkey, turning bag sideways to fit. Loosely pack; part of bag may hang out of cavity.



STEP 3

Place stuffed turkey in turkey-size Reynolds® Oven Cooking Bag following directions in carton insert. Allow extra cooking time for stuffing. See time/temperature chart in carton.



STEP 4

When done, cut turkey bag open and carefully remove stuffing bag, using pot holders. Place stuffing in serving bowl. Transfer turkey to platter and garnish.

Clip and save these instructions.



## With Reynolds® Oven Cooking Bags, you can cook your stuffing as easily as you cook your turkey.

Now it's a cinch to stuff and unstuff your turkey. The turkey juices flow into the bag as both turkey and stuffing cook up flavorful and juicy all by themselves. Plus there are no bowls or pans to clean up. What could be more convenient!




Another quality product from the makers of Reynolds Wrap® aluminum foil.

## LINDA EVANS

continued from page 80

ydney. This out-of-the-way spot was ie setting for *The Last Frontier*, the cent mini-series about a woman who kes over the enormous job of running er late husband's cattle ranch in Aus-alia. For Linda, best known for her amorous role in *Dynasty,* life in the esert meant a constant struggle with ie forces of nature.

### Adventure and hardship

the outback, Linda found, the tem-erature changed drastically in a mat-r of hours. In the morning, it usually overed around the freezing mark, but midday, the hot desert winds helped ush it up to 100 degrees, before it ummeted again by nightfall. In addi-on to the great changes in tempera-re, Linda had to get used to the flies nd bugs, which were everywhere.

"I wanted a great adventure, and at's what I've had," she said. "I don't now anybody who's ever said, 'I'm go-g to Alice Springs for my vacation.'"

Linda had to summon quite a bit of urage herself to continue with the ming under the grueling conditions. here were times when she wished she ad never accepted the project. "I al-ays knew it would be an adventure ooting out here, but sometimes I ought I had bit off more than I could ew," Linda said. "The outback is ery harsh land. The Todd River, which sually runs through town, was a ked bed of dried and cracked earth. here were cows and kangaroos lying ear the roadside, dead from drought. n used to working with props, not the al thing—smelly, ghastly, decaying imals, picked at by vultures."

Another fact of outback life that nda wasn't prepared for was bulldust, dark-red powder that stings the eyes nd clings to hair and clothing. Even ie faintest of breezes can whip the ainy dust into a blinding, painful ndstorm. At times, Linda needed spe-al goggles and a face mask just to be ble to see and breathe.

But even the sand and flies seemed inor compared with Linda's ordeal in muddy watering hole. It happened at ght, during the shooting of a scene in hich Linda and her Australian co-ar, Judy Morris, have a fight in the imy, slug-infested water. The temper-ure outside was well below freezing, nd a doctor was on hand to guard gainst hypothermia. For six hours, re hoses simulating a rainstorm oused the battling actresses. It wasn't ng before Linda was shivering uncon-ollably. When the shooting was fi-ally completed, she went to stand ear a small fire that one *(continued)*


# Heart donor.



He's the Heart-To-Heart Bear. The bear with the beating heart. And right now you can help him in the fight against heart disease and stroke. When you buy a Heart-To-Heart Bear, Chosun will make a donation to the American Heart Association. And that'll do your heart good.

**HEART-TO-HEART BEAR**
**BY CHOSUN**

Official Sponsor of American Heart Association

# CAN YOU MAKE IT TO YOUR NEXT PAYDAY?



Carry&Toss™ bags

More freedom from...New Freedom®

The terrific Funnel-Dot® protection of New Freedom is easier to carry, easier to toss. A whole supply of these moisture-proof bags comes inside boxes of New Freedom pads. They're portable, disposable, and subtle. Perfect for carrying...and tossing.




®Registered trademark of Kimberly-Clark Corp. © 1986 KCC


## LINDA EVANS

continued

of the crew members had built. As she rubbed her hands together, trying to warm them, she burst into tears.

"That was the most miserable experience of my life," Linda said. "I kept trying to tell myself, 'Think warm,' but nothing worked. I don't know how I got through the night's shooting."

Then there was the scene in which Linda had to dash into a burning house to save her son but was forced back by the flames. During shooting, the actress got too close to the burning building and was nearly singed. Only a protective gel that had been applied by the stunt coordinator saved her from being badly burned.

But from her tough experience, Linda developed an appreciation for the Australian outback. "There's an energy to this land, a vitality, that I've never seen anywhere else in the world," she said. "The land is beautiful, but it has to be respected."

Life in Alice Springs also helped Linda come to grips with one of her pet peeves. "I've always had an obsession with cleanliness," she explained. "Not a crazy, wipe-everything-twice preoccupation but rather a real need to keep things neat and tidy. So when we first arrived here, I tried hard to keep it all clean. But after a while, I just gave up."

Linda's experience also made her realize how much of her life she'd spent dressing up—and that's something she wasn't very proud of. "Until I came here, it was important to me to be a fashion plate, even when I was just going out shopping," she explained. "Now I realize I may have been overdoing it. When I get back home, I expect I'm going to be a lot more rebellious about dressing up just to meet the expectations of others."

### A change in attitude

When Linda went out in the evening in Alice Springs, she didn't even put on makeup or jewelry. No black evening bags or gowns, no high-fashion creations. "It was baggy sweatshirts, jeans, and take-me-as-I-am," she said enthusiastically. "If the people who saw me expected something else, that's too bad."

One evening, after a grueling day of shooting, the glamorous star returned to her hotel muddy and wet, her makeup caked and streaked, and her hair a tangle of kinks and full of sand. Before *The Last Frontier*, the self-conscious actress would have sneaked in the back entrance to avoid being seen. That night, however, Linda walked slowly through the lobby, her head held high, muddy tracks behind her. A
though the hotel guests gawked, Lin
savored every minute.

"The maitre d' of the restaurant
the hotel lobby was very proper," s
said. "He always beckoned to me: 'Pe
haps Madame would like to dine he
this evening?'

"This time, when he saw me all mu
dy, his jaw dropped and he said not
ing," she recalled. "It was wonderful.

Except for the maitre d', Linda foui
Australians to be remarkably infc
mal, particularly on the set. In Hc
lywood, crew members deferential
call the actress Miss Evans. In the ou
back, it was "Hey, Linda," and even t
most junior crew member felt comfor
able calling her "luv." In the dese
Linda was just one of the mates.

So when a scene was filmed in whi
she had to run carrying her bags from
helicopter to her cattle ranch, it w
Linda who carried the bags back to t
starting point when the director call
for another try. And when the crew d
scended a mountain in the blackness
an outback night, there was no one
help her overcome her fear of height
"It was the sink-or-swim school
moviemaking," she admitted.

Linda can now look back with a smi
at the time she was forced to put on h
makeup in a gas station, since no oth

e could be found near the set. sat near the hoist in the middle of service bay as people gathered to k," she said. "Right next to me was r getting its oil changed, and over- l was a sign that read 'At Shell, : satisfaction is important to us.'"

) be sure, there were attempts to give la first-class treatment. A helicopter ed her to and from location each day, cases of American beer and bottled er were flown to Australia from Cali- ia. But for the most part, her stay in outback was less than indulgent.

Why did Linda choose to travel to the ert and take on such an unglamor- demanding role? "I wanted to do ething that showed people another of me," she explained. "In this vie, I wasn't pretty in every scene— from it. I wanted to prove that I'm e than just Krystle Carrington."

### Life after *Dynasty*?

now that she's shown the world an- er side of her, will Linda Evans want o back to being just Krystle? Next r, her *Dynasty* contract expires, and is already thinking of quitting.

I'm at a turning point in my career," admitted. "I'm really not sure ether I want to continue with *Dy- ty* after next year. There's some- ng very appealing about being free do different projects—no more day- lay grind, no more responsibility of ng a weekly series. I'd love to have freedom to do what I want and go ere I want when I want."

inda's eyes grew misty. "Just think- about whether I should quit or not kes me want to cry. The recognition appealing. I always wanted to be ed by everyone. *Dynasty* has taken e of that. Millions of people love me ause they love the character I play. But I can give that up," she said. "I e myself now, and I can give myself the roval that I once wanted from others. hell with what anybody else thinks!"

She also won't allow herself to get noyed by all the rumors about her nances. She does feel the need to set record straight, however.

Listen," she said, "here's the final rd and the truth. I was not engaged Richard Chamberlain. I was not en- ged to [Los Angeles restaurateur] orge Santo Pietro and I was not en- ged to [real estate tycoon] Richard hen. Richard and I were seeing each er for about a year, and it's over. He n't build me a ten-million-dollar me, and we're still friendly.

There's no one person in my life ht now," she continued. "I intend to ve a good time and do a lot more ing. Besides," Linda added, wiping r sweat-streaked brow, "who'd want cuddle someone this dirty?" **End**




LADIES' HOME Journal SHOPPING SERVICE

SWEATER AND SKIRT OFFER as seen on page 120

**Ladies' Home Journal**
**P.O. Box 506, Dept. J115**
**Chappaqua, New York 10514**

**Fully refundable if not satisfied!**

QUANTITY

| | Color | S (6–8) | M (10–12) | L (14–18) |
|---|---|---|---|---|
| Cardigan Sweaters | Teal | | | |
| | Cream | | | |
| | Black | | | |
| | Fuchsia | | | |
| Crew Neck Sweaters | Teal | | | |
| | Cream | | | |
| | Black | | | |
| | Fuchsia | | | |
| Skirts | Teal | | | |
| | Cream | | | |
| | Black | | | |
| | Fuchsia | | | |

**Signature**_____

**Card No.**_____ **Exp. Date**_____

**Print Name**_____

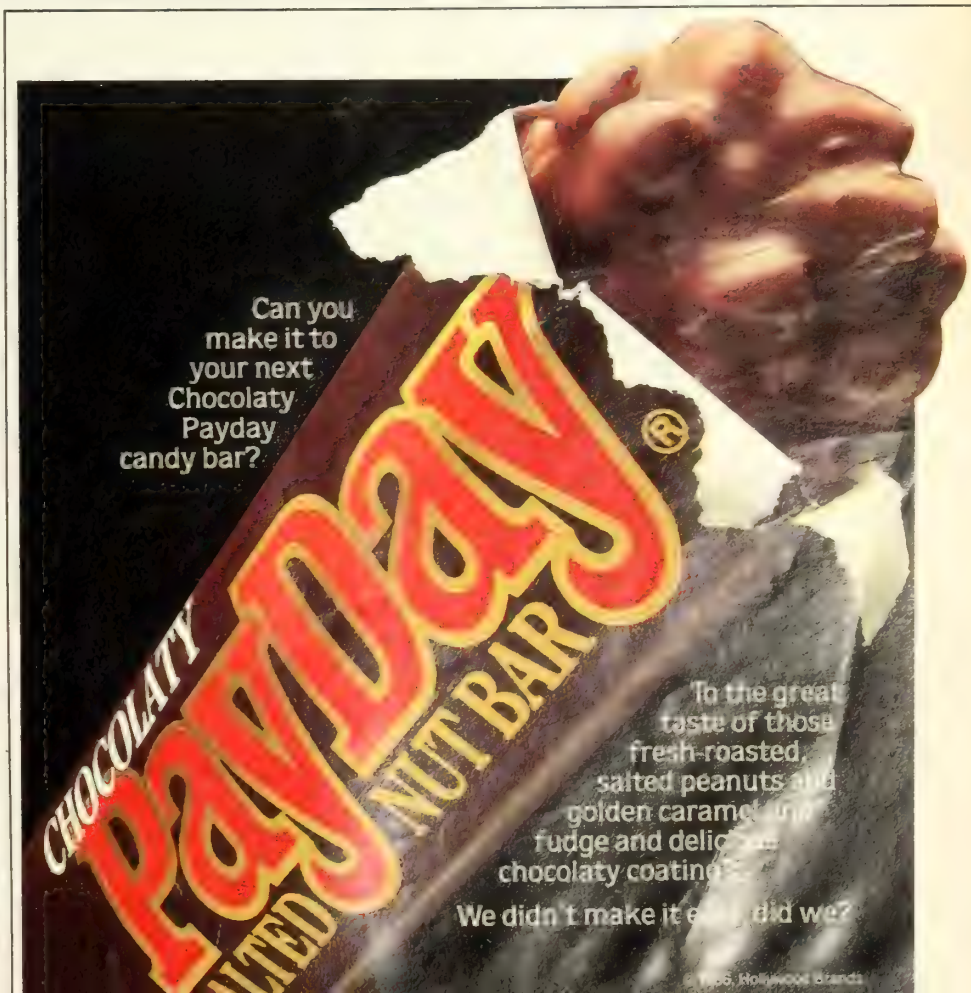
**Address**_____

**City**_____ **State**_____ **Zip**_____

The price of each sweater-and-skirt set is only $49.95 plus $4.00 postage and handling. The price of each sweater is $33.00; of each skirt, $22.00. Add $3.00 for each sweater or skirt for postage and handling. Enclosed is my check or money order for _____ made payable to RMS Sales, Inc. Or charge my ☐ Mastercard or ☐ Visa.

For Canadian orders use U.S. funds. Add $3.00 to postage and handling charges. Please allow 4–6 weeks for delivery. Vendor: RMS Sales, Inc., 107 Seven Bridges Rd., Chappaqua, NY 10514.





## ANTI-AGING GUIDE

continued from page 137

[illegible] become stained over the years, see a dentist about bleaching (cost, $150 to $250 per session; three to five sessions are usually needed). With whiter teeth, you'll be looking for excuses to smile. Definitely young.

**Stand tall** Hunched or rounded shoulders, a curved spine and a protruding tummy and pelvis not only add years to your appearance but they also make you look careworn, fatigued, defeated. Nancy Besser, director of One to One Fitness Center, in New York City, offers these two exercises for better posture and body alignment:

**1.** Stand with your back to a wall, your heels about three inches away from it. Bending your knees slightly, try to flatten your spine against the wall. Hold fifteen seconds. Repeat three times.

**2.** Lie on the floor with your knees bent, your arms at your sides (elbows straight) and the small of your back pressed to the floor. Keeping spine pressed to floor, extend your legs, then walk them back up to the knees-bent position. Repeat three times.

**Step up exfoliation** How come? Young skin sheds its dulling upper layer of dead cells every fifteen to twenty days, but for more mature skin, the process takes twenty-five to thirty days. As cells pile up, the skin begins to look rough, uneven, ashen—the very opposite of the glowing, polished complexion associated with youth. Mechanical exfoliators—gently abrasive puffs or sponges, washcloths and cleansing grains—should be used twice a week to lift away old cells. (Use a light touch to avoid irritation.) Follow with moisturizer.

**Redefine your proportions** by pairing a large top—a roomy pullover, a long cardigan with shoulder pads, or a relaxed oversize jacket—with knit leggings, stirrup pants or a narrow knee-length or longer skirt. Wear as is, or belt for more definition on top. Vary fabrics and colors to suit the occasion.

**Highlight** your hair for a visual facelift. Spot coloring, expertly done, pulls attention away from problem areas and toward your best features, says Louis Licari. Examples: Concentrating color at temples puts the focus on eyes and deemphasizes jowls and creases in lower half of face. A too-thin, hollow-cheeked face can look younger and fuller when hair at sides is lightened or brightened. Highlighting the top and slightly darkening the sides can make a heavy face seem slimmer and more youthful-looking.

**Flatter your neck** If it's short, if you have one chin too many, if your jawline isn't as firm as it once was, make sure necklines are easy and nonconstricting. V-necks are terrific lengtheners, as are bateaus and button-front shirts with open necks and lapels. Don't wear cowls, turtles or tight, high, Victorian looks; they shorten your neck and draw attention to chin and jawline. For the same reasons, avoid choker necklaces and long, dangling earrings.

**Thicken your hair** Here are four terrific ways to do it: • Use products that increase volume without adding oils that weigh hair down. (Mousses are great, as are shampoos and conditioners with protein.) • Try coloring; it will penetrate and add bulk to the cuticle of each strand; results last as long as the color itself. • Have a perm or body wave. • Learn to aerate your hair with a blow-dryer: Bend at the waist, flip damp hair forward and dry the underlayers; then throw hair back to finish drying the top.

**Make your cheeks glow** with fresh, young color. Clear, rosy pinks are best. Muddy oranges, wines and browns look fake and add years; so do glittery and frosted shades. Best location for blush is high on cheekbones. Applied too low, or used to contour, cheek color tends to drag the face down—something to be avoided. Extra blush benefit: Dab a small amount on brow bones for a look of wide-eyed alertness.

**Exercise** Do aerobics at least three times a week. It's an all-in-one anti-aging strategy. Vigorous physical activity burns off extra calories and thus helps control weight without dieting. It increases flexibility and accelerates the rate at which skin cells receive oxygen and nutrients, so your skin looks healthier and younger. Exercise helps prevent bones from becoming thin and brittle, an all-too-common problem associated with aging. It boosts energy levels high enough to keep you active, accomplishing, enjoying.

**Get enough rest** Lack of sleep can make you look and feel older than almost anything else can. Sleep with your head raised on lots of pillows to avoid fluid retention in the tissues of the face. Excess fluid leads to morning puffiness in eyes and face.

**Look to your feet** The way you dress them can pile on the years or lift them off. Neutral, skin-toned panty hose, especially when worn with dated shoe styles such as thick heels and pointy toes, look dowdy and out of fashion. Choose flats in classic shapes, with bright colors and textures for added dash. Younger and sexier are pumps or slingbacks in vivid, bold colors worn with matching hose. Youngest and sexiest—because they make legs look their slimmest and longest—are sleek black high heels paired with sheer black hose. **End**

## SNAPSHOTS

continued from page 119

saved. I wish you would believe m

"Please . . . let's try."

Peter bends down to push the bod the piano so he can wash away the m underneath.

"Don't do that! You'll hurt yours I say. "Your back might go out."

The piano doesn't budge.

"I feel like Sisyphus, but instead rock, I've got mud."

"This is only temporary."

"My life is temporary." His blue e deepen with emotion. "I don't lik muddied up."

"But we have no choice. Please, not to be so irritable."

"Let's dump it. Sell. Forget it."

"Stop saying that. I love this hous won't leave."

"Don't say you won't. It's someth we must consider."

"I refuse to talk about it."

"Then you water this rose garde He throws the hose down; the wa continues to flow. "I've had it!" he s angrily. He struggles with the kitch door until I hear it slam.

I go to our bedroom on the sec floor to be in another world, one color and texture, romance and util Its hold on reality is comforting. I sh er away the mud, while mentally pairing each room and restoring pieces as they once were.

In bed, a few short weeks ago, bef the flood, Peter said, "Pregnant wom are beautiful." He glided his hand o my belly, exploring the changing sha "The baby's growing," he said in a lighted way, as if he alone were resp sible. "I can't wait to feel it, to see elbow or a knee poke out."

"Are you going to be one of th pushy parents who need their childr to be the first to walk and talk?"

Peter wrapped me close, and I rest my head in the hollow of his shoulde drew an imaginary smiling baby on chest: eyes, lashes, ears and eyebrow

Those tender moments have ceas as if they too were ruined in the delu We've become disconnected, like t things in our house. It is unbearable think about one more loss.

In the early gray hours I awake, th push away the oncoming day with m sleep until the room is bright with su Peter comes close to me, speaking gent "I'm sorry I lost my temper."

"That's okay," I say. "I understar The flood has done terrible things to Let's go back to the way we were bef the flood happened."

"I met Bernie the other day. He told m that he's constructing houses at Co entry Hills. I said we'd go out and ha a look . . . please, just *(continue*

# FOR EVERYTHING IN YOUR WASH, BORATEEM® BLEACH IS LIKE A BOX OF FRESH AIR.




Borateem bleach, will get your laundry sparkling white. But that's just the beginning.

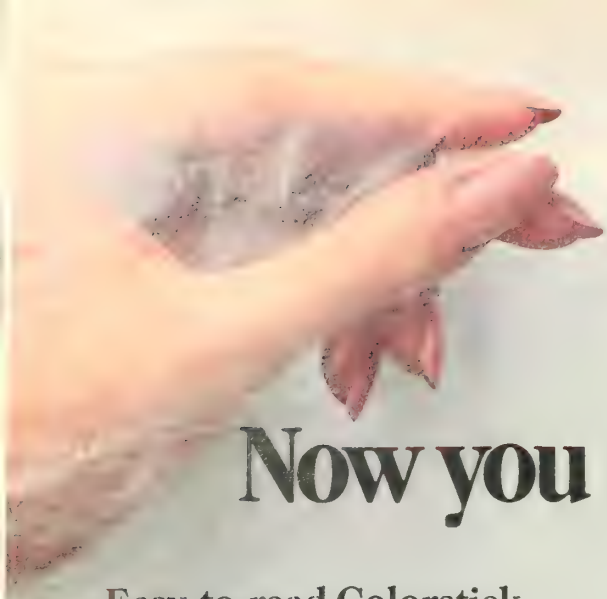
Because, unlike some ordinary bleaches, Borateem actually adds brightness and luster to all the colors you wash. And, unlike some ordinary bleaches, Borateem is so gentle, it's safe for even your most delicate items.




And, unlike some ordinary bleaches which can make your clothes reek of chlorine, Borateem leaves your entire wash smelling as fresh as all outdoors.

All that from a simple, striped white box that sits on the supermarket shelf, right next to the ordinary bleaches.

*The only bleach with borax.*



# Now you can be positive.

### Easy-to-read Colorstick

Only Advance has an easy-to-read Colorstick that shows your results clearly. A color change to blue, as shown above, means you're pregnant. No color change, as shown below, means you're not.

### Fast results

Advance give you fast results. It cuts down waiting time to a mere thirty minutes. Some home pregnancy tests make you wait one to two hours. Advance also lets you test yourself as early as one day after a missed period.




### Accurate results

Advance is the same kind of pregnancy test that is used in hospitals. What's more, Advance is simple to use, and it is easy to read. So you can feel extra-confident with the results of your test.

### Toll-free number

If you have any questions about the test, simply call the toll-free number included in each kit. A specially trained registered nurse will be ready with answers.

**Advance® Pregnancy Test.**
**The easy way to know for sure.**

# Even if it's negative.



Advanced Care Products © OPC 1986

# AN ELEVATED IDEA.



Spacemaker™ drip coffeemaker. Now great coffee comes from above your kitchen counter. Because there's a built-in timer, you can wake up to a freshly brewed cup. Backed by Black & Decker's full 2-year warranty.

BLACK&DECKER™
IDEAS AT WORK.™

©1986


"I just can't, Peter. It won't work for me."

"Why not? It's beautiful."

"I know. But I love our home. I need the sidewalks, the neighbors and the parks. I need to be with people when I wheel our baby."

Peter is silent. I fear he has shut out my words.

The men in khaki arrive.

"We came to help. What do you want us to move?" asks a young man wearing thigh-high boots. He looks around the room, then at the piano on the floor, and winces. "Real ivory keys. I used to play a piano like that when I was a kid. We carted two others out today—we had to break them apart to get them out the door."

"Wait. Don't take it. Not yet," I say.

I kneel in front of the keyboard. I stroke each black and white key. They don't move. There is no sound. I lower the cover over them. Tears roll down my cheeks. The young man in khaki turns away.

Peter picks me up and wraps his arms tightly around me.

"The past needs to go," he says. "For starters, we'll buy a new piano."

"I can't let you do that. We need so many other important things."

"That's important," Peter says. "The S.B.A. is giving loans only to fix flooded houses, not to relocate. I've done some figuring, and we can't afford to move. I just hope we can get rid of the smell."

"I'll battle the mildew with oceans of Clorox. I promise."

One of the men in khaki asks, "Does this box go?"

"I don't know," I say. "What is it?"

Peter looks in the box. His grandfather's letters and newspapers have stuck together. He tries to pull them apart, but they have become molded like papier-mâché. *(continued)*

## SNAPSHOTS

continued

. I promise you we'll be under no obligation to buy."
is face is open. Concerned.
stare back at him. "I love you," I say. "I miss your
lerness."
'm sorry," he says. "It's just that I'm pressured."
e kisses me, and I know he hasn't forgotten. "I love
, too," he says as he embraces me.
cannot refuse him.

cumulus of dust envelops our car until we are on the
l in the country far above the valley. Suddenly it's as
ıgh the sun has polished each leaf and flower petal.
air smells sweet with blossoms. Peter and I breathe
ply to cleanse our lungs.
Ve turn onto a small winding road, where the houses,
ted with wide green lawns, rise out of the ground with
osing newness. Peter stops in the driveway of a con-
porary-style home. He presses the doorbell; chimes
four times up and down the chord.
ernie, a smiling, rugged-looking man, quickly extends
hand to me and then to Peter.
he house is empty and smells of paint and new wood.
rooms are strange square spaces without memories or
nds. I wonder what is wrong with me that makes me
t to cry. I try to hide the tears forming on the rims of
eyes. Something has taken hold of my throat and is
ght there. I want to rush home now, like a quivering
d who has strayed too far.
Let me know soon if you're interested," Bernie says.
do what I can for you."
eter drives slowly. "What do you think?" he asks.


# A BRIGHTER IDEA.

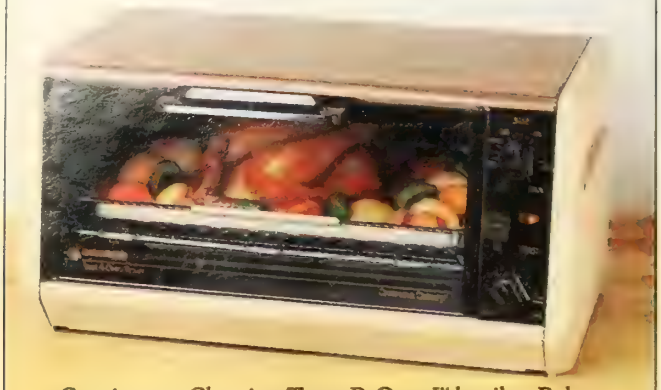


Open bottles, bags, cans and save counter space with our Spacemaker™ Counter Bright™ can opener. It has a built-in light to shine brightly on your counter. Backed by our full 2-year warranty.

BLACK&DECKER
IDEAS AT WORK™

©1986

A VERSATILE IDEA.



Continuous Cleaning Toast-R-Oven™ broiler. Bakes, broils, browns and defrosts to prepare snacks and full meals. And since all GE Toast-R-Ovens™ are now Black & Decker, it comes with our full 2-year warranty.

BLACK&DECKER™
IDEAS AT WORK.™

©1986

## SARAH BRADY

continued from page 36

been passed after the assassinations of Robert Kennedy and Martin Luther King, had imposed great hardships on the law-abiding citizens of this country. 'I'll give you an example,' he said, and he told how he'd taken his eleven-year-old son to a gun auction in Washington, where the boy saw a shotgun he wanted very badly. After the congressman bought it, he discovered that because of the 1968 law, he couldn't carry the new gun across state lines—he'd have to have it shipped to Virginia, to be picked up two days later. Robinson said his son had cried, 'Daddy, why can't I have my gun?' He asked his fellow congressmen dramatically, 'How do you *answer* a little boy? Why do we have to inconvenience people with our gun laws?'"

At first, Sarah could hardly believe what she had heard. "And I cannot even describe the emotions I felt," she says. "When I think of my little boy, who saw his daddy shot on television, whose father can never play ball with him or take him sledding or roughhouse the way they used to . . . I'd say it's more than just an 'inconvenience.'" Sarah's voice tapers off for the briefest moment, before the spunk comes back. "Yet our Scotty's a pretty normal, well-adjusted seven-year-old. He gets angry sometimes—and I think he has a *right* to get angry—but he's not a whiner."

It cannot have been easy for the Bradys' son to accept that his daddy is different from most fathers. "Just yesterday, as a matter of fact, he got angry," Sarah continues. "Jim isn't permitted to travel by plane, since doctors fear the pressurization could reopen surgically sealed blood vessels in his sinuses. Well, that doesn't keep Scott from feeling frustrated," says his mother. "He said, 'It makes me so mad that Daddy can't go on an airplane, because

## SNAPSHOTS

continued

"It hurts, doesn't it?" I ask.

"Yes, goddamn it, it hurts like hell." The mud on his cheeks is etched with tears.

"I know," I say to Peter. "But the hurt is less when we can share it."

The men pick up the piano legs and carry each one out separately.

"Don't watch," Peter says.

"I want to say good-bye to the past. It deserves a decent burial."

I tell myself it won't hurt. But it does.

I go back to the photographs, to pick at the past, like a sore that won't scab over. I fill the sink with water and immerse the snapshots, one by one, hoping that under the mud I might find a leftover image. Blotches of sepia. Fragments of a dress, a car fender, bricks, an arm, a face I once touched. The emulsions that held yesterday have floated away, vanished, like all the moments of time I cannot hold.

I study my baggy overalls, imagining a baby I cannot grasp. The idea of a beginning life clouds my imagination, and I cannot hold the thought any more easily than I can hold onto lost moments or things or persons. Our beginnings and endings confuse me. Suddenly, there's a flutter. "Peter! I think I feel the baby moving. . . . Hurry!"

He strokes my belly with his hand.

"Can you feel anything? Can you feel the baby?" I ask.

"I'm not sure. Where? Here?"

"There it goes again," I say, putting my hand on his. "When the baby's bigger, you'll feel it, too."

He moves his hand over my belly again. "I'm running after him already," he says, laughing. **End**

A BIG LITTLE IDEA.



Compact Toast-R-Oven™ broiler.
Has the versatility to bake, broil, toast and top-brown.
And with its sleek, contemporary design, it's perfect for smaller kitchens and tight spaces.

BLACK&DECKER™
IDEAS AT WORK.™

©1986

AN UPLIFTING IDEA.



Spacemaker™ Toast-R-Oven™ broiler. A versatile oven that saves counter space by mounting under your cabinets. Bakes, broils, browns and toasts. Holds a 9-inch pie tin.

BLACK&DECKER™
IDEAS AT WORK.™

©1986

that, they'd have carted me off a long time ago." Visitors never hear Jim's moans. "A friend who comes to visit a lot says, 'I don't see how you get anything done with Jim around. I can't keep a straight face—everything he says is hysterical!'" Sarah says simply that after living with the Bear for thirteen years, "I just take it for granted. But I know I'm a lucky woman."

Obviously, Jim is a lucky man. Doctors and friends credit Sarah for being the miracle ingredient that pulled him through. First Lady Nancy Reagan calls her "a very dear, very courageous woman." Sarah shrugs off the praise. "I'm not courageous. Once I knew Jim's mind was fine, I grabbed onto that and never gave up hope. But hope is not courage. Something special comes in. The adrenaline gets going, and you just deal with the ups and downs."

Sarah Brady has more than just courage; she has intelligence, endurance and an optimism that her husband's physician, Dr. Kobrine, describes as "the faith of the martyrs."

She thinks such faith is only natural. "After all, Jim is alive and making progress. Maybe not day by day or week by week, but he's getting better. You look for the good things, and the good things are that our marriage is even stronger, and we can spend more time with Scotty."

Sarah stands up, a tall, proud woman with "a million things to do"—take her son to the doctor, pick up prescriptions at the pharmacy, put gas in the mini-van, buy groceries. "I have a lot to take care of this afternoon; I'll think about tomorrow later," she says brightly. "Life changes so quickly that we've learned not to look too far ahead. We still take our little goals one at a time and live day to day. I think that's the way everyone should live their lives, don't you? Enjoy the moment, the right now." Stretching her hand in farewell, Sarah adds, "And right now I'm a very happy woman."

**End**

hen we could go to Disney World!'" Sarah handled the oment well. She said, "You're right, Scott. Makes me ad, too. But Daddy can go on a train, so one of these days e'll all get on the train and see Disney World."

There is no bitterness in Sarah's voice. "Jim calls that n unproductive emotion," Sarah says. "There may be an ccasional moment when a 'darn' or even 'damn' comes to ind, but we have no deep-down bitterness." After a flash f anger at Congressman Robinson's testimony, she says, ll I felt was pity for his misplaced sense of values."

### A determined optimism

n a last-ditch effort to defeat the bill, top law-enforcement fficers rallied in Washington behind Sarah and the other andgun-control forces. But Sarah knew the NRA's "scare actics" were potent. "I totally lost respect for some mem-ers of Congress," she says bluntly. "A lot of them owe heir jobs to the NRA and think it can ruin them if they ote for a sensible piece of legislation. I called one senator o remind him that not only his constituents but the coun-ry's law enforcers were against the bill, and he cut me off. Ie said, 'I know that, Sarah. But law enforcement will orget. The NRA won't.'"

The McClure-Volkmer bill passed last April by a lop-ided 292–130 vote, tempered slightly by amendments to an the sale of machine guns and the importation of parts or .22-caliber "Saturday night specials," the type of hand-un John Hinckley, Jr., used that day in 1981 that changed he Bradys' lives. Sarah, undaunted, has stepped up her ctivities. "I'm not quitting," she vows.

In the meantime, she is sustained by the love of her amily and especially by her husband's quick wit and good umor. "From the beginning, he never lost his sense of umor," says Sarah. Brady himself says, "If I didn't have

A BEAUTIFUL IDEA.



Attractive Toast-R-Oven™ toaster. It's ideal for heating those fast meals or late-night snacks. An optional mounting hood is available, so you can mount it under your cabinets to free counter space.

BLACK&DECKER™
IDEAS AT WORK.

©1986

America's favorite family get together.™




UNO® WITH STING.™




There's a lot of UNO in STING,™ but there's a pointed difference. Here the object of the game is to unload your cards on opponents. Got a set or a run? Let 'em have it. They're stung!

There's a lot of UNO in every game we make.

© 1985 International Games, Inc.

## TRUE ROMANCES

continued from page 64

in my "love to give." One fellow even told me that he suspected I was the right woman for him, but before we got married, he had to make sure that we had the right chemistry in bed! I replied, "Someday I'll probably be intimate with a man again, but first that man will be my *friend.*"

Shortly after that, I wrote a new ad: *If you are a kind, moral man, five foot six inches, to fifty years old, enjoying classical music, among other interests, believing that friendship could possibly lead to a new life of sharing and caring, you might be interested in meeting a forty-two-year-young, pleasingly zaftig, contented Jewish widow.*

I received only one letter in reply. I telephoned the man and we talked for almost two hours. He asked me to meet him the following Sunday at a homey little neighborhood restaurant. As I stood outside, he came up behind me and quietly called my name. I turned around, saw his face, recognized its character and fell head over heels in love with my new husband. *—Eileen Wions Cohn, Douglaston, NY*

### White-shirted cowboy

My husband and I met very much as the characters in a romantic novel do—we saw each other from across the room and longed to be together. The setting was a Texas barbecue where I had accompanied a girlfriend who was reluctant to go alone. As we sat in the clubhouse, I noticed a handsome man wearing a white shirt and carrying a Stetson. The room was so crowded that I lost sight of him, but minutes later, I saw him staring at me. I rose slowly, and he started toward me. After he whispered his name and begged me to go out with him, I smiled and gave him my phone number.

When we met for lunch the next day, I thought he was the most honest and straightforward man I had ever known. Never before had I felt more at ease with a man. I was falling in love—but then he said he was married.

We soon parted, and I tried desperately to forget him. Although I dated several men, none seemed to compare with my white-shirted cowboy. Then, on a Sunday afternoon three long years later, a familiar car pulled into my driveway.

As in my dreams, the driver was the same handsome man I had met before. When I opened the door, he stood there with his hat in hand, gazing into my eyes. We stared at each other for quite some time without saying a word.

Finally, he broke the silence and said, "My wife died over a year ago. After I met you, I tried to forget the afternoon we had spent together. I loved my wife, and I would never have hurt her, but you've been in my thoughts for three years." He paused for a moment and then went on, "I just knew you would be married, and I didn't want to interfere. So, if you ask me to leave, I'll go right now."

I took his hat and drew him into the house. As I placed my hand on his cheek, I whispered, "I've been waiting for you." He looked at me in astonishment and slowly took me into his arms. I knew then that I had loved this man all those years. And naturally, our story ends as all the best romantic novels do—we got married and have been living happily ever after. *—Kathy May Davies, Slaton, TX* **End**

### ♥ ♥ ♥ ♥ HAPPY ENDINGS ♥ ♥ ♥ ♥

Now that you've told us about your true romances, we'd like to hear other stories with happy endings—about trying times with your husband, children, job or friends, and how they worked out better than you had expected. We'll pay $100 for accepted submissions. They should be approximately 500 words, typed double-space. Send them to Box HE, LHJ, 3 Park Avenue, New York, NY 10016. Submissions cannot be acknowledged or returned.




# PRESENTING AIRWICK® MAGIC MUSHROOM®. BECAUSE EVERY ROOM NEEDS A LITTLE MAGIC.

Magic Mushroom® is the cute looking air freshener that casts its spell for over 30 days.

In fact, thanks to Scent-O-Meter™, its exclusive fragrance release system, Magic Mushroom is as effective day thirty as it is day one.




And Magic Mushroom is so cute, you'll have Mushrooms appearing everywhere. In four pleasant fragrances: Powder Puff, Lemon Whisper, Honeysuckle and Super Odor Fighter.

So if you want a cute looking air freshener that leaves a room smelling fresh and clean day after day, week after week for over a month, say the Magic words.

**MAGIC MUSHROOM. THE LONG LASTING AIR FRESHENER.**

25¢ | MANUFACTURER'S COUPON | EXPIRES APRIL 30, 1987 | 25¢

**SAVE 25¢ ANY FRAGRANCE AIRWICK MAGIC MUSHROOM®**

TO DEALER: Airwick Industries, Inc. will redeem this coupon for the face amount plus 8¢ for handling provided that you and the customer have complied with the following terms. Invoices showing purchase in the last 90 days of sufficient stock to cover coupons presented must be shown upon request. Customer must pay any sales tax. Void when presented by outside agency, broker or others who are not retail distributors of our merchandise or where taxed, prohibited or restricted by law. Cash value 1/20¢. Redeem at AIRWICK CONSUMER PRODUCTS DIV. AIRWICK INDUSTRIES, INC. P.O. BOX R7[illegible] El Paso, TX 79975. LIMIT ONE COUPON PER PURCHASE. Offer expires April 30, 1987.



25¢ 26600 104272 25¢




whatever memory I might have. He asked about m
school, and even where I sat at lunch. Things came back
me about Hollywood High and being so frustrated, an
about trying out for various things and having nothing
right. All the while, Mama was getting sicker from th
booze, and Christine was getting older, and I was realizin
I would be graduating and was not a child anymore."

After several sessions of thoughtful questioning, Car
finally began to come to terms with her love-hate feeling
for her parents, whose off-and-on drinking devastated he
when she was a child and a teenager. "As I was talking
the psychologist," she says, "I remembered a day whe
Mama had had a few belts, and I came home with a frien
She stood in the doorway and gave us hell—for no reaso
except that she'd been drinking." Carol remembers th
humiliation—followed by outrage—that she felt. "In wri
ing the book, I had to relive that moment, and it wa
almost as though I were in a time machine, off somewher
looking down, watching that kid *hate* her mother at tha
moment. But the kid didn't understand all the frustrations he
mother was going through. And now I do. And my hear
just breaks for her." Carol takes a deep breath. "I had to g
back, live through all Mama's broken dreams, before
could let her off the hook—let her go. Now I know it wa
just the chemical I hated, not Mama. I realize I alway
loved her. But now I understand her, and that's *really* love

Tears are close to the surface as Carol remembers writ
ing about the father she idolized, Jody Burnett, a hand
some but ineffectual odd-jobs man whom she rarely sav
"The worst day of my life was when Daddy visited me afte
he'd been sober a year. I thought he was going to be we
forever, because he'd told me he would never go back to th
hooch as long as I prayed for him. And I'd been prayin
real hard." But when he turned up that day, he *(continued*

## CAROL BURNETT

continued from page 43

because I can't find all the records," Carol says. What she does know for certain is that "Nanny was a caution. She acted quite puritanical, but she partied all her life. She'd get fixed up and go out. And as she got older, she would have these young men over and give them piano lessons. Wonderful stuff. At the end of her life, she had a forty-year-old boyfriend who was a jazz musician. She was eighty-one, but she wouldn't tell him that!"

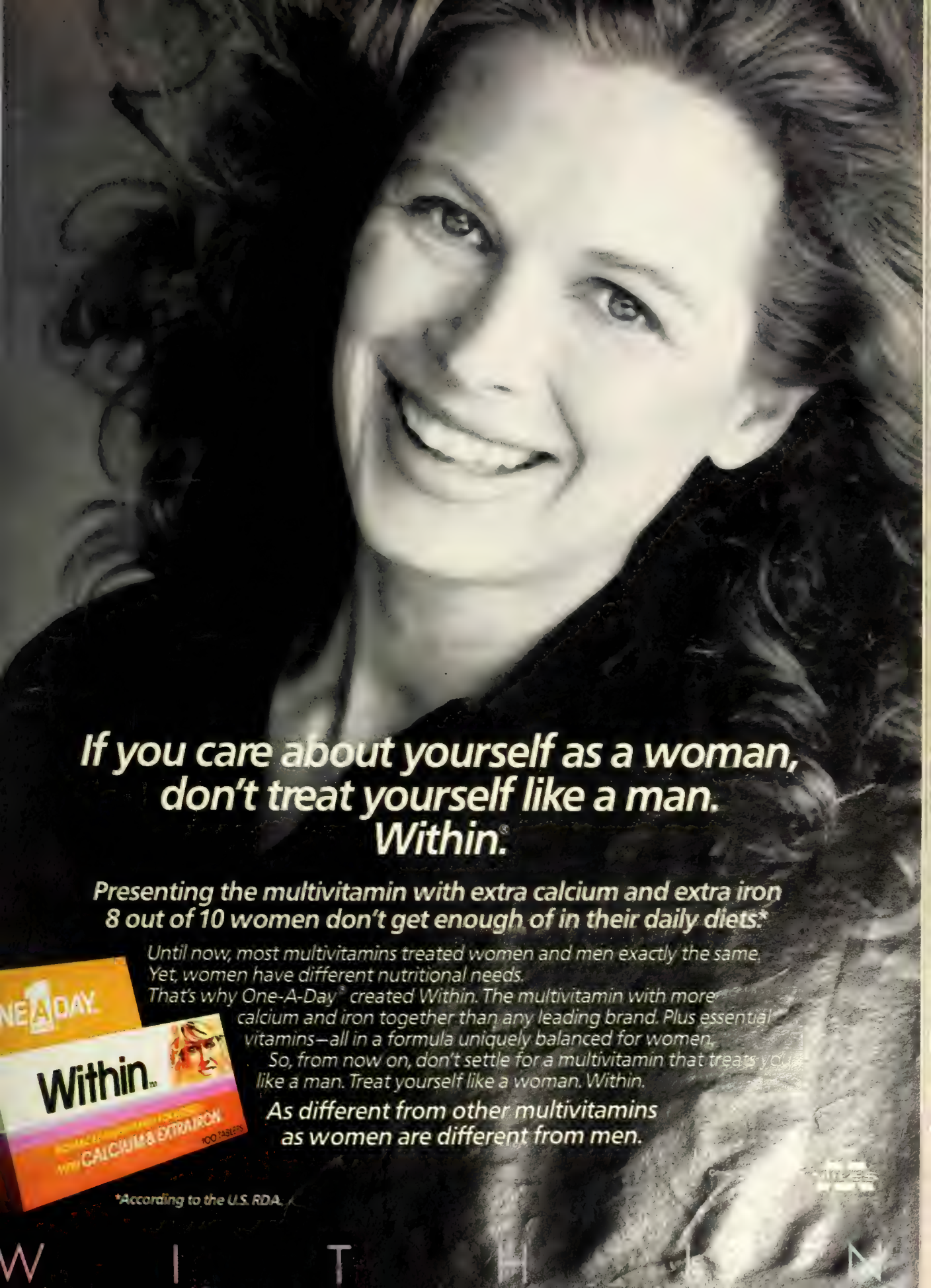
Is fifty-three-year-old Carol shocked by such older-woman–younger-man liaisons? Apparently not. "I'll find a forty-three-year-old and rob the cradle!" she says. To Carol Burnett, age is mostly a state of mind. "What's the definition of a grown-up? It's a kid in an older person's body. I've said this before—I still feel the way I did when I was eleven."

But if being eleven years old was a vivid memory for her, ages fifteen through seventeen were a total blank, Carol discovered when she was writing her book. "I found I had a huge blackout on those years," she says. She was especially unprepared for it because until that point, she'd been delighted to find she had "almost total recall of places, conversations, even what days it rained. I actually began dreaming in memories." But—to use her mother's terminology—"I had pulled the shade down on this period."

### Stirring up memories

To shed light on those memories, Carol sought the help of a psychologist. She recalls his telling her, "Show me somebody who had a terrific adolescence, and I'll show you somebody who either is lying or needs me right now." Bolstered by that notion, she went to the therapist for several sessions, during which "he told me to start thinking about




If you care about yourself as a woman,
don't treat yourself like a man.
Within.®
Presenting the multivitamin with extra calcium and extra iron
8 out of 10 women don't get enough of in their daily diets.*
Until now, most multivitamins treated women and men exactly the same.
Yet, women have different nutritional needs.
That's why One-A-Day® created Within. The multivitamin with more
calcium and iron together than any leading brand. Plus essential
vitamins—all in a formula uniquely balanced for women.
So, from now on, don't settle for a multivitamin that treats you
like a man. Treat yourself like a woman. Within.
As different from other multivitamins
as women are different from men.
ONE A DAY
Within™
with CALCIUM & EXTRA IRON
100 TABLETS
*According to the U.S. RDA.
WITHIN

was drunk. "He had just come from his mother's funeral, and he smiled at me and said, 'Well, Punkin Kid, she's gone to heaven.'" Carol says she remembers thinking, Oh, God, I didn't pray hard enough. It must be my fault. She rushed from the room and out to the street in angry tears. "Then I went back and went nuts, kicking and slapping my poor father. That was *angry*—to actually hit my own father. That's as angry as I've ever been."

Such childhood experiences have had long-lasting effects on Carol. For one thing—except for outbursts such as the one with her father—she's always had difficulty expressing anger. "My girls used to ask me why I never got angry, the way other mothers did," Carol says gently. Now they understand that her anger was suppressed because Carol couldn't bear the thought of hurting someone emotionally. Having grown up in a family where domestic fights were frequent and raucous, she tried to be the perfect mother. "I never realized you could express your feelings without noise and conflict, so I tended to go into a shell, which isn't healthy."

Another legacy is that although she does drink wine, she doesn't drink hard liquor. "I don't like the taste of it. I can't drink. Instead of getting drunk, I get ill." Alcoholism is better unde stood today than it was when Carol wa a child, she acknowledges. "When I wa growing up, no one knew it was a di ease. There was Alcoholics Anon mous, but I remember Mama sayin that she went to one meeting and made her so nervous she had to go ou and get a drink. Today there Al-Anon [for families of alcoholics I'm sorry it wasn't around when I was kid." As for her own daughters, Carri long recovered from her much-pub licized drug addiction in the late seven ties, is "a teetotaler now," says Carol. don't see Jody drink, and Erin ha never taken a drink in front of me."

Much as she responded to her pa ents' alcoholism by loathing hard l quor, Carol developed compulsive tid ness as a reaction to the home she gre up in. Her grandmother was a pack ra "Even her clutter had babies," say Carol. Today, Carol adds with satisfac tion, "I'm a total neatnik. I'm Joa Crawford in that sense. Not quite a bad; I don't get down and scrub th floor that much, but I'd make a fabu lous executive secretary!"

Despite her hardships, Carol doe not want to paint a completely gloom picture of her early life. "I didn't have bad childhood," she says. "I hope i doesn't come across that I'm wailin 'poor me,' because I really had som good times. I had love. I wasn't abused I wasn't hit. Well, one time—maybe couple. But I wouldn't say it was mor than twice, and it happened if I acte up at the table. I don't believe anybod should hit a kid, but in those days, i was pretty normal to be spanked. I wa verbally abused, yes. By Mama, no Daddy, and it was always when she wa under the influence. But something down deep told me that it was th chemical talking."

### A second book?

Writing her autobiography, Carol feels was a necessary catharsis. But just be cause this book is now finished, she has no intention of giving up writing. "It's the only art form, other than painting where it's just you and the challenge Writing means independence. It's the best thing I ever did for myself, and I'll do more." She doubts the next effort will be a sequel, however. "The second half of anybody's life, to me, is a lot duller than the beginning." She is thinking, instead, of a novel, whose subject matter might nonetheless be based more on fact than on fiction. "I would like to write about Nanny," she says, explaining that in her autobiography, Nanny proved to be the most difficult person to write about. Even now, Carol is not sure she is satisfied with Nanny's portrayal. *(continued)*

Tupperware has taken the plastic tumbler to new heights of elegance.



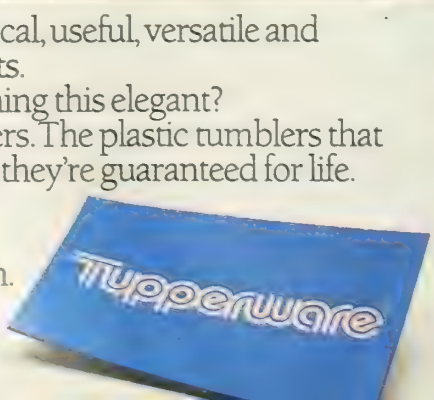
You expect extremely practical, useful, versatile and economical Tupperware® products.

But would you expect anything this elegant?

Tupperware Deluxe Tumblers. The plastic tumblers that look just like fine glassware. And they're guaranteed for life.

But then, you probably expected that.

Call us for more information. We're in the White Pages.




©1986 Dart Industries Inc.

WOW!

# 6 FOR THE PRICE OF 1

TOP-HIT TAPES OR RECORDS

PLUS 2 EXTRA FREE ALBUMS For Joining Now!

## ...WITH NOTHING MORE TO BUY EVER!




JONEL RICHIE 34541 (MOTOWN) — Dancing On The Ceiling
THE JUDDS: ROCKIN' WITH THE RHYTHM 54265 (RCA)
TWIN SETS Double the music Count as one!
Some Dancing With THE KINKS (Gt. Hits) 60077 (ARISTA)
ELVIS PRESLEY 34340 (RCA) — From Elvis With Love
PRINCE 52483 (WARNER BROS) — 1999
ELTON JOHN 31711 (MCA) — GREATEST HITS, Vols. 1 & 2
28 SIXTIES SOUL CLASSICS 50375 (ATLANTIC)

HUEY LEWIS FORE 54570 (CHRYSALIS)
GLENN MILLER ORCH. In The Digital Mood 43293 (GRP DIGITAL)
*WHITNEY HOUSTON 54381 (ARISTA)
HANK WILLIAMS, JR. MONTANA CAFE 61236 (WARNER CURB)
VAN HALEN 5150 70220 (WARNER BROS)
*DAVID LEE ROTH Eat 'Em And Smile 53814 (WARNER BROS)
*OAK RIDGE BOYS SEASONS 54312 (MCA)
*PATTI LaBELLE WINNER IN YOU 54327 (MCA)

ALABAMA GREATEST HITS 20247 (RCA)
*DIRE STRAITS BROTHERS IN ARMS 14734 (WARNER BROS)
BILL COSBY ...You'll Understand 24747 (GEFFEN)
.38 Special Strength In Numbers 54311 (A&M)
*GEORGE STRAIT #7 34319 (MCA)
BILLY IDOL REBEL YELL 24674 (CHRYSALIS)
*JEFFREY OSBORNE EMOTIONAL 34300 (A&M)
JOHN LENNON Live In New York City 44497 (CAPITOL)



## Compact Disc Buyers:

We've got a special, money-saving offer for you, too! See below for details!

PRINCE PARADE 40234 (Warner Paisley Park)
KENNY ROGERS 20 Greatest Hits 44523 (LIBERTY)
*JAMES GALWAY'S Christmas Carol 53821 (RCA)
BILLY OCEAN Love Zone 53679 (JIVE)
AC/DC Who Made Who 20774 (ATLANTIC)
RANDY TRAVIS Storms Of Life 74046 (WARNER BROS)
U2 The Unforgettable Fire 54515 (ISLAND)
*METALLICA Master Of Puppets 34552 (ELEKTRA)
*EL DEBARGE 14699 (GORDY)
GTR 14789 (ARISTA)
*JANET JACKSON CONTROL 34526 (A&M)
BEST OF THE BEACH BOYS 23946 (CAPITOL)
*POINTER SISTERS HOT TOGETHER 53694 (RCA)

*DARYL HALL: 3 Hearts In The Happy Ending Machine 23691 (RCA)
ZZ TOP AFTERBURNER 64042 (WARNER BROS)
EURYTHMICS Revenge 10770 (RCA)
Plácido Domingo & Vienna Boys Choir 40203 (RCA)
HEART 44276 (CAPITOL)

GENESIS Invisible Touch 53740 (ATLANTIC)
*THE MONKEES Then & Now/Best Of 53183 (ARISTA)
THE FORESTER SISTERS Perfume, Ribbons & Pearls 53719 (WARNER BROS)
PHIL COLLINS NO JACKET REQUIRED 20771 (ATLANTIC)

2 FREE BONUS!

Start with ~~6~~ 4 tapes or records for only 1¢ plus shipping and handling with Club membership

Buy just 1 smash hit in one year's time.

Then get 1 bonus album of your choice.

Enjoy ~~8~~ 6 albums for the price of one.

**Nothing more to buy...EVER!**

## More Smash Hits—All Available on CD!

- Alabama: Christmas ..... 34594*
- Hall & Oates: Live At The Apollo ..... 40625
- Dokken: Under Lock & Key ..... 43860
- The Sound Of Music/Soundtrack ..... 00046
- Tchaikovsky Sym. #6/Levine ..... 53939
- Jackson Browne: Lives In The Balance ..... 44295
- Robert Palmer: Riptide ..... 33507*
- Bryan Adams: Reckless ..... 51540
- John Denver: One World ..... 63499
- Chicago 17 ..... 20763
- Tomita: The Planets (Holst) ..... 34256*
- Mr. Mister: Welcome To The Real World 43765*
- Simple Minds: Once Upon A Time ..... 42320*
- Madonna: Like A Virgin ..... 61153
- The Cars: Greatest Hits ..... 53702
- Hank Williams, Jr.: Gt. Hits 2 ..... 63883
- Sting: Dream Of Blue Turtles ..... 50266
- Led Zeppelin IV ..... 12014
- Julian Lennon: Secret Daydreaming ..... 14803
- Starship: Knee Deep In Hoopla ..... 63659
- Kenny Rogers: Heart Of The Matter ..... 53995
- Pachelbel Canon/Paillard ..... 33877
- Grusin/Ritenour: Harlequin ..... 54203*
- Ronnie Milsap: Lost In '50s ..... 50310
- Sam Cooke: Live 1963 ..... 64140*
- Hooked On Classics ..... 24392
- Linda Ronstadt: Lush Life ..... 33200
- Dolly Parton: Gt. Hits ..... 14090
- Prince: Around The World ..... 24370
- Barry Manilow: Paradise Café ..... 61489
- Pointer Sisters: Contact ..... 24611
- Galway & Mancini: In The Pink ..... 51758
- Jimi Hendrix: Kiss The Sky ..... 61349*
- Lionel Richie: Can't Slow Down ..... 10767

**art Now with 6 Hit Albums for 1¢!** Yes, pick any 4 tapes or records for only 1¢, plus choose 2 more as a bonus for acting now. You ree to buy only 1 more hit at regular Club prices (usually $8.98 $9.98)...and take up to *one full year* to do it. Then you can choose other album free as a bonus. That's 8 smash hits for the price one and there's *nothing more to buy...ever!*

**xciting "Members-Only" Benefits.** Approximately every four eeks, you'll receive MEDLEY, the Club's exclusive music maga- ne featuring the Main Selection in your favorite music category, us hundreds of other hits. You will also receive six special sale sues crammed with hit tapes and records—some as low as $4.98, .98 and even $2.98. In all, you'll have 19 convenient shop-at- me opportunities a year. As a member in good standing, send no oney when you order, we'll bill you later. A shipping and handling arge is added to each shipment.

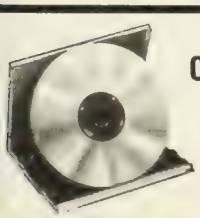
**s Easy to Get Your Favorite Hits!** If you want the Main Selection nothing. It will be sent to you automatically. If you want other se- ctions, or none, just indicate your preference on the card always ovided...and mail it back to us by the date specified. You'll always ve at least 10 days to decide. But if you don't, you may return your ain Selection at our expense for full credit. You may cancel your embership whenever you wish upon completing your enrollment greement. Or, remain a member and take advantage of future oney-saving bargins.

**REE 10-Day No-Risk Offer!** Listen to your 6 introductory hits for a ll 10 days. If not satisfied, return them with no further obligation. u risk *nothing!* So don't delay. Pick your hits, write their numbers the coupon, and mail *today!*

CA 075 Trademarks used in this adv't are operty of various trademark owners TMK(S) RCA Corporation

RCA

RCA Music Service, 6550 E. 30th St., Indianapolis, IN 46219-1194



## ATTENTION COMPACT DISC BUYERS!

Now there's a Club just for you! Take any one Compact Disc here for only $1. (Selections available on CD are marked ⊙)

❶ TAPE PENNY HERE

**MAIL TO: RCA Music Service, P.O. Box RCA 1, Indianapolis, IN 46291**

I enclose 1¢. Please accept my trial membership in the RCA Music Service and send me the 4 hits I've indicated here, plus my 2 bonus albums for joining now, under the terms outlined in this advertisement. I agree to buy just 1 more hit at regular Music Service prices in 1 year's time—after which I will receive a free bonus tape or record. (A shipping and handling charge is added to each shipment.)

❷ **SEND MY SELECTIONS ON** (check one only): ☐ CASSETTES ☐ RECORDS ☐ 8-TRACK TAPES*

❸ **I am most interested in the following type of music—but I am always free to choose from every category** (check one only)

1 ☐ **EASY LISTENING** Barry Manilow, John Denver, Kenny Rogers, Beach Boys
2 ☐ **COUNTRY** Alabama, Oak Ridge Boys, The Judds, Ronnie Milsap
3 ☐ **HARD ROCK** ZZ Top, Van Halen, Bryan Adams, Dire Straits
4 ☐ **POP/SOFT ROCK** Lionel Richie, Phil Collins, Prince, Hall & Oates
5 ☐ **CLASSICAL** James Galway, Luciano Pavarotti, Neville Marriner

❹ **RUSH ME THESE 4 SELECTIONS** (indicate by number) ❺ **PLUS THESE 2 BONUS HITS** →

❻ ☐ Mr. ☐ Mrs. ☐ Miss _____ First Name _____ Initial _____ Last Name (PLEASE PRINT)

Address _____ Apt. _____

City _____ State _____ Zip _____

Telephone (_____) _____ Area Code

*Selections marked (*) not available on 8-track

❼ Have you bought anything else by mail in ☐ last 6 months ☐ year ☐ never

U-FS (AH)

☐ **YES,** please enroll me, instead, as a member in the Compact Disc Club and send me an introductory CD for only $1, plus shipping & handling. I may return it, if not satisfied, or keep it and agree to buy just one more CD at regular Club prices (usually $15.98) in the next year. Full membership details will follow, with the same 10-day, no-obligation privilege.

**WRITE SELECTION NUMBER HERE:** D

VLS44 (BG)

RCA MUSIC SERVICE reserves the right to request additional information or reject any application. Limited to new members; continental U.S.A. only; one membership per family. Local taxes, if any, will be added.




## CAROL BURNETT

continued

Tackling her grandmother in fiction, Carol says, would free her to "make up what I think caused Nanny to become the kind of person she was."

If it's a little strange for her public to hear the comedian sounding like a best-selling writer, it's music to the ears of Random House, her publisher. *One More Time* had a record 275,000-book first printing, believed to be the largest in history for a first-time author. The bidding on the paperback rights will *start* at just under a million dollars. Movie and TV sales are under negotiation, and Carol would play a role if a film is made—that of her mother or her eccentric grandmother.

There have been other acting projects in the meantime. In the works is a possible movie for HBO that Carol will co-produce. Called *Fever*, the movie is based on one of Feibleman's stories. She would play a madam in World War II New Orleans who befriends a troubled teenage boy. "She teaches him to live, and he teaches her to die," says Carol. "But it's not a tragedy; it's funny." And definitely in the funny category is *Fresno*, a five-hour CBS mini-series airing later this month, a spoof of *Falcon Crest* in which she will co-star.

For now, however, the only role Carol is interested in playing is happy homeowner. She recently moved back to California and into a new home high on a hill in Pacific Palisades. It is the first home she has owned by herself, and she describes it as "cozy and small, with a living room, den, my own bedroom and sitting room, and one guest bedroom at the end of the hall for when my girls visit. If they all come at the same time, they'll have to bunk together."

Of all the house's charms, however, Carol appears to be most smitten with her twenty-by-forty-foot yard, where she can hardly wait to grow flowers. "Someone sent me an azalea bush. I'd never planted anything except for a Victory garden years ago, but I bought myself a big straw hat, fifty pounds of fertilizer, and a Mary, Mary, Quite Contrary watering can. I hunted around in the back and front yards for the right spot—and dug up rocks and roots and actually put that azalea in the ground," she says. The bush, which was not doing well at first, eventually thrived under Carol's watchful eye. "I'm so proud of it. It's so good working in the earth. It's my little turf, my plant, my house."

### Putting down roots

For an actress of her accomplishments, planting a bush may not appear to be one of life's milestones. But staying one place and making a home has nev been easy for Carol. In fact, the on other times she has turned to a ps chologist have been "to help me deci where to settle; I wasn't sure." Sl loves New York—it was the first pla that really brought her luck and happ ness—but she now prefers just to vis Manhattan to see friends, attend th theater or work.

In fact, these days, only one of h daughters—Erin, a college freshman- remains on the East Coast. Jody sing and is majoring in musical entertai ment management at a university i California. And Carrie, who writ songs and taught dance last summer i Los Angeles, is a regular on TV's *Fam*

"They all seem headed for careers i show business, and that's a lovely va idation of your work—when your ki say, 'Yeah, I'd like to do what Mo does,' instead of '*Yuck!* I'd never go int *her* business.'" Carol has no intentio of discouraging them; she couldn't b more pleased about their plans. "Yo should always encourage your kids she says, remembering that "nobod ever said to me, 'Carol, you can make in show business.' In fact, everybody knew told me I couldn't."

These days, Carol seems more r laxed than she has ever been. She a mits, "I'm human—I still get depresse at times." A moment later she add with her patented ear-to-ear grin, "bu not *clinically* depressed." To keep th new calm, she plans to take up yog again. "I took hatha yoga for about fou years, and the same instructor I fir had is still teaching. When I was doin yoga, that was the best I've ever felt i my life. The hatha is very physical. you learn how to breathe correctly, yo can make your mind still also. It work from the *outside* in."

Carol has not mapped out any sp cific plans for the immediate future, e cept to be happy. And she wants t share that happiness with good friend Among her closest chums are Eydi Gormé and Steve Lawrence, Ji Nabors, Julie Andrews and Beverl Sills. "Beverly and I spent our birth days together this year," she say "We're a month apart, in the spring. W were in New Orleans together and ha her birthday dinner there, then she fle to New York for my birthday bash And she wrote special lyrics and the sang them to me—it was the first tim she had sung in public in six or seve years. It was beautiful."

Carol smiles broadly. "I'm very con tent now. I feel terrific. My girls ar fine. I have good friends. I'm earning living. I'm healthy . . . And whatever i is I'm going to be doing in the future I'm going to be *happy* doing it." **En**

# Dare to be More.




© 1985 R. J. REYNOLDS TOBACCO CO.

SURGEON GENERAL'S WARNING: Smoking By Pregnant Women May Result in Fetal Injury, Premature Birth, And Low Birth Weight.

17 mg. "tar", 1.3 mg. nicotine av. per cigarette by FTC method.

## Journal Shopping Center

[illegible] Walz/Outline; J.P. Laffont/Sygma; Second [illegible]/Outline; [illegible] Gamma Liaison; Third [illegible] Sygma; Karsh/Woodfin Camp; [illegible] Peterson/Outline. **Page 68:** Cosby, B. Walz/Outline; Hope, Sygma; Pope John Paul, [illegible] Sygma. **Page 70:** Bregman, J. Fiorra/Woodfin Camp; Iacocca, W. McNamee/Woodfin Camp; Donahue, J. Lowenthal/Woodfin Camp; Spielberg, K. Johansson/Outline; Kennedy, L. Skoogfors/Gamma Liaison. **Page 72:** Selleck, F. Sabine/Shooting Star; Eastwood, M. Sennet/Shooting Star; Newman, DeJean/Sygma; Johnson, L. Williams/Outline; Grant, M. Donalson/Sygma. **Page 74:** Kennedy, John Bryson/Sygma; King, Karsh/Woodfin Camp; Graham, D. Goldberg/Sygma.

LAYER IT

**Page 120:** Large photo: earrings, Detail London-New York; shirt and jacket, Georges Marciano for Guess? Jeans; scarf, Hermès; boots, at Ecco; strap bracelet, Johnny Farah; bracelets, Detail London-New York. Small photo: shirt, Georges Marciano for Guess? Jeans; leggings by Jane Tise at Jatri; earrings and bracelet at Detail London-New York; strap bracelet, Johnny Farah.

THE WORLD'S GREAT DESSERTS

**Pages 126–127:** Left photo: tablecloth and napkins by Jacquard Français, silverware and platter, "Bernadotte" pattern, by George Jensen, from Chelsea Passage at Barney's New York, Seventeenth St. and Seventh Ave., NYC 10011. Leafed dessert plates by Mikasa. Silver basket and pewter napkin rings from Thaxton & Company, 780 Madison Ave., NYC 10021. Right photo: Dutch silver and crystal footed plate, dessert plates and crystal candlesticks from Thaxton & Company. Cristoflé napkin rings and lace runner from Cherchez, 862 Lexington Ave., NYC 10021. Tablecloth and napkins by Jacquard Français from Chelsea Passage at Barney's New York. **Pages 128–129:** Left photo: glass cake stand by Mikasa. Dessert plates, cups and saucers by Mottahedeh from Chelsea Passage at Barney's New York. Lace tablecloth from Cherchez. Lace curtains from Ad Hoc Softwares, 410 West Broadway, NYC 10012. Right photo: Italian silverplate coffee service by Mikasa. Serving spoon, "Art Deco" pattern, by Ricci from Chelsea Passage at Barney's New York. Cherrywood table from Maison Jean-François, 359 Bleecker St., NYC 10014.

ANTI-AGING BEAUTY & FASHION GUIDE

**Page 131:** Bodysuit, Cathy Hardwick; jacket, Donna Karan New York; bracelets, Detail London-New York; necklace, Debra Fine Yohai Designs; earrings, Zoë Coste. **Page 132:** Left photo: turtleneck, Michael Kors/Lyle & Scott; hose, HUE; shoes, Bruno Magli; bracelets, Detail London-New York. Right photo: jacket, Gene Ewing; T-shirt, Cherry Lane at Jatri; belt, La Bagagerie; brooch, Wendy Gell; neckscarf, Hermès; wool scarf, Echo; skirt, Benetton; hosiery, Danskin. **Page 133:** Jacket, Danny Noble; shirt, Calvin Klein; belt, Sandy Duftler at Good as Gold Accessories; skirt, Anne Klein; hosiery, DIM. **Page 134:** Sweater, trousers and jacket, Sémplice Sport; earrings and bracelet, Roz Balkin at Judith Feldman. **Page 135:** Sweater and cardigan, Sémplice Sport. **Page 136:** Small photo: shirt, Anne Klein; suit jacket by Christian Dior at B. Altman & Co. Earrings and necklace by Robin Kahn at Judith Feldman. Large photo: T-shirt, America Project; shirt, GO SILK for L'Zinger; cardigan, Vandu Mazzeo; jacket, GO SILK for L'Zinger; leggings, Joan Geddes; socks, Hot Sox; sneakers, KEDS; scarf at Cardinal Gloves; watch by Trocadero at Detail London-New York. **Page 137:** Judith-Sweater, Vandu Mazzeo; belt, Kenzo Paris; skirt by Vakko; bracelet, Ming for Good as Gold Accessories; earrings, Roz Balkin at Judith Feldman. Annika-earrings, Zoë Coste; T-shirt by Cherry Lane at Jatri; jeans, Levis; belt, Adrienne K. at Good as Gold Accessories; twist bracelets at Detail London-New York; other bracelet by Debra Fine Yohai Designs.

THANKSGIVING

**Pages 138–139:** Amethyst goblets by Mittledorfer Gear and paisley napkins from Lord & Taylor. Green glass pitcher from Metropolitan Museum of Art, Fifth Ave. and 82nd St., NYC 10028.

TIME FOR A NEW LOOK

**Pages 140–141:** Dining room: Mayfair fabric for Bergere chairs, Coral Branch fabric for drapes and acorn leaf fabric for lining from Cowtan & Tout, 979 Third Avenue, NYC 10022.* **Pages 142–143:** Bedroom: Sea Coral fabric and matching wallpaper from Cowtan & Tout.* Bed linens from Pratesi, 829 Madison Ave., NYC 10021. Botanical prints from Kensington Antiques, 80 East 11th St., NYC 10003, 212-533-7652. Modern art by Pierre Lesieur from David Findlay Galleries, 984 Madison Ave., NYC 10021, 212-249-2909. Pillows from Kentshire Galleries, Ltd., 37 East 12th St., NYC 10003, 212-673-6644. Hallway: Prints from Kensington Antiques. **Pages 144–145:** Living room: Moss rose fabric for drapes, sofas and chairs and Chevalier Stripe fabric for lining from Cowtan & Tout.* All drapes made by The Fabrikwerk Company, 16 West 22nd St., NYC 10010. Paint from Benjamin Moore, 51 Chestnut Ridge Road, Montvale, NJ 07645, 201-573-9600. Luxor Carpet from V & B Carpet, P.O. Box 489 Calhoun, GA 30701. Regence Woven back chair from Roundtree for Eggs & Tricity, 979 Third Ave., NYC 10022, 212-371-6728. Nova Beam 100 from Kloss Video Corporation, 42 4th Ave., Waltham, MA 02154, 617-890-1245. Oil paintings by Roger Muhl from David Findlay Galleries. Pillows from Kentshire Galleries. *Through Decorators.

COOKING WITH SPICE

**Pages 146–147:** Pink serving bowl and soup bowls, napkins and napkin rings from Zona, 97 Greene St., NYC 10012. Terra-cotta and flowered tiles and flowered plates, "Primula" pattern, from Country Floors, 300 E. 61st St., NYC 10021. Blue hand-blown glass platter and anodized copper platter from Lord & Taylor. Pumpkin soup terrine and ladle and green leafed platter by Fitz & Floyd. Clay pot for plant by Terrafirma.

# JOURNAL STORE

**By Sheryl Kraft**

1



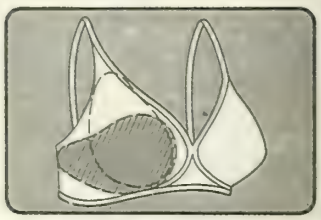
2






3

4



**Stop here for convenient shopping with this wide selection of merchandis**
**Enclose your personal check or money order; allow 4 to 6 weeks for deliver**

1. **One of these peppy 3-Wheelers can put new fun into your life.** The little Rascal is a safe new, compact, 3-Wheeler that goes practically anywhere indoors and out. 30 Day Free Trial, Medicare Approved. For more information on a FREE no-obligation Home Demonstration, call 1-800-662-4548—or write, Electric Mobility Corporation, Department #1941, #1 Mobility Plaza, Sewell, NJ 08080.

2. **360 Two-story home plans**. A 288 page book, 1200 illustrations featuring authentic Early American exteriors. Also, English, French, Spanish, Contemporary styles. Practical floor plans for all budgets and a wide variety of family living patterns. Blueprints available. $6.95 PPD. Home Planners, Inc., Dept. LJE6Y, 23761 Research Drive, Farmington Hills, MI 48024.

3. **Personalized quality labels** For your sewing, knitting and crocheting. Printed in black, with red border on white cotton. Choose from: (A) "An Original By," (B) "Handmade By," (C) "Made Especially For You By," or (N) "Made With Tender Care By." Prices are for one style and name only: 40 for $5.75, 70 for $7.75, or 100 for $9.75. Enclose self-addressed stamped envelope (two postage stamps for 70 or more labels). Enclose check or M.O. to: IDENT-IFY LABEL CORP., Dept. 21, P.O. Box 204, Brooklyn, NY 11214.

4. **Bosom Buddy Breast Form** Breast form [illegible] mastectomies fits inside your bra, match[es] former size and contour. Cool, comfortab[le] washable. No plastic, silicone or rubb[er] used in construction. Fits your regular b[ra] Please specify bra and cup size. $49.9[5] Larger sizes. $55. Add $3 postage. Mon[ey] back gaurantee. Free brochure. Visa/M[C] B&B Company, Dept. LJ-116, Box 57[3] Boise, Idaho 83705. PH: 208-343-9696.




ADDRESS LABELS WITH NICE DESIGNS

Any initial in Old English or Script, most dogs, palm, g[uitar] saguaro, U.S. flag, pines, horse, treble clef, rose, happy face [or] also any zodiac sign, roadrunner, palette. Printed in bla[ck] ink on 500 white or 250 gold gummed labels. To 20 lett[ers] per line, 4 lines. Order by initials shown. . . .

| | | |
|---|---|---|
| #DD | 500 white 1¾"x⅜" | $3. |
| #GDD | 250 gold 1¾"x⅜" | $3. |
| #DR | 500 white 1½"x½" | $3. |
| #GDR | 250 gold 1½"x½" | $3. |

Please add 75¢ postage and handling. Useful 80-P. C[atalog] Catalog, $1.00. Bruce Bolind, 311-L Bolind Bldg., Bould[er] CO 80302. (Since 1956, thanks to you!)

## COLOR PHOTOS $1.75



YOUR CHOICE
- 24 Wallet Photos 2⅓x3⅓"
- Three 5x7" Enlargements
- One 8x10" Enlargement

Send any photo. 8x10 or smaller (returned). Add 65¢ per selection for post./handl. and an add'l. 50¢ ea. for 1st class mail. Money back guarantee

**COLOR LAB**
P.O. Box 230A, Irvington, NJ 07111

---

## Personalized GOLF GIFT!

Imprinted golf tees

**YOUR NAME HERE**

The Perfect Xmas Gift For Golfers

) golf tees only $6.95 + 95¢ post. Orders shipped in 72 hours

JOMAR INDUSTRIES, INC.
352 Rt. 59 Dept. 52
Monsey, N.Y. 10952

Orders received by Dec. 19 guaranteed delivery by Xmas

---

## High School at Home
DIPLOMA AWARDED

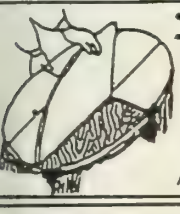
ithout obligation, get free info on low cost me study method, accreditation, Diploma. salesman will call on you.

CALL FREE ANYTIME

American School, Dept 204
850 E. 58th St.
Chicago, IL 60637

1-800-228-5600

---



• CUSTOM MADE • HEAT RESISTANT

## TABLE PADS
50% off

$44.95 Reg $89.95

American Table Pad Co
Toll Free: 1 (800) 828-8263
Arizona: Collect (602) 345-7474

---

## PERSONALIZED GOLF TEES

2 1/8" Tees, asst'd. colors. 17 letters & spaces. Same name on each set. Allow 4 weeks for delivery. Check with order. **100 Tees - $5.00.**

Send Check To:

**ATLAS PEN & PENCIL CORP.**
P.O. Box 600, Dept. L116, Hollywood, FL 33022

---

GREAT COLOR WALLETS and ENLARGEMENTS

## EXPRESS PHOTO SERVICE℠

ONLY $2.50



FULL COLOR • BORDERLESS
FIVE CHOICES only $2.50 each!

- ★ 40 Wallets
- ★ 32 Wallets & One 5"x 7"
- ★ 8 Wallets & Four 5"x 7"s
- ★ 2 Custom 8" x 10"s
- ★ 20 Jumbo Wallets

Experience vibrant copies on KODAK paper. Send any instant print or photo up to 8 X 10 (returned). Add 75¢ each set for handling and postage. For Rush Express Photo Service add $2.00 per order. Enclose check or M.O. with return address, send to:

SATISFACTION GUARANTEED OR MONEY BACK

RELIANCE COLOR LABS, INC.
STUDIO E-852-11 BOX 159 STAMFORD, CT 06904

---

## UN-SKRU
### Amazing New Jar Opener
OPEN ANY SCREW LID IN 3 SECONDS!



New UN—SKRU Jar and Bottle Opener mounts permanently to underside of cabinet or shelf. Opens every size screw top—from tiny tube to gallon jar—with scarcely any effort. Even opens press-and-turn "child-proof" pill bottles.

**"Best Opener You Will Ever Use!"**

No cook should be without this indispensable kitchen helper. Also handy in trailer, boat, workshop. Wonderful for folks with arthritis. Unique gift. You must be **pleased,** or your money back. Only **$7.50** + $1 p&h; two for **$14.50** + $1.45 p&h. **Send Check or M.O., 20-day money back guarantee.**

HOLST, Inc. Dept. LHO-1186,1118 W. Lake

---

## Decorator Brass Sleigh



Add the charm of an old-fashioned sleigh to your home decor. Ideal for Holiday greenery, fresh fruit, dried arrangements. It's perfect for any room in your home. Gleaming, tarnish-resistant brass plating.

Actual size: 17¾" L × 8¼" H × 5¼" W

ORDER NOW FOR CHRISTMAS!

ONLY $21.95

**1-800-423-8769**
Call 8:00 AM – 8:00 PM (Central)

Send check or money order for $21.95 (Texas residents add 6% sales tax) plus $3.75 for postage/handling to: JRD Brass Specialty Co., 151 Regal Row, Dallas, TX 75247

Your Name _____ Enclosed: ☐ Check ☐ Money Order

Address _____ Amount: $ _____

City _____ State ____ Zip ____ ☐ VISA ☐ MasterCharge ☐ American Express

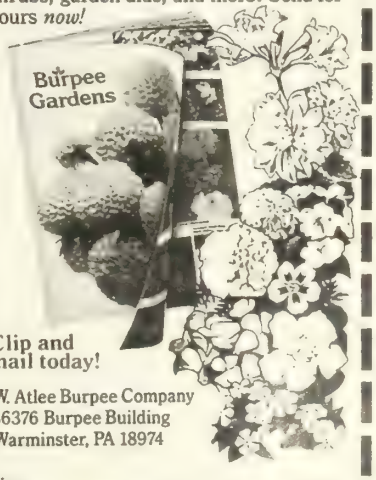
Charge card # _____

Please allow 3 to 4 weeks for delivery.

---

## Send me Burpee's free 1987 garden catalog!

It's packed with over 400 vegetables and 600 flowers—including new varieties and Burpee exclusives! Plus fruits, shrubs, garden aids, and more! Send for yours *now!*




Clip and mail today!

W. Atlee Burpee Company
36376 Burpee Building
Warminster, PA 18974

Name _____ (Please print)

Address _____

City _____

State _____ Zip _____

(If you ordered from Burpee in 1986, your new catalog will be sent to you automatically in January.)

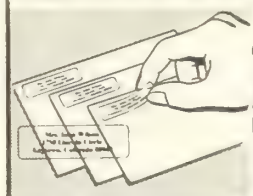
© W. Atlee Burpee Co. 1986

---



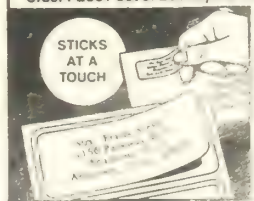

**1000** RETURN ADDRESS LABELS $1.49

1000 gummed economy name and address labels printed in black with ANY name, address, zip code. Up to 4 lines.
Order S717 Set of 1000 Economy Labels (boxed) . . $1.49



**250** Crystal-Clear RETURN ADDRESS LABELS $2.98

The color of your stationery shows through these transparent labels. Sharp black printing on self-stick see-through labels.
Order P2031 Set of 250 Crystal-Clear Labels (boxed) $2.98




**250** Self-Stick White Gloss LABELS $2.98

Glossy white self-stick labels cling to any smooth surface — no moistening. Sharp black printing up to 4 lines.
Order P6030 Set of 250 White Gloss Labels (boxed) $2.98

Walter Drake [illegible] CO 80940

NAME _____

ADDRESS _____

CITY & STATE _____ ZIP _____

_____ [illegible] Labels [illegible] $ _____

_____ [illegible] Crystal-C [illegible] $2.98 $ _____

_____ P6030 White Gloss Labels@2.98 $ _____

Add 30¢ per set for shipping & handling $ _____

SATISFACTION GUARANTEED [illegible] $ _____

# LAST LAUGHS

## IMAGES

Save me from dressing rooms,
Brilliant with light,
And triple-hung mirrors
To the left and the right.

Quite well they have taught me
This simple fact:
Shopping by catalog
Keeps my image intact.

For there's never been anything
Quite so severe
As a dressing room mirror
Reflecting your rear!

*—Linda Bonner*

## OUT OF THE MOUTHS OF BABES

My five-year-old daughter seemed upset as she looked over the frozen food case in the supermarket. When I leaned over, I saw her holding a small cornish hen and saying to the turkeys, "Oh, no, they got your babies, too!" *—Karen Lander, Saint Joseph, MN*

When my four-year-old daughter tried to convince me to have another baby, I explained that it might be better to wait until her father's work enabled him to be home more often. But she insisted, saying, "We don't need to wait—let's surprise Daddy!" *—Donna K. Sapp, New Martinsville, WV*

As my husband carved the Thanksgiving t
key, he asked Michael, our three-year-old
he preferred the light or the dark meat. "N
ther one," Michael replied. "I just like
bread stuff that the turkey has been eatin
*—Myrtle Gilbreath, Gadsden,*

Our six-year-old son was thumbing throu
a Japanese cookbook when he asked w
the squiggly symbols were. My husband
plained that they were Japanese words, a
that he couldn't read them. The boy paus
and advised, "Well, sound them out!"
*—Barbara Edwards-Aldrich, Hillsboro,*

# WISH I'D SAID THAT

"The best way to keep children home is to make the home atmosphere pleasant—and to let the air out of the tires." *—Dorothy Parker*

"Money? Maybe you can't take it with you, but where can you go without it?" *—Pearl Bailey*

"The simplest diet of all: If it tastes good—spit it out." *—Audrey Hepburn*

"God made man. Then He stepped back, looked and said: 'I can do better than that.'" *—Erma Bombeck*

"The tragedy of ulcers is that you can have them and still not be a success." *—Celeste Holm*

"Careful grooming may take twenty years off a woman's age, but you can't fool a long flight of stairs." *—Marlene Dietrich*

**FOR BETTER OR FOR WORSE** **By Lynn Johnsto**




From the 1987 FOR BETTER OR FOR WORSE CALENDAR, by Lynn Johnston. Copyright © 1986 Universal Press Syndicate, published by Andrews, McMeel & Parker. Reprinted by permission.

# COMING ATTRACTIONS

**DECEMBER**



Tohru Nakamura

**OUR BRIGHTEST, BEST CHRISTMAS ISSUE EVER!**

***PARTY-PERFECT CLOTHES***
Be the hit of this season's celebrations in elegant holiday fashions that will make you shine

***GINGERBREAD CLASSICS***
Sugar and spice and oh-so-nice: three beautiful gingerbread houses to make—fun for you and your kids

***GREAT COOKIES FROM GREAT COOKING SCHOOLS***
'Tis the season to be baking, and you're bound to find something that everyone will love in our spectacular holiday cookie section

***"THE BESTEST PRESENT"***
A delightful new Christmas story from one of America's favorite cartoonists, Lynn Johnston; sure to warm the hearts of your whole family

***THE TRADE-OFF DIET***
Are you dreading the holidays because of the extra pounds you're sure to gain? Well, stop worrying, and try our easy way to increase your holiday fun and keep your weight down all through the season

***DECORATING IDEAS FROM TOP DESIGNERS***
Deck the house with Christmas cheer—wreaths, centerpieces and ornaments to add beauty and charm to your home

***REAL-LIFE SANTAS***
The Christmas spirit lasts all year long for these very special men and women who give of themselves and their time to those in need

**Plus the year's best recipes, fashions, celebs and much more! On sale November 13**

LADIES' HOME JOURNAL
December 1986










3 9042 01507512 7

BEST OF THE YEAR: Celebs, recipes, fashions

# Journal

1.50
nber
986
ies'
me

clusive!
RISTMAS AT
E WHITE HOUSE

PER COOKIES
m famous
oking schools

RTY-PERFECT
AUTY AND
SHION GUIDE

ST-EVER
NGERBREAD
OUSES
mplete how-tos

P DECORATORS'
eaths, ornaments,
nterpieces



JOYFUL HOLIDAY IDEAS & READING

plus
- The Golden Girls
- Bill Cosby
- Mikhail Baryshnikov
- Garrison Keillor
- Santa Claus Awards

OLIDAY
UFFET
om
e
rug
our

A Chanukah love

"The bestest present"
KIDS' XMAS STORY

BURLINGAME CA 94010
#153G*****CAR-RT-SORT**CR46
91-BRLPRM-480995 2 07ANV
JUN87 ED 02521 02
BURLINGAME PUB LIB
480 PRIMROSE RD

BURLINGAME
NOV 17 1986
LIBRARY


Introducing Luvs Extra
The diaper that fits wher

# arge Baby Pants.
# arge gets too small.

Luvs just came up with the biggest idea in diapers yet. Bigger Diapers.

New extra large size is not only cut wider at the leg, it leaves more room at the waist to fit bigger babies better. And like all "Super Baby Pants," Luvs Extra Large is extra thin with padding that's just about leak-proof...once wetness gets in, it's sealed in so it can't squeeze back out.

So if you need a bigger diaper, try Luvs new extra large size with new thin padding. It's not only bigger, it's better.

Watch for "What Every Baby Knows" hosted by Dr. T. Berry Brazleton on the Lifetime cable network.

©1986 Procter & Gamble.



LADIES' HOME Journal®

**MYRNA BLYTH**
EDITOR-IN-CHIEF

**Tamara Schneider**
ART DIRECTOR

**Jan Goodwin**
EXECUTIVE EDITOR

**Mary Mohler**
MANAGING EDITOR

ARTICLES
**Margery D. Rosen, Beth Weinhouse, Roberta Anne Grant,** senior editors
PAMELA S. GUTHRIE, DIANE SALVATORE, ERIC SHERMAN, associate editors
PATRICIA F. STEWART JEANNE CURRY
DIANE DIPIERO

BOOKS AND FICTION
**Mary Lou Mullen,** editor
SOFIA MARCHANT

BEAUTY AND FASHION
**Lois Joy Johnson,** editor
MARGARET L. O'HANA

FOOD AND EQUIPMENT
**Jan Turner Hazard,** editor
SUSAN J. SARAO
DIANE DILALO HOLTAWAY
ELIZABETH A. MARKS BEVERLY STEPHENS
CAROL PRAGER
MARGOT ABEL BERNICE MITTMAN

DECORATING AND DESIGN
**Marilyn Diane Glass,** editor
ROBYN GLASER
SALLY J. JONES

COPYWRITER
**Linda Fears**

EDITORIAL PRODUCTION
**Nina Keilin,** editor
JANE FARRELL, CAROLYN B. NOYES, copy editors
CARALEE JOHNSON

EDITOR-AT-LARGE
**Sondra Forsyth Enos**

PUBLIC AFFAIRS
**Margaret Hickey**

READER SERVICE
**Lietta Dwork**

ART DEPARTMENT
**Jane Wilson,** design director
**Stephanie K. Birdsong,** associate art director
**Jeffrey Saks,** associate art director
KAREN E. WARD, photo researcher

**Paul Sawyer,** graphic system manager

EDITORIAL BUSINESS MANAGER
**Marion Davies**

ASSISTANT TO THE EDITOR-IN-CHIEF
**Alberta Harbutt**

**Contributing Editors**
LAWRENCE BALTER, Ph.D.
KATHERINE BARRETT MARGARET DANBROT
DOROTHY CAMERON DISNEY
SONYA FRIEDMAN, Ph.D. CLIFF JAHR
CONSTANCE LEISURE ARNOLD PALMER
JEFF ROVIN
MICHAEL J. WEISS (WASHINGTON, D.C.)
NANCY J. WHITE

**ROBERT D. THOMAS**
PUBLISHER

A Meredith Publication
**Robert A. Burnett**
President & CEO
**Jack D. Rehm**
Executive Vice President

# EDITOR'S JOURNAL

## LOOK WHAT SANTA BROUGHT ME

*By Myrna Blyth*



I love it!" That was my first reaction when I saw the enchanting photograph that appears on our cover. I think four-year-old Tessa Lorenze hugging the perfect present is absolutely adorable, don't you? I also fell in love with her covermate, an eight-week-old Dalmatian pup named Neal.

Tessa, who comes from Somers, New York, attends kindergarten at the Primrose School. She has three older sisters, and according to her mother, Tessa is "a lovey, huggy sweetheart." Tessa liked modeling for the *Journal*. She likes her boyfriend, Evan, even more. He's not like the boys in her class because he's "serious." She also says she just might marry him.

What else do I love in this joyful holiday issue? Our superstar food features—like our gifts from the kitchen of TV's Golden Girls (page 108), our cookie recipes from the world's top cooking schools (page 124) and our holiday buffet from the popular Frugal Gourmet, Jeff Smith (page 116). For Christmas, you see, we went to the best to get the very best recipes for you.

I also love the colorful Christmas story, "The Bestest Present" (page 43)—it perfect for kids of all ages. It was created by Lynn Johnston, whose cartoons w publish each month on our Last Laughs page. The story, like Lynn's daily cartoo strip, which appears in more than four hundred fifty newspapers, is both contem porary and touching. Lynn lives with her husband, Rod, a dentist, and children i the wooded countryside of northern Ontario. I bet *they* have a white Christmas.

More holiday pleasures in this issue? There's our exclusive look at the Whit House in all its Christmas glory (page 101). Of course, to show the White Hous holiday decor this month, Decorating Editor Marilyn Glass had to shoot th stunning photographs last Christmas. (Yes, that's how long we work on ou December issue.) But I wanted to have these pictures in the magazine because



J. Barry O'Rourke

**Cartoonist Lynn Johnston offers "The Bestest Present." Jeff Smith shows how to be a frugal gourmet**

have attended several White House holida parties over the years, and I have bee struck by the beauty of the Executive Man sion at this time of year. What were th parties like? Absolutely thrilling. The Presi dent and Mrs. Reagan were charming an gracious. Being at the White House filled m with holiday spirit and made me proud to b an American. Just as this issue makes m proud to be an editor who has the oppor tunity to say happy holidays to the million of the *Journal*'s readers and their families Joy, good health and the best new year ever

© 1986 Meredith Corporation. All rights reserved. "Never Underestimate the Power of a Woman" is a trademark of Meredith Corporation registered at U.S. Patent Office. Title "Ladies' Home Journal" registered at U.S. Patent Office and foreign countries.

Ladies' Home Journal ® (ISSN 0023 7124) December 1986, Vol. CIII, No. 12. Published monthly by Meredith Corporation, 3 Park Avenue, New York, NY 10016. Back-issue copies available. Subscription prices U.S. and Possessions, 1 yr. $19.95; Canada, 1 yr. $27.95; all other countries $27.95. Second Class postage paid at New York, NY, and at additional mailing offices. Authorized as second-class matter at Post Office Department, Ottawa, Canada, and for payment of postage in cash. **POSTMASTERS: Send address changes to Ladies' Home Journal, P.O. Box 10895, Des Moines, IA 50336-0895.**

**Send all subscription correspondence and change of address (include latest mailing label and allow 8 weeks for change) to P.O. Box 10895, Des Moines, IA 50336-0895.**

Robert D. Thomas, SVP/Publisher
Robert Kelly, Advertising Director
James C. Whitelaw, New York Manager
Frederick W. Becker III, Eastern Manager
Mary Morgan, Prime Showcase
Jack Sackley, Midwestern Manager
Paul Bade, West Coast Manager
Sharon Rogers, San Francisco Manager
Terry Giella, Sales Administration Manager

Myrna Blyth, SVP/Editor
Dean Pieters, VP/Development
Carole Mandel, SVP/Circulation Director
Mitch Lurin, VP/Marketing Services
Esther Laufer, VP/Promotion Director
John W. Condit, VP/Manufacturing
Michael C. Senior, Newsstand Sales Director
Michael I. Cook, Business Manager
David J. Hoffman, Production Manager

The Journal cannot process unsolicited manuscripts or art material, and the Publisher assumes no responsibility whatsoever for their return.

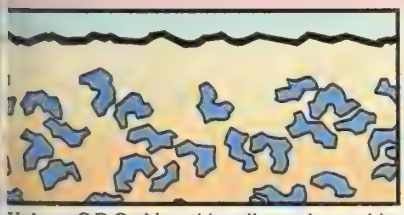
# How To Stop A Wrinkle From Happening:

## NEW ANTI-AGING DAILY MOISTURIZER.

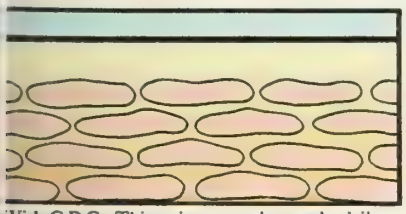
**Wrinkles. They don't start where you think they do.**
They start underneath your skin. That's why New Anti-Aging Daily Moisturizer goes beyond mere surface treatment. This formula protects the vulnerable skin underneath your face, where wrinkles start. And it does it with C D C.*

**Beyond protection: the breakthrough complex C D C.**
Cellular Defense Complex helps stop wrinkles before they start. It even helps put a halt to skin damage to reverse the visible signs of aging. Intensive moisturizing gives immediate help, and essential emollients work over time to keep skin smooth, strong and resilient.





Without C D C: New skin cells are damaged by time and environment, causing them to break down. And that's how wrinkles are formed.



With C D C: This unique complex works daily to keep young skin cells healthy and strong, preventing damage and stopping wrinkles before they start.

C D C can actually prevent damage from the two most common wrinkle-makers, sun and fluorescent lighting.

**A difference you can see. And feel.**
You'll watch dry lines become visibly reduced, see your skin start to look younger, feel softer. And it's the first anti-aging formula made to suit your skin type. It has a protective sunscreen, no fragrance, no colorants. And it will never clog your pores. New Anti-Aging Daily Moisturizer from Moon Drops. Now you can stop a wrinkle from ever becoming one.




MOON DROPS
REVLON

© 1986 Revlon, Inc.

*C.D.C., Cellular Defense Complex, Moon Drops and Revlon are trademarks of Revlon, Inc.

# Cheese, Glor

## Monterey Jack

Perhaps the most uniquely American cheese is mild, mellow Monterey Jack. Smooth enough to melt over fresh steamed vegetables and delicate enough to enhance corn muffins.

If you prefer wild to mild, taste what happens when jalapeno and red bell peppers are blended in with Monterey Jack to create a zingy, more colorful variety that's perfect for Mexican dishes.

In case you're still not convinced that Monterey Jack is a versatile, delicious, glorious cheese, we strongly suggest you find out by word of mouth.

Taste the greatness of American-made real cheese.

REAL

America's Dairy Farm
National Dairy Board



Fruit kabob

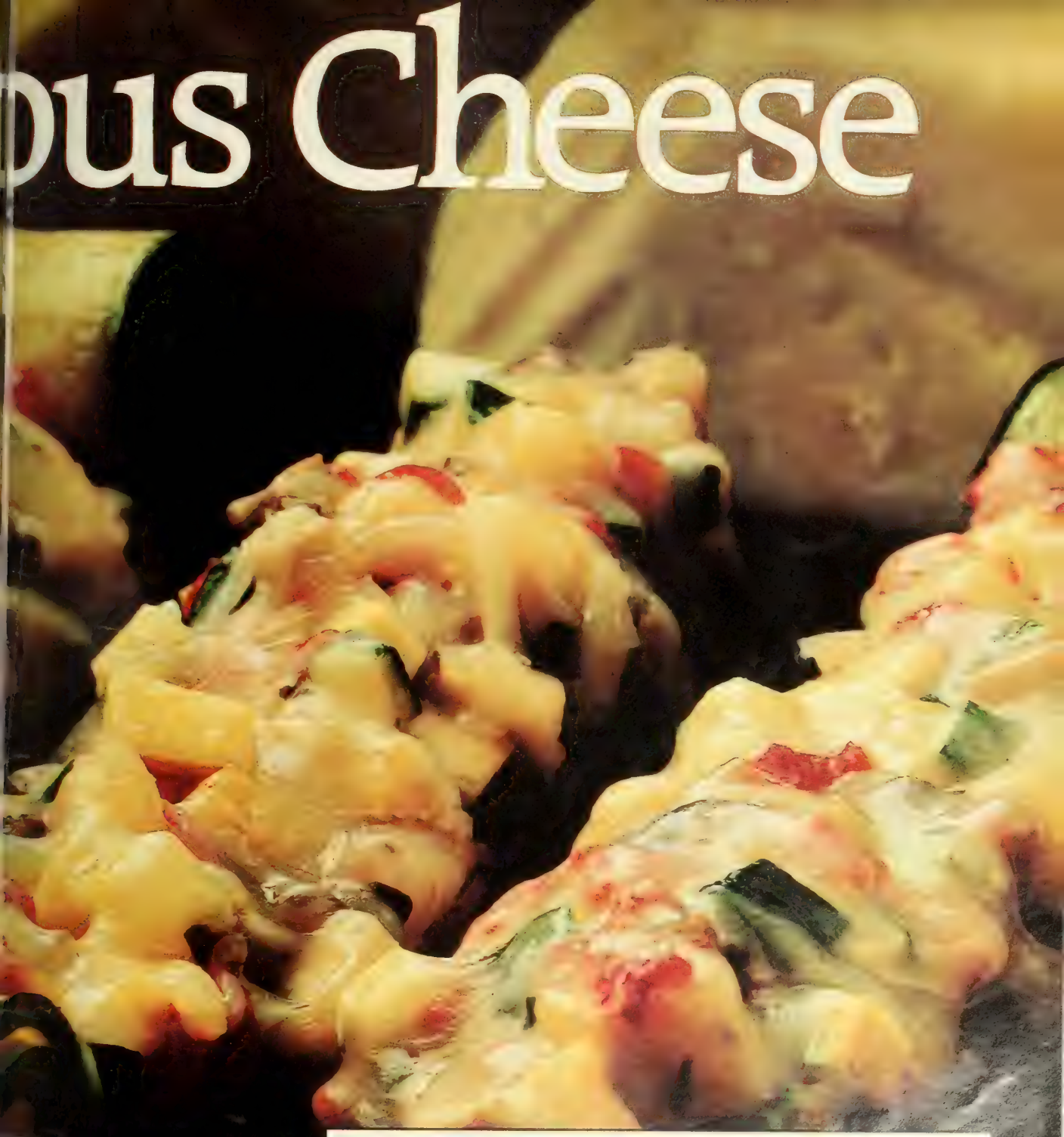


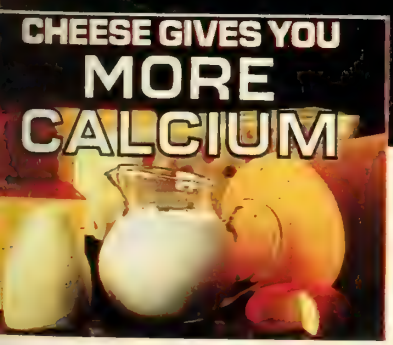
Baked over tomato halves



Added to antipasto

# ous Cheese






se is one of nature's most concentrated food sources
lcium because it's made from fresh wholesome milk.

## Stuffed Zucchini 6 servings

*3 medium zucchini*
*2 tablespoons butter*
*1 cup chopped fresh mushrooms*
*2 tablespoons all-purpose flour*
*¼ teaspoon dried oregano, crushed*
*1 cup (4 oz.) shredded Monterey Jack*
*2 tablespoons chopped pimento*
*¼ cup grated Parmesan cheese*

Cook whole zucchini in boiling salted water about 10 minutes, or until tender; drain. Cut in half lengthwise. For zucchini curl, cut a thin horizontal slice from top of each zucchini half, cutting to but not through each end; roll up. Scoop out centers, leaving a ¼-inch shell; chop center portion and set aside.

Melt butter in a large skillet; saute mushrooms about 3 minutes or until tender. Stir in flour, oregano; remove from heat. Stir in Monterey Jack cheese and pimento; stir in the reserved chopped zucchini. Heat mixture through.

Preheat broiler. Fill zucchini shells, using approximately ¼ cup filling for each. Sprinkle with Parmesan cheese. Broil several inches from source of heat for 3 to 5 minutes or until hot and bubbly.

NOTE: Stuffed zucchini may be assembled in advance, covered and refrigerated up to 4 hours. Broil for 5 to 7 minutes instead of 3 to 5.

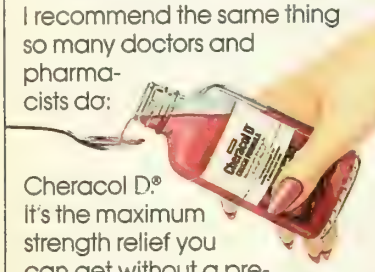
# Health tips

From Nurse Joan Kane



## What to do for a dry, hacking cough.

Coughs due to the common cold can be so irritating—to you and to those around you. For relief, I recommend the same thing so many doctors and pharmacists do:



Cheracol D.® It's the maximum strength relief you can get without a prescription. This good-tasting cough formula helps quiet the reflex that causes coughing, and helps you cough less. Cheracol D® contains no narcotics. Everyone in your family two years and over can use it.

## What to do for bronchial congestion.

The answer again is Cheracol D.® It has an expectorant action that helps provide drainage of the bronchial tubes at the same time it's helping to control your cough.




## What to do for a cough plus a head cold.




When your cough is accompanied by a stuffy head cold, I recommend Cheracol PLUS.® It not only helps control your cough, it also clears your nasal passages and dries a runny nose.

Use Cheracol D® and Cheracol PLUS® only as directed.

Upjohn

© 1985 The Upjohn Company



LADIES' HOME Journal®

VOL. CIII NO. 12 DECEMBER 19


# ARTICLES


2 • **EDITOR'S JOURNAL**

10 • **CAN THIS MARRIAGE BE SAVED?**
"My husband thinks I'm not good enough" *By Ellen Switzer*

16 • **A WOMAN TODAY**
"Our Christmas miracle"
*By Marti Paquette*

24 • **MISHA THE MAGNIFICENT**
A very private talk with Mikhail Baryshnikov, ballet's sexiest, most sensational star. *By Cindy Adams*

30 • **MEDINEWS**
Allergies to Christmas trees; advice on taking antacids; the latest on breast-feeding; and more. *By Beth Weinhouse*

37 • **A CHANUKAH LOVE STORY**
An inspiring and heartwarming tale of one couple's miracle of love.
*By Chava Willig Levy*

54 • **THE COMMON COLD: THE MYTHS AND THE FACTS**
We'll set you straight on the remedies that *really* work to help relieve avoid the most common health problem of all. *By Jacqueline Kelley*

62 • **NEWS FOR PARENTS**
Information on child rearing in the eighties.
*By Mary Mohler*





122 • **THE SANTA CLAUS AWARDS**
Five caring people who embody the spirit of Christmas.
*By David Nimmons*





Yvonne Hemsey/Gamma-Liaison


66 • What was hot (and what was not) in fashion, food, beauty, books, and more.

70 • **CELEBRITIES: THE HITS OF THE YEAR**
All your favorites—from lovable Bill Cosb to outrageous Bette Midler, from May Clint Eastwood to the Duchess of York.

76 • **TERRORISM: THE WORST OF THE YEAR**
Savage attacks around the world have mad 1986 infamous. Will attacks on the U.S. b next? *By David Nimmons*

80 • **PSYCHOLOGIST'S JOURNAL**
*By Sonya Friedman, Ph.D.*

82 • **HOW TO MAKE FRIENDS WITH YOUR PARENTS**
Do you still overreact when your folks offe advice? Now's the time to redefine your rela tionships. *By Jody Gaylin*



# You have never seen an ornament like this before. It actually comes to life and moves.

Lights appear in the little village. The tiny train starts up and chugs along the track.

Come to Hallmark and share the wonder. See our entire new collection of Light-and-Motion Ornaments, with their Santas and stars and sleighs that really do glide through the snow.

From now on, Christmas just won't be the same without them.

Hallmark

*When you care enough to send the very best*

© 1986 Hallmark Cards, Inc. U.S. Patent #4544218




# Better popcorn Butter

¼ cup *melted* butter or margarine
1½ teaspoons TABASCO® pepper sauce
2 tablespoons grated Parmesan Cheese

Combine all ingredients and mix well. Makes enough for 3 quarts popped corn. The measure of TABASCO® sauce in this recipe subtly brings out the flavor of the butter and the popcorn. Add a few more drops of TABASCO® and enjoy the peppery excitement that is so popular these days.

TABASCO®

TABASCO is a registered trademark of [illegible], Avery Island, Louisiana 70513



90 • **MONEY NEWS**
*By Katherine Barrett and Richard Greene*

184 • **LAST LAUGHS**

## FICTION

43 • **THE BESTEST PRESENT**
A holiday treat for the whole family from America's best-loved cartoonist. *By Lynn Johnston*

74 • **BOOKS: THE BEST OF THE YEAR**
An excerpt from *Lake Wobegon Days*, one of the best-selling novels of 1986. *By Garrison Keillor*

86 • **NATIVITY**
A special Christmas story about a family's search for the gift of a lifetime. *By Susan Kenney*

## GOOD LOOKS

22 • **BEAUTY JOURNAL**
Tips for dance-all-night feet; how to look great in a picture; an upper body strengthener; and more.

66 • **FASHION AND BEAUTY: THE BEST OF THE YEAR**
The cream of the crop: Donna Karan, anti-aging treatments, and more.

## AT HOME

101 • **CHRISTMAS AT THE WHITE HOUSE**
How the First Family decorates their glorious home for the merry seaso

118 • **CHRISTMAS BY DESIGN**
Deck the halls with these ideas from top decorators and designers. *By Marilyn Diane Glass*





106
**GINGERBREAD CLASSICS**
Three unique and beautiful cookie houses for you to make. *By Jan Turner Hazard*




Tohru Nakamura


110
**HOW TO LOOK GREAT AT A PARTY**
Fabulous ways to look glamorous for the holidays. *By Lois Joy Johnson*

## FOOD

60 • **EASY AS 1-2-3**
*By Carol Prager*

68 • **FOOD: THE BEST OF THE YEAR**
Super recipes for the year's hottest trends: all-American crab cakes and cinnamon rolls.

108 • **GIFTS FROM THE GOLDEN GIRLS**
Goodies from the kitchen of TV's zaniest roommates and the actresses who play them.

116 • **HOLIDAY BUFFET FROM THE FRUGAL GOURMET**
A sumptuous feast from TV personality and best-selling cookbook author Jeff Smith.

124 • **GREAT COOKIES FROM GREAT COOKING SCHOOLS**
Recipes for the *best* cookies ever.

136 • **RECIPE INDEX**


Cover photo of Tessa Lorenze with puppy, Tom Arma. Insets: Vanna White, Charles W. Bush/Shooting Star; Prince Andrew and Sarah Ferguson, SIPA; Barbara Walters, ABC; Bruce Willis, Shooting Star.




Karo® Corn Syrup.
As natural to pecan pie
as pecans. Now Karo has
exciting new pecan pies that
start with the recipe you already
love. They're just as easy to make as the
classic pie. And they're all just as lovable.

**Karo Classic Pecan Pie**

3 eggs, slightly beaten
1 cup KARO® light or dark corn syrup
1 cup sugar
2 Tbsp Mazola® margarine, melted
1 tsp vanilla
1½ cups pecan halves
1 unbaked (9") pastry shell

Stir together first 5 ingredients until blended. Add nuts. Pour into pastry shell. Bake in 350°F oven 50 to 60 min. or until knife inserted halfway between center and edge comes out clean. Cool.

**Chocolate Pecan Pie:** Decrease sugar to ⅓ cup. Add 4 oz. melted semisweet chocolate.

**Pumpkin Pecan Pie:** Pumpkin Layer – Stir together 1 egg, 1 cup canned pumpkin, ⅓ cup sugar, ½ tsp ground cinnamon, ¼ tsp ground ginger and ⅛ tsp ground cloves until blended. Spread evenly in bottom of unbaked (9") pastry shell. Pecan Layer – Stir together 2 eggs, ⅔ cup corn syrup, ⅔ cup sugar, 2 Tbsp melted margarine and ½ tsp vanilla. Add 1 cup pecans. Carefully spoon over pumpkin layer. Bake in 350°F oven 60 min. or until filling is set around edges.




© 1986 Best Foods, CPC International Inc.

# "HE THINKS I'M NOT GOOD ENOUGH"

*Now that Tony was successful, he didn't seem to need Carla anymore. Why couldn't things stay the way they used to be? By Ellen Switzer*



*This case is based on information obtained from Family Service of Westchester, a private, nonprofit family service agency, in Mount Vernon, New York, funded in part by the United Way. The agency is a member of Family Service of America and is accredited by the Council on Accreditation of Services for Families and Children. The story reported here is true, though names and certain details have been changed to conceal identities. The counselor in this case was Ellen Deckoff, M.S.W.*

## CARLA'S TURN

"Now that Tony has everything he ever wanted, he doesn't need or love *me* anymore," said Carla, a petite though chubby thirty-three-year-old with beautiful brown eyes. "When we were married, five years ago, Tony's life was a mess. He had graduated at the top of his high school class but he didn't have enough money for college, so he took a low-paying job driving an ambulance. He was living at home, and he fought constantly with his parents. And since his job required a lot of weekend and evening work, he had few friends.

"Now he has a college degree and a terrific, well-paying job he loves—a lot more than he loves me. Not to mention a whole new social life with his bright co-workers and their wives, who all respect *him* and look down on *me*.

"Sometimes I wish we were poor again. Back then, it was Tony and me against the world. He depended on me for everything—not just the money from my job as a typist at the city hospital, but also for the love, companionship and encouragement I always gave him. He certainly never got any support from his highly critical family. I always tried to make our life as comfortable as possible—whether it was by figuring out new ways to fix hamburger or painting our tiny apartment in cheerful colors. I even ran all over town doing errands for his parents.

"Actually, those years represented the only real family life I have ever known. My own father walked out when I was five, and my mother, sister and I never heard from him again. Since money was scarce, I knew college was out of the question, so I took business courses in high school and went to work at the hospital as soon as I graduated. That's where I met Tony. Though we would meet regularly for coffee in the hospital cafeteria, it took him almost a year to ask me for a real date, and then we saw each other for two more years before he finally asked me to marry him.

"We had a small church wedding, then moved into an apartment not far from the hospital. At my urging, Tony applied for admission to the evening program at the university here to get his degree in business administration. You know how smart he is? Not only did he win a scholarship, but he received advance credit for many courses because he passed the required exams so easily!

"In two years, even though he was driving the ambulance during the day, he had graduated with top honors and was offered a spot in the management training program of a large bank. Again, he advanced faster than anyone else.

"The day Tony got his second raise I discovered I was pregnant with our daughter, Annie. We had not planned on having a family until we had saved enough money to buy a house, but Tony insisted on celebrating anyway—in one of the most expensive restaurants in town. He also made me go to a beauty parlor, and buy an elegant new dress.

"That was a sign of things to come—though I didn't realize it then. During dinner Tony announced that our lives were changing. He was right: His life got better . . . mine got worse.

"First, Tony wanted me to quit my job and go to college. That seemed foolish—with a baby coming, we needed my salary. And besides, all my friends worked at the hospital. I didn't really know what to say, and after a while, Tony stopped bringing up the subject.



"But then, after Annie was born, Tony received a promotion and another raise. This time he really went to work on me, pushing college and telling me I needed new friends and new interests. He also wanted me to lose weight and buy better clothes to wear to the company parties. Oh, how I hated those parties! I felt completely out of place with all those people.

"Still, Tony was forever urging me to better myself—I have no drive, he used to say—and I became more insecure and miserable every day. On top of that, Tony started going on these buying sprees—he bought a closetful of new suits and even a fancy new car, which we certainly didn't need.

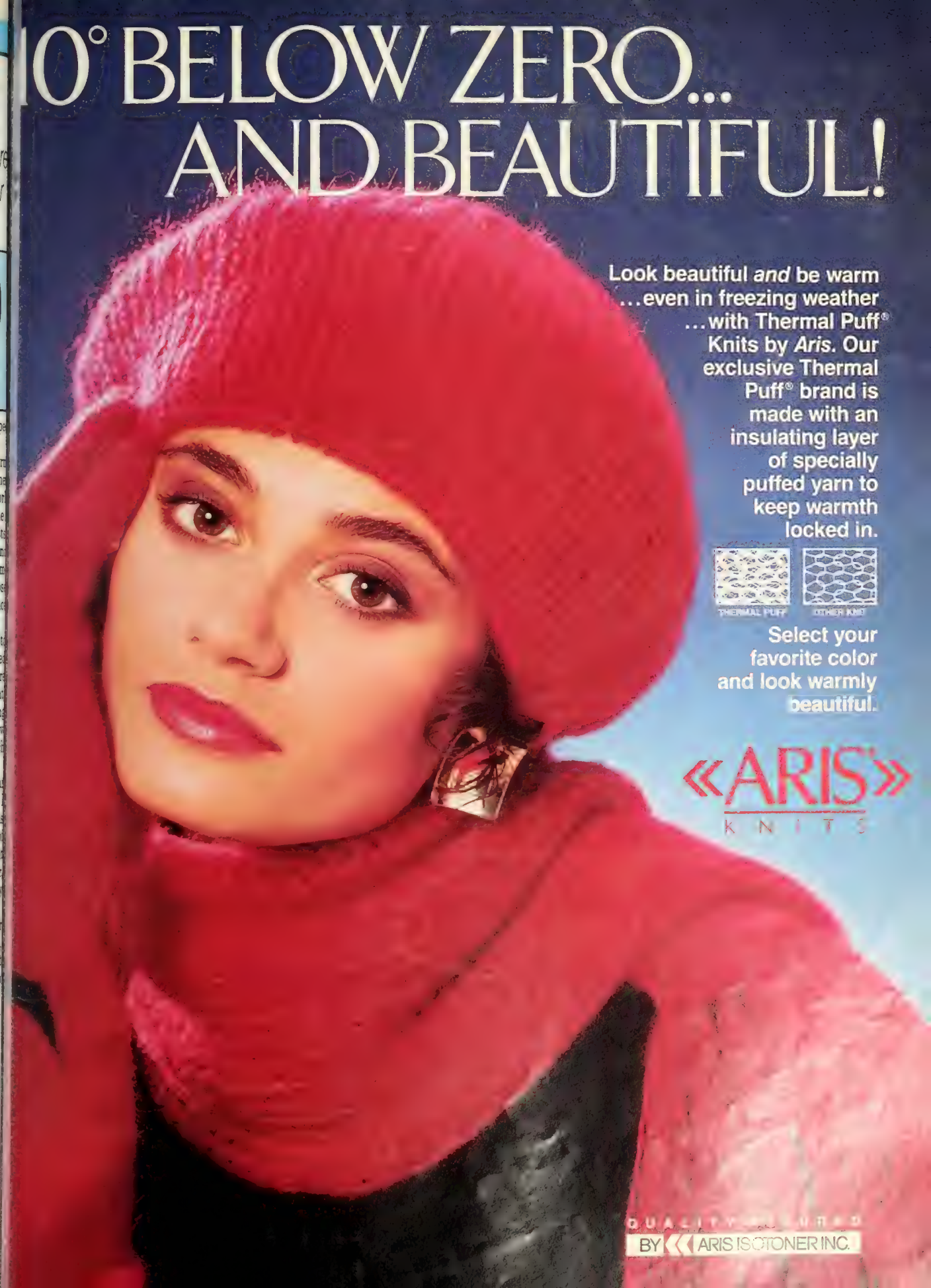
"Then, when Annie was about a year old, I started getting anxiety attacks. I would get dizzy and sweaty, and I felt as if my heart would pound right out of my chest. At first, I didn't know what was wrong, but I went to my doctor who told me the problem was caused by emotional tension.

"Since I was feeling so miserable, our sex life, which had been just fine, started to, well, disappear. You don't want to have sex when you feel ready to jump out of your skin.

"Things came to a crisis when I refused to accompany Tony to the bank's big Christmas dinner dance at the country club. He had bought me a slinky, expensive evening dress that was much too tight for me, and I knew I would look fatter and more out of place than ever. Tony was furious! He went without me, and he didn't come home until five in the morning.

"I was out of my mind with worry. Then, when he finally *(continued)*

# 10° BELOW ZERO... AND BEAUTIFUL!



Look beautiful *and* be warm ...even in freezing weather ...with Thermal Puff® Knits by *Aris*. Our exclusive Thermal Puff® brand is made with an insulating layer of specially puffed yarn to keep warmth locked in.




Select your favorite color and look warmly beautiful.

«ARIS»
KNITS

QUALITY ASSURED BY ARIS ISOTONER INC.



# CAN THIS MARRIAGE BE SAVED? *"I tried to get her to change, for her own good, but she refused," said Tony.*



continued

walked in, he confessed that he had taken a co-worker home and ended up in her bed. His excuse was that he had been drunk, but I knew better. This was just the first step: He was going to leave me, the way my father had left my mother. It was only a matter of time.

"So I packed my things, took my daughter and moved in with my mother, who was not very enthusiastic, even though I help her out all the time. She told me that wives belong with their husbands, that men are just natural chasers and that I had better learn to make the best of a bad situation.

"Because I couldn't think of what else to do, I moved back into our apartment, but I slept with Annie in the tiny living room. I'm still there. I love Tony, but at this point I feel as if I'm of no use to him at all. When I was staying with my mother he begged me to come home, and though he has promised he will never again be unfaithful, that's not enough. Tony has got to accept me as I am."

## TONY'S TURN

"Carla is one of the few really *good* people I know. She also has a very good mind—which she refuses to use—and could look very lovely if she lost some weight and stopped dressing like a bag lady," said Tony, thirty-four, a thin, red-headed man who refused to make eye contact with his wife or the counselor.

"Of course, my infidelity is inexcusable, but I've apologized so many times already that I don't really see how counseling can help us. All that is needed is for Carla to forgive me, and then for her to get to work on herself and shape up.

"Right now Carla doesn't seem interested in me at all. She refuses to sleep with me. And she spends all her time and energy running errands and doing chores for everyone. Why doesn't she ever stand up for herself? Instead of having the courage to take control of her life, she blames me for her dizziness and heart palpitations.

"When I first met Carla, my life *was* a mess. I had very little confidence in myself—but who would, with parents like mine? If my mother wasn't picking on me for one thing or another, she was shouting at me or my father. My parents argued constantly, and my bossy mother always won because she could shout louder and longer than Dad.

"But Carla inspired me to take control of my life. Though I had no serious intentions of becoming involved with any woman—what I had seen of my parents' marriage gave me a rather jaundiced view—I found myself drawn to her warmth. She was always interested in listening to my problems and dreams, something she never wants to do anymore. We started dating, and after thinking it over for a long time, I finally asked her to marry me.

"That was the best move I ever made. Carla put her faith in me, agreeing to live in near poverty until I finished college, and helping to pay my tuition, too. Our sex life turned out to be good—again, because Carla was such a loving, giving person. She even managed to get along with my parents, mainly because she catered to them.

"Now, just when all the dreams I thought we shared have started to come true, our marriage is on the rocks. Carla is very smart, but she has had no formal education. When I tried to get her to change, for her own good, she refused. Then came those anxiety attacks, which she now uses against me to avoid making love. And she doesn't even want to discuss my career anymore. Every time I tell her how well a project is going, she looks as if she is about to burst into tears. And she goes into hysterics when I buy some new suits or a car. Well, we have the money now, so I'll be darned if I'm going to spend my life pinching pennies.

"When Carla refused to accompany me to the company Christmas party—the most important business function of the year—I blew up. I had even bought her a new dress, which I knew was a little too tight, but I thought it would give her the incentive to lose a few pounds. It was immature of me to act the way I did that night, but I assured Carla that the woman meant nothing to me. As you know, she wouldn't even discuss it.

"Carla was such a wonderful wife when we were struggling to make it. When she made her wedding vows, did she pay attention only to the 'for worse' part—and ignore the 'for better'? I want to share my life with Carla and Annie, but I certainly can't go back to driving an ambulance."

## THE COUNSELOR'S TURN

"Carla and Tony were experiencing problems that can arise when the balance in marriage is upset, even by a *happy* turn of events," said the counselor.

"Though both had emotional problems when they married, the relationship provided the emotional support they nee to overcome their insecurities. Ca desperately needed to be needed; it the only way she felt worthy of be loved. Tony, demoralized by his critic overbearing parents, required uncon tional love and acceptance to bols his sagging self-esteem.

"However, once Tony became succe ful, the altered balance triggered crisis that brought them to the brink separation. Tony had changed, Carla hadn't. And as Tony's self-c fidence grew, he needed Carla's enco agement less. That's when Carla's se esteem plummeted.

"Tony's tactless demands that Ca improve herself added to this coupl problems. Afraid to confront her hu band openly, Carla was unconscious showing her anger by withholdi physical love. Of course, this on served to turn her fear that Tony wou leave her into a self-fulfilling prophe

"Tony's infidelity was his final attem to get Carla to come around. Howev while he had expected to frighten h into compliance, his actions boome anged. Carla was much stronger tha he gave her credit for. She loved hi and was afraid of losing him, but s had enough integrity to refuse change just to meet Tony's social asp rations. She moved out, and emotiona ly she never really moved back in.

"Counseling was rough going for th first few sessions because Tony, in spi of his intelligence, was simply unab to examine the motives behind his b havior. He agreed to become involved i the counseling process only after a emotional session during which Carl threatened to divorce him.

"Even then, it was Carla who found much easier to sort out the problems i their relationship. She quickly reco nized that her need to be needed mad it possible for others to exploit her. Sh did favors for people because she ex pected to be repaid in love and respec which she was convinced she could ge no other way. Yet, as soon as Carla be came aware of this tendency in herse she found she *could* say no to unrea sonable demands. This, in turn, gav her a feeling of control, which booste her general self-confidence.

"In many ways, Tony was more inse cure than Carla. Without her encour agement he would probably have con tinued in jobs way below his intellectua capacities, because he was afraid to pu his early promise to a *(continued)*


"Never met
a Scoundrel
I didn't like."
Susan Lucci
Scoundrel.
Unquestionably female. Undeniably provocative.
Scoundrel Musk
REVLON

# On the twelfth day of Christmas my true love gave to me...

12 bags of laundry



11 shirts to iron

10 canning jars



9 rugs to beat

8 pies to bake

7 walls to paint



6 floors to scrub

5 shirts to mend

4 logs to split



3 ties to make

2 dinner parties

and a partridge to clean, stuff and cook.



# VIRGINIA SLIMS

You've come a long way, baby.

© Philip Morris Inc. 1986

Lights: 8 mg "tar," 0.6 mg nicotine—
100's: 14 mg "tar," 0.9 mg nicotine av. per cigarette.
FTC Report Feb.'85. 120's: 14 mg "tar,"
1.0 mg nicotine av. per cigarette by FTC method.

SURGEON GENERAL'S WARNING: Quitting Smoking Now Greatly Reduces Serious Risks to Your Health.

al test. Although it took several sessions, Tony finally came to realize that e was projecting his own insecurities nto Carla by insisting that she improve herself.

"However, I explained that if their lationship was ever going to flourish, arla and Tony had to start sharing eir feelings. At my urging, they set ide specific times each day to discuss roblems when they came up. Homework assignments between sessions ere designed to let them sort out one sue at a time and, if possible, to resolve it before going on to the next.

"I suggested that they first discuss arla's reasons for refusing to quit her ospital job, something that had long een a sore point between them. With er renewed confidence, Carla found ne was able to tell Tony how she truly elt. As a result, he understood for the rst time that the hospital was the only ocial setting in which she felt completely secure. To help her overcome er insecurity and expand her social ircle, they planned small dinners and ther occasions, inviting only one or wo of Tony's co-workers and their ives so Carla did not have to face the hole company at once. Within a short me, Carla became friendly with these eople on a personal level, and was less ntimidated by them in a large group.

"At another session, we discussed a roblem that had long troubled Carla: er belief that Tony spent money frivously. As Tony clearly outlined their financial situation—something he hadn't othered to explain before—Carla was ble to see that on Tony's new income, hey really could afford some luxuries.

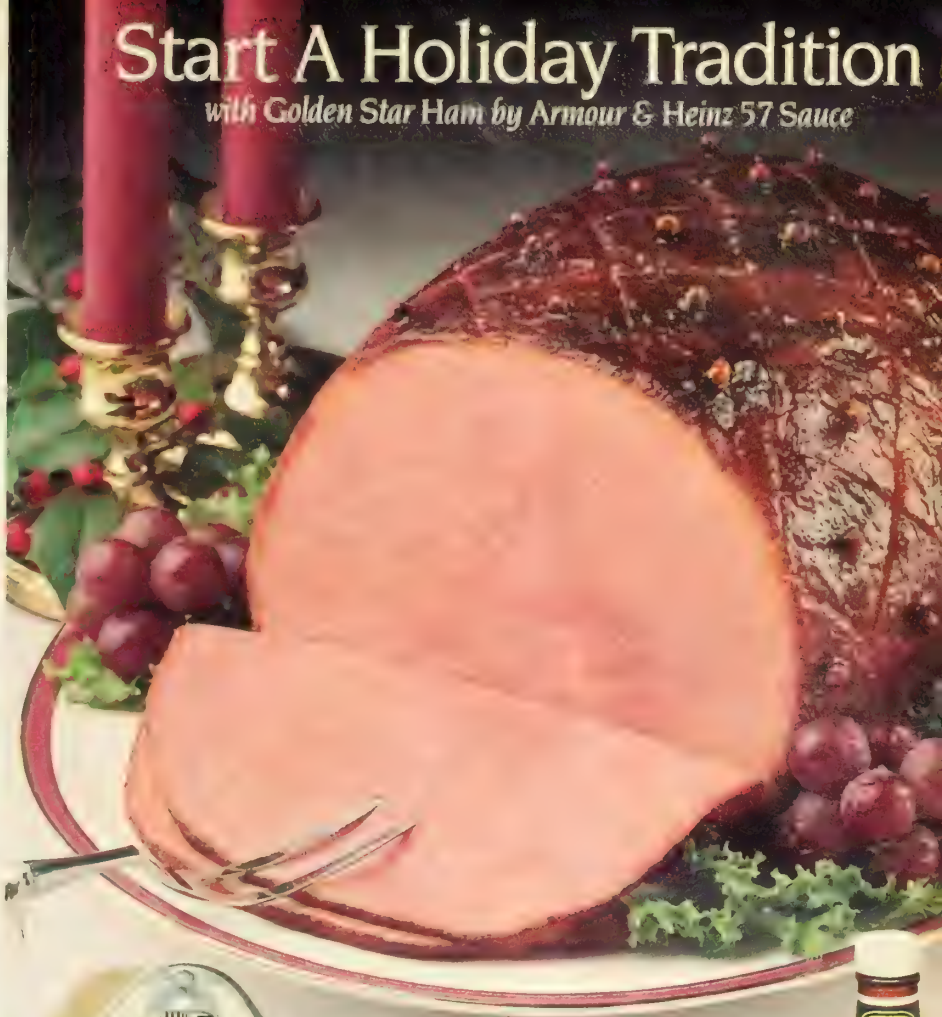
"After ten sessions, Carla and Tony old me they wanted to try to work on heir relationship on their own. We tayed in touch with occasional phone alls, and now, one year later, they eem to have a strong, loving marriage.

"Tony is still rising rapidly on the cororate ladder, and they are planning to uy a home soon. Carla, too, has been usy, doing exceptionally well in the eveing courses in education she has taken t the local university. Next semester, she lans to enroll full-time for her degree.

"Carla's newfound confidence has rought about other changes, too. Since she is no longer under stress, her anxiety attacks have all but disappeared. She has lost weight and is able to wear with pride the more elegant clothes Tony likes. And though she'll always be a little shy, Carla now happily attends usiness and social functions with her husband. I'm confident that Tony and Carla can look forward to a happy and productive life together." **End**



Start A Holiday Tradition
with Golden Star Ham by Armour & Heinz 57 Sauce






For the Tastiest Holiday Ham
Here's One Honey of a Glaze

**HONEY 'N' SPICE GLAZED HAM**

1 Golden Star Canned or Fully Cooked Boneless Ham by Armour
1/2 cup Heinz 57 Sauce
1/4 cup Sue Bee Honey

Heat ham according to label instructions. Combine ingredients for glaze. Brush ham with glaze last 30 minutes of baking. Serve extra glaze as sauce.




© 1986 H. J. Heinz

and One Honey of an Offer
**FREE*** Sue Bee Honey
*and a 50¢ coupon for Golden Star Ham by Armour* *with proofs of purchase

To receive your coupon good for one FREE Sue Bee Honey Table Server, or $1.00 toward purchase of any Sue Bee Honey product...PLUS a 50¢ store coupon for Golden Star Ham by Armour...send this certificate along with these three proofs of purchase: the Certificate of Satisfaction from any Golden Star Ham by Armour; the UPC seal from Heinz 57 Sauce; and the cash register receipt with Sue Bee Honey price circled and UPC number written on it.



MAIL TO: **SUE BEE HONEY OFFER**
**P.O. Box NB 590, El Paso, TX 79977**

NAME _____

ADDRESS _____

CITY _____ STATE _____ ZIP _____

Offer limited to one per family, person or organization. This official mail-in certificate must accompany request. Facsimilies or reproductions of certificate or proofs of purchase not accepted. Please allow 6-8 weeks for delivery. Offer void where prohibited or otherwise restricted by law. Sales tax must be paid by customer. OFFER EXPIRES 6/30/87

MAIL-IN CERTIFICATE

# "OUR CHRISTMAS MIRACLE"

*In our bleakest hour, a special person showed our family what the gift of life really means. By Marti Paquette*

Every year, as the holiday season approaches, I think about our family's extraordinary Christmas three years ago. In the summer of that year, 1983, my husband, Ed, and I had learned that I was pregnant with our second child, a brother or sister for our ten-year-old son, Derek. This news was a wonderful surprise, since we'd been told several years before that we wouldn't be able to have any more children.

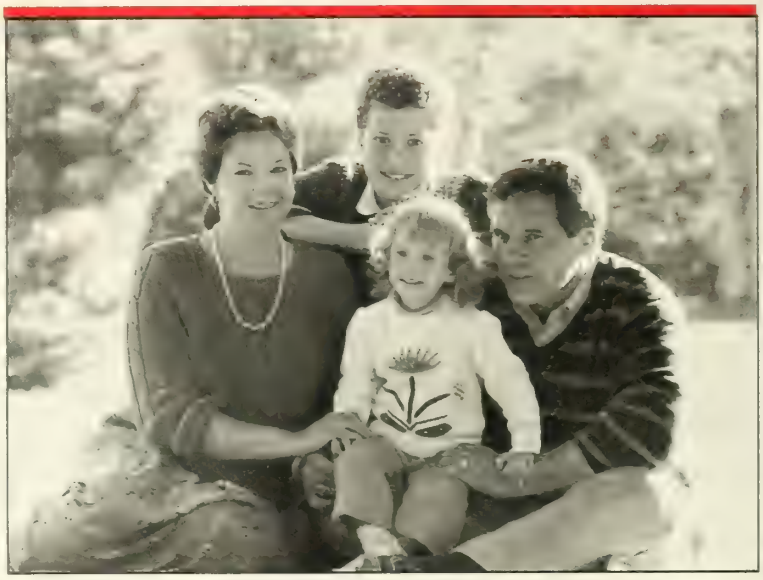
But in September, my doctor discovered that I had an incompetent, or weak, cervix, which would begin to dilate before the baby was ready to be born. I was admitted to a nearby hospital to have a stitch put in my cervix so that it would function normally during my pregnancy. Two days later, the doctors released me.

For a month, everything was fine. Then, on October 4, I began to have contractions. I wasn't sure what was happening—especially since I was only five months pregnant. Terrified, I called my doctor, and he told me to go to the hospital right away. I was admitted and given medication to stop the contractions. But two days later, my water broke. The doctors examined me and told us that I had developed a uterine infection, and that because my contractions were so strong they couldn't hold off the birth any longer. It would be too great a risk to my health.

We were devastated, especially when they warned us that our baby's lungs were so weak that she would probably take two breaths and die. Ed and I couldn't believe this was happening to us. All the hopes and dreams we had had for our new family were disappearing, and there was nothing we could do about it.

A few hours later our baby girl was born. I got only a brief glimpse of her tiny body before she was whisked away, crying. Ed and I thought we'd never see our daughter alive again.

The doctors told us that she weighed only seventeen ounces and was barely eleven inches long. They didn't have much hope that she would survive, but later that night we learned that she had miraculously breathed on her own for four hours before she was transported to a hospital with a neonatal intensive care unit (NICU). However, her chances for survival were less than 1 percent.



**MARTI AND ED PAQUETTE WITH THEIR THIRTEEN-YEAR-OLD SON, DEREK, AND THREE-YEAR-OLD TRICIA**

I was released from the hospital the next day, and Ed and Derek took me to see our daughter. I had decided to name her Patricia, after Ed's mother. Even though the neonatologists had tried to prepare us for our first real look at her, we still weren't ready for the sight that greeted us. Tricia didn't look like a baby—she looked more like a tiny animal. She was a red mass of skin and bones attached to a respirator and various other machines. I stared at her, my mouth hanging open, tears streamin down my cheeks. I started shaking, an Ed tried to hold me as Derek claspe my hand. The experience was so em tionally draining that I could stay a the hospital only for a little while.

After that, I visited the hospital a most every day. Gradually, I becam used to Tricia's appearance. But eve though I desperatel wanted to hold and comfor my daughter, I was afrai that I might hurt her, be cause she was so fragile. I took me a week before I wa comfortable enough t touch my baby.

As the days and week went by, there were man emergencies and setback in our daughter's condi tion. Time after time Ed and I had to try to b strong for Tricia. Wher she was four weeks old she developed a bleedin condition in which the brain capillaries (minute blood vessels) burst and interfere with the reab sorption of cerebrospinal fluid. This caused hydrocephalus, an accumulation of fluid in and enlargement of one of the brain ventricles (cavities). We were told that if the bleeding and hydrocephalus didn't stop by themselves soon, Tricia might suffer irreparable brain damage.

It was the worst feeling in the world to know that our child was dying and we couldn't do a thing to help her. I prayed a lot, asking God to save my baby.

My prayers were answered three weeks later, when the bleeding and hydrocephalus finally stopped. Ed and I cried when we heard the news. One of the neonatologists told us that he had never before seen a condition like Tricia's resolve itself. I knew then that my baby was very special and very strong.

As Thanksgiving drew near I began to reflect on what I had to *(continued)*

# AT LAST. SOCKS TOUGH ENOUGH TO FILL BOTH THEIR SHOES.

SUPERBULK™ available in the majority of styles.




FRUIT OF THE LOOM®

UNCONDITIONALLY GUARANTEED

QUALITY RUNS IN THE FAMILY.

## INTRODUCING FRUIT OF THE LOOM® SOX WITH SUPERBULK.®

They both need socks that won't quit when the going gets tough. That's why Fruit of the Loom Sox are reinforced with SUPERBULK. And many styles are made with Orlon® acrylic. They're made strong to last long. So try our socks out on your tough guys...and girls.

Orlon® is a DuPont reg. TM.

© 1986 Fruit of the Loom, Inc. One Fruit of the Loom Drive, Bowling Green, Kentucky 42102. An operating company of Farley/Northwest Industries, Inc.




This playful cat is Purrfection.
And you can getta Gund at all fine department, toy, gift and infants' stores.
Gund, Inc., P.O. Box H, Edison, New Jersey 08818.

## A WOMAN TODAY

continued

be thankful for. Of course, I was grateful that Tricia was still alive, but I was angry and very frustrated, too. I kept thinking, Why did this have to happen to me? I should still be pregnant now. I also wondered why my daughter had to go through all this. Even if she did survive, the doctors had warned us, there was a good chance she would be mentally retarded. Our situation seemed hopeless.

The strain of dealing with Tricia's condition put our family under a lot of pressure. Ed and I were so exhausted from our daily trips to the hospital and our constant worrying about Tricia that we didn't have any time or energy left for each other. And I felt horribly guilty, wondering if I had done something during my pregnancy to cause Tricia's condition. Even Derek began to act up and demand extra attention.

Just after Thanksgiving, a new concern about Tricia's health arose—Ed and I began to get very worried about the length of time that Tricia had been given extra oxygen. The doctors had told us that the high concentration of oxygen could damage the retina of the eye, causing blindness. They were skeptical about her chances for good vision. But we soon realized that we couldn't think that far in advance. We had to take one day at a time or we would completely lose hope for our daughter.

During this time, we barely had contact with anyone but those closest to us. No one had even congratulated us on Tricia's birth. We understood that many of our friends didn't know how to deal with Tricia's situation, but it still hurt and made us feel very alone, especially since Christmas was approaching.

Although we weren't feeling very festive, we decided to celebrate the holiday as best we could, for Derek's sake. We bought a tree and decorated it, but our hearts weren't in it. We felt the only meaningful celebration would include Tricia.

So, on Christmas Eve, the three of us went to the hospital to be with our baby. The sterile NICU was beautifully decorated, and one of Tricia's nurses had her all decked out in a doll's dress. But as Derek, Ed and I were talking to Tricia to let her know how much we loved her, we saw another family crying. We soon learned that as we were rejoicing over our baby, they were mourning the death of theirs. We felt totally depressed, and we wondered if Tricia would meet with the same fate.

On Christmas Day, we exchanged gifts. But even Derek didn't have the holiday spirit. Nothing seemed right without Tricia. Then there was a knock on the front door. When I opened the door I was shock to see Handy Gelbard, an intern who h been on rotation for two weeks at t NICU when Tricia was admitted. He h been so impressed with her will to li that, unknown to us, he had continued follow her progress. Now he was standi on our front porch with a big smil holding a goose, a bottle of red wi and presents. "We're going to coo Christmas dinner," he announced.

I was so touched by this gesture th I began to cry. But my tears soon drie when Handy put the three of us i aprons and set us to work in the kitc en. Soon, we were all talking and laug ing, and it was as if Saint Nick himse had arrived to bring us some holida spirit. The atmosphere in our hous had changed from one of depressio and sadness to one of joy and grea hope. Handy helped us realize tha Christmas was a time to be thankful fo the miracle of birth and life; certainly fo Tricia's birth and life. When he left tha night, words were not enough to than him for making us feel that somehow everything would work out.

And after that, wonderful things *di* happen! On January 11, the doctors de termined that Tricia was strong enough to breathe on her own, and they took her off the respirator. All the nurses left their stations for a few min utes to witness this event, and the doc tors gathered around. I held Tricia in my arms, and she turned her head to ward me, her eyes wide open, and made a peeping noise. We all began cheering and hugging one another, and Ed and I began to cry, overwhelmed with joy.

Three weeks later, Tricia was pronounced well enough to go home. After 150 days in the hospital she weighed five and a half pounds, she could keep down a little over three ounces of milk, and she could breathe completely on her own. The doctors had done eye tests on her and determined that her vision was perfectly normal. Ed, Derek and I were thrilled. For the first time, the four of us could be a real family.

Today, Tricia is three years old—a beautiful, active, perfectly healthy child. She is very bright and has caught up to her peers in every aspect of development. And this Christmas, as she helps me decorate the tree, squealing with delight over each ornament, I thank God once again for giving our family such a precious gift. **End**

*Note: Ed and Marti Paquette are now directors of Parent Care, a national support group of parents with premature and high-risk infants. For information, write to: Parent Care, University of Utah Health Science Center, 50 N. Medical Drive, Salt Lake City, UT 84132.*


Indulge yourself.
For those who believe you can never be too soft on yourself, there's the Kleenex® Softique® Collection.
Lightly scented tissues tucked inside a bouquet for a box. Go ahead, indulge yourself.
Kleenex BRAND
Softique® Collection
FACIAL TISSUES

# overnight success

Cellular Replacement Formula



© 1985 Coty N.Y.

# Phase out the aging look of dry skin.

**Remarkable advance in face treatment technology:** This night-strength formula is so effective it virtually reverses the aging look of dry skin while you sleep. Phases away dry lines. Phases in softer, smoother, younger looking skin.

**Clinical tests prove it:** Overnight Success begins to work overnight. After just 3 nights use, 98% of women showed measurable improvements. Discover Overnight Success tonight.




by COTY

## Wake up to younger looking skin tomorrow.




Special gifts to share this holiday season.

Emeraude® by Coty

# BEAUTY JOURNAL

*How to sit prettier for a picture, tips for dance-all-night feet, upper-body workout and new products*

## How to make the camera love you

Before you say "cheese," read this roundup of tips to help you look terrific in a photograph.

### YOUR LOOKS

Wear matte makeup, and powder well, since the camera makes shine more pronounced. Apply pink blush high on cheekbones, but don't contour—it can read as gauntness on film. When selecting clothes, keep in mind that warm shades—rose, peach, terra-cotta—are more flattering in a photo than cool blues and greens. (For black and white pictures, a darker top will put the emphasis on your face, where you want it.) "Clothes and hair should be soft and familiar to make you feel good, not so trendy that they date your portrait," says makeup artist Mark Nahmias. Yes, wear glasses if you're never without them in real life. Otherwise, your picture won't look like you.



Ross Whitaker

### YOUR ATTITUDE

A three-quarter view will make the prettiest picture. To minimize a prominent nose, tilt chin up slightly. Touch the top of your tongue to the roof of your mouth to firm up facial contours and chin. "A few deep breaths will calm your nerves," says fashion photographer Ross Whitaker. For a more relaxed, natural look, he adds, "Sit—don't stand—and focus on a spot slightly to one side of the camera." To soften a frozen smile, try model Alison Houtte's trick of parting your lips and breathing through your mouth. "A little humor helps, too," she says. "It will relieve some of the tension *and* put a smile in your eyes!"





***A photo do, top: soft makeup, relaxed smile. Two don'ts, here: tooth-baring grimace; tight mouth, extreme hair***

## STEPPIN' OUT



Tim Sheaffer

Feel-good feet or sore tootsies? These tips timed for the high-heel season should make all the difference. • Shoes that fit perfectly are a must, but even they can cause pain when feet swell. Minimize puffiness by avoiding salt and alcohol on the day before and the day of the party, says John F. Waller, Jr., M.D., attending orthopedic surgeon at Lenox Hill Hospital, in New York City. • Don't tire feet ahead of time. When you're planning to kick up high-heeled party shoes in the evening, wear comfortable low or medium heels during the day. • To help ease pressure on the balls of feet, fit half-insoles into high heels (works with other shoes, too). If you *must* squeeze blistered toes or heels into party shoes, protect with plenty of petroleum jelly and adhesive bandages. These measures, plus shoe inserts that raise heels slightly, can help prevent pump-bump irritation. • To soothe post-party soreness, Waller suggests warm or ice-cold soaks, and gentle kneading with thumbs, working from heels to toes. Or try swabbing your feet with witch hazel and then shaking them one at a time as hard as you can. Ah . . .

## BEAUTY NEWS

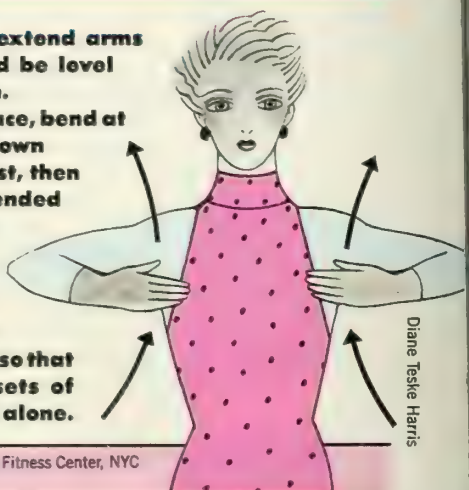
■ The luxury of a cream, with the staying power of powder—it's Revlon's Powdercreme Blush. ■ Electric Benders, by Clairol, give hair easy body or curl. ■ Puff on silken coverage with light-as-air Mousse Makeup from Maybelline.

## SUPER SHAPER FOR ARMS

**1** **Standing or sitting tall, extend arms out to sides; hands should be level with shoulders, palms down.**

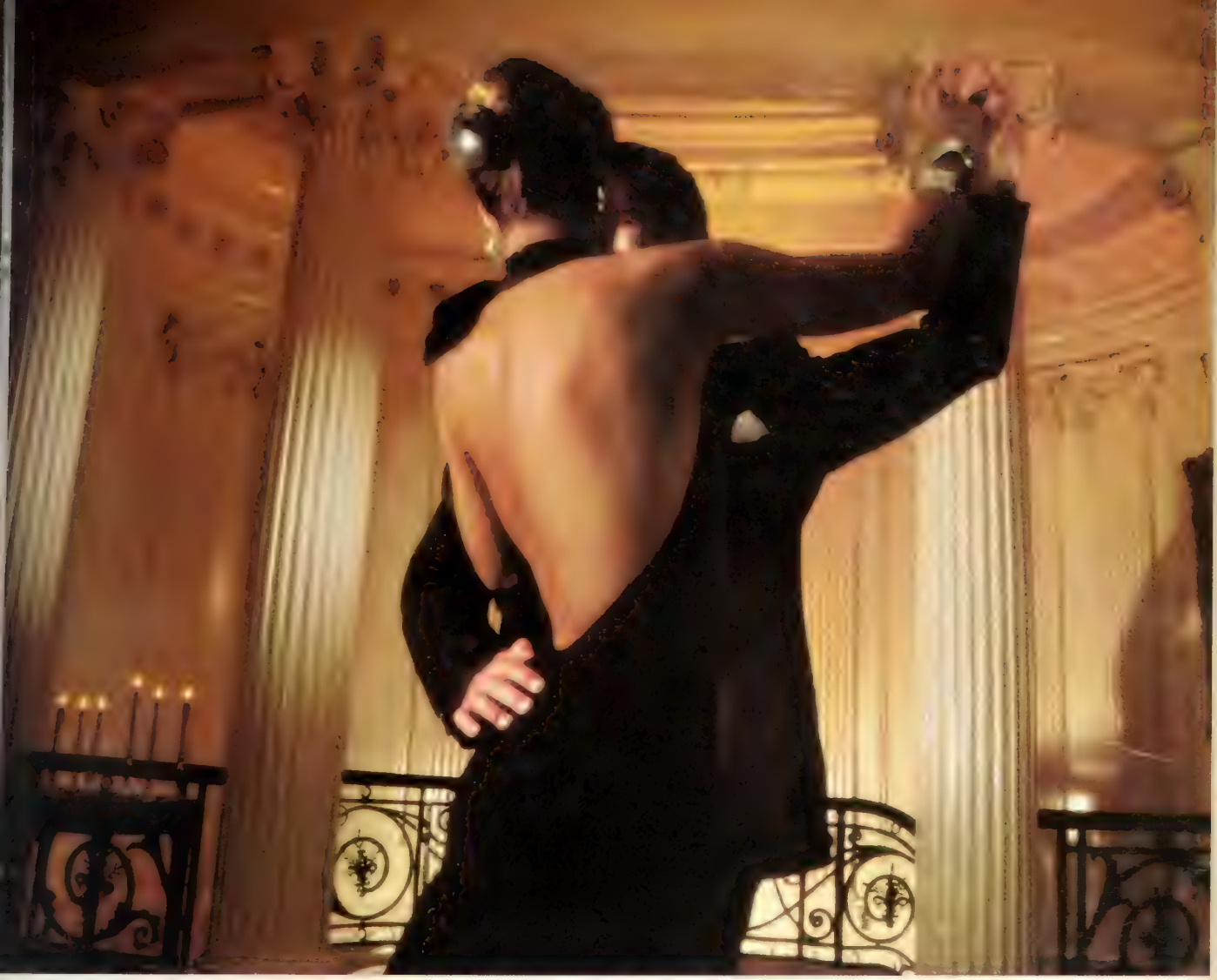
**2** **Keeping upper arms in place, bend at elbows and swing hands down toward waist and up to chest, then swing arms back to extended position with palms down.**

**3** **Swing hands up to your chest again, this time brushing past shoulders in an arcing motion to an extended position, rotating so that palms face up. Do three sets of eight. Repeat with each arm alone.**



Diane Teske Harris

Exercise designed by Randi Blanco, Pineapple Fitness Center, NYC



# THIS HOLIDAY SEASON DON'T PUT ON ANYTHING BUT THE RITZ.

'Tis the season of temptation. Turkey and stuffing. ruitcake and eggnog. Caviar and champagne.

But thanks to Fibre Trim,® Europe's number one et aid, you don't have to give up. Or give in.

With Fibre Trim's help, you can eat less, enjoy the olidays and still slip into that slinky little black dress.

## THE EUROPEAN WAY TO FIGHT TEMPTATION. AND WIN.

As thousands of Europeans have already scovered, Fibre Trim helps you se weight safely, naturally, d sensibly.

It's a way to slim and stay im without feeling constant- deprived.

Taken before meals, Fibre im's unique blend of grain d citrus fiber works naturally to take the edge off your hunger.

With help from Fibre Trim, you won't have to give up all those wonderful holiday treats. You'll simply eat less of them.

## STAY SLIM FOR ALL SEASONS.

Fibre Trim is no fast, short-term weight-loss product. The Fibre Trim approach means eating less, moving around more and losing weight gradually.

And since Fibre Trim is nothing but natural fiber, it can become a healthy way of life—a way to stay slim long after the party's over.

So take out your ritziest dress. Put on your dancing shoes. And stock up on Fibre Trim.

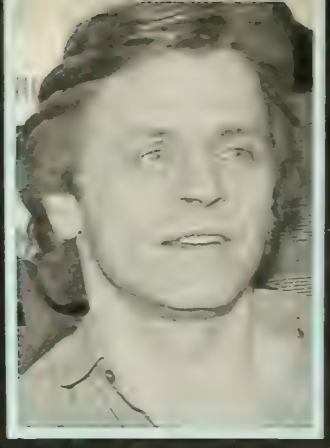
It's time to enjoy the holidays without showing it.




## THE EUROPEAN WAY TO SLIM. FOR GOOD.

049/1351808-11/86
986 Schering Corporation







Baryshnikov, who thrills audiences with his grands jetes, is most thrilled himself to spend time with his daughter, Alexandra (right)

Photos: above, Martha Swope; top right, UPI/Bettmann Newsphotos; bottom right, Ron Galella.

# Misha the magnificent!

## A very intimate interview with ballet's brightest (and sexiest) star. By Cindy Adams

Mikhail Baryshnikov is shopping. The international ballet, television and movie star already has two homes, assorted cars, a cook, a secretary, plenty of books and lots of clothes. All he needs is a new girlfriend.

It's not that the gorgeous, huggable star is lacking applicants for the position. It's just that the job is not all that easy to fill. In his own words: "I am a big pain in the neck. I am moody. Sometimes I feel awful, and this feeling doesn't go away for days. I say, 'Maybe tomorrow I'll feel better,' but I don't, and it could be a great day with good news and still the feeling doesn't go away."

There are times he refuses to talk and times he wants to talk, and when I suggest that maybe he is only interested in a woman who is willing to put up with him the way he is, he replies, "Well, call me when you find one."

So, in the interest of pure research, I ask him some essential questions:

What do you look for in a woman?

"With all this explicit sex-education stuff, everyone has an idea what can happen in bed between man and woman. Every woman has the capacity to be an extraordinary sex partner. But one woman can be terrific with one man and terrible with another. Me, I can be great lover one day and another day lousy with the most beautiful, most sexually expert woman. It's chemistry. It depends on eye contact and smell and all those beautiful things. In relation to your life partner it's a question of trust and mutual understanding." *(continued)*



THEIRS.

OURS.

NOBODY ELSE
IS THIS SPOTLESS
THIS CLOSE.




Cascade. For virtually spotless dishes.

off about a woman?

"When ladies start to talk immediately after sex. For me that is the worst of all."

Do you expect to marry someday?

"I wonder can I be that normal? Sometimes I try to avoid serious relationships, because then you have to uninvolve yourself knowing that you can hurt someone. This has happened with me. It's schizophrenic. I know I can commit myself totally to a serious relationship because I am not *that* difficult, but . . . I also know that I am difficult enough."

Since you must expend energy onstage, isn't a love affair draining?

"I can't remember. [The acknowledged Don Juan of the ballet world has the decency to accompany this with a good giggle.] The truth is, always in my best years, I dance better when I am dancing for *somebody*. Dance is sexual. Being in love makes me feel like a peacock. The problem is learning to live *without* it. Unless you're performing in bed during intermission, it is definitely not draining."

Mikhail Baryshnikov, nicknamed Misha, is thirty-eight years old. He was born in Riga, Latvia, in the Soviet Union, and defected to the West in a bold race for freedom when he and the Bolshoi Ballet were appearing in Canada in 1974. He has since become familiar to millions of people through his movies and TV specials. He won an Oscar nomination for his first movie, *The Turning Point*, and has been widely lauded for his last film, *White Nights*. He is generally conceded to be the finest male ballet dancer of our time.

After a dozen years, his Americanization is complete. In 1980 Baryshnikov assumed the post of artistic director of the American Ballet Theatre, and he is a frequent guest at the White House. He has American friends and uses American slang. His facile wit jibes with the American personality. He chews gum, uses Sweet'n Low, and loves bagels, Big Macs, delis, Chinese food and junk food. And on July 3, during the Statue of Liberty's centennial celebration, Mikhail Baryshnikov became an American citizen.

On this afternoon, as we sit in the boardroom of the American Ballet Theatre, he speaks about his enthusiasm for his adopted country. "A great thing about America is that you learn freedom," he says. "An American speaks up. A Russian is always afraid. In the early days here it was hard for me to speak, because I was always covering. Now I understand there's nothing to fear, so I have learned the way of cocktail-party chitchat. I can even be charming and amusing.

"I am Americanized. The way the society is constructed makes this the absolutely best place to be. I love this country. I couldn't live anywhere else.

Still, Baryshnikov's defection to the West was not without difficulties. "At first I had culture shock. It was not my dream to be an American," he admits. "I defected because I was ready to go anywhere . . . to the moon. I ended up here because America offered me a job.

"And then I searched and tested this country's system and its personal freedom. It feels good to be an American. America has given me work, future, confidence, opportunity and comfort," the dancer says happily.

With that, he turns aside and gives three empty little spits into the air, a gesture often made by my own grandmother to ward off evil spirits. Misha then knocks on the wooden table and says, "God has been good to me."

One of the most basic, difficult steps to becoming an American was learning to speak English. How did he do it? According to the dancer: "Some from late-night television. Some from singles bars. And . . . I admit . . . some I got from ladies, too. You can really improve your English from them."

Misha's English is pretty good now. That might be because two of his most publicized romances were with Americans: one with the ballerina Gelsey Kirkland and the other with the actress Jessica Lange.

"Actually, Jessie taught me a lot, but we spoke French when we met. When I arrived I knew exactly four words of



Slenderalls®
pantyhose and control top panties all in one
As for myself, Judy, I pump Slenderalls!
anes Hosiery, Inc. 1986
WEBER

nglish—yes; no; oh, yes; oh, no. It ok a few years to collect a vocabulary. ut with my four words I seemed to ave enough to go around. I didn't have problem." Again that boyish laugh.

Mikhail Baryshnikov is wearing hite pants, an open-collar sport shirt, eakers and white socks. A sweater sts on the back of his chair, where he rew it before the interview began. roughout most of the afternoon, he ps coffee from a Styrofoam container. r hours we sit alone, occupying just a w inches at the end of the long, highly lished conference table.

I'd been warned, "Don't analyze him. e hates to be analyzed." I'd also been arned that he could be impatient and ncooperative. But today he is patient, operative, friendly, easy, a pussycat. ow come he's being such a good boy? rinning with characteristic humor, he lls me, "I'm stretching out this interew only because it's easier to do than take class, which is what I'm supsed to be doing."

He opens long-closed windows in his ivate life. He talks about Jessica ange, who was involved with Misha for ve years and who is the mother of his nly child, Alexandra. Jessica has since ad a child with her current boyfriend, ctor and playwright Sam Shepard.

"Yes, absolutely, if things could be changed, I would want to be married to Jessie," he says in a quick response to the question. "As to why it went wrong and what happened to us, that's a thing I ask myself a lot. Maybe I was not mature enough. Maybe we both were not mature enough to hold our relationship together. I don't know. In situations like that, how can you really know? It just didn't work, that's all. But Jessie's a great mother, and she's wonderful, and always I will love her."

What about Jessica Lange makes him feel this way? "Jessica's intelligent and earthy and very confident," he says. "She has a great sense of humor. Also, she's very womanly. She's a mature individual who was always that way, even when she was much younger."

### His greatest love

The couple's daughter, five-year-old, blond Alexandra, has been called Misha's heart. When he speaks of her his whole face lights up. "Aaaaahhhh," he says. "My daughter. She looks a little like us both. I try to spend as much time with her as I can. It's never enough. She lives with Jessie. It's sad that the way life has turned out, she is not growing up with me full-time.

"She can be quite touching. I'll never forget when she was only about three and I took her to Kennedy Center. She called Jessie afterward and said, 'And then I was watching Daddy dance and then I went on-stage where my daddy lives.' Tears came to my eyes, because I'd never heard anything like this ever said before—'the stage where my daddy lives.' Apropos, no?

"She's very much a normal kid. Thank God she's a girl, because I won't have to play football with her or take her to Yankee Stadium and explain the game. We talk lots. We build dollhouses. We read books together. We swim together. We share animals and flowers and birds and beetles. When she comes to me it is not like just a visit. It is like coming to her own home. It is her room and her toys. We have a close relationship. I'm her dad."

And like any father, Baryshnikov is protective of his little girl, but he says, "My daughter has good judgment on her own. At one gala she was hungry, and she was sitting next to me eating her vegetables. Her mouth was full when a pushy lady with a television camera put a spotlight on her and asked, 'What did you think about your father's performance?' And my daughter answered, 'Can't you see that my mouth is full?'

"It was said with such innocence and truth, the cameraman nearly dropped his equipment,and the *(continued)*

"I won't eat anything I can't pronounce."

That's why I only make my pronouncements for Meow Mix.

Because only Meow Mix® brand cat food has the three yummy flavors that satisfy this cat's tummy, tuna, liver, and chicken. (They're the three flavors cats love most.)

No wonder all my feline friends and I always ask for Meow Mix. It's a meowthful.

**Meow Mix tastes so good cats ask for it by name.**




Purina

Helping pets live longer, healthier lives™

© Ralston Purina Company, 1986



reporter blushed red," Misha reca

Mikhail Baryshnikov, world-cla star, toys with his paper napkin. slowly and methodically balls up a c ner of it and stares into space, th says, "My work is a very important pect of my life. But my private l comes first. My daughter is, obvious number one in my world. Everythi else is secondary."

For six years, home for the danc has been a lovely old house on the Hu son River in New York State. Like theater set with levels and terraces, sits surrounded by beautiful countr side overlooking the water. He keeps chilly, even in winter. He can't sle when it's warm. On the other hand and here's a typical Baryshnikov inco sistency—he hates air-conditioning. the summer he sleeps in the cellar.

Misha has little nostalgia for th icons and samovars of his homelan There are few signs of his roots in th house, except for the books of Russia poetry and literature, which he rea when he can.

Although he has another residence a loft in downtown Manhattan—Ba ryshnikov prefers to drive the half hou to his country house most nights. "Ar in my car I am saying a kind of litt prayer to be grateful for all I have, not pay attention to what people wi say about me, to not pay attention to a the evil nonsense around me, just live honestly and to try and make m life as clean as possible.

"So many people could want to hu you"—and then the ballet dancer use an appropriate phrase—"that you mus be on your toes. Books will be pub lished, newspapers will be called, que tions will begin and people becom strange. Friends I relied on turned ou to be big disappointments for me. But don't want to name names."

### Memories of Russia

His reluctance to speak ill even of ex friends is typical of the dancer, a tru gentleman. And as slow as he is to crit icize or accuse, he is quick to offer assis tance. He helps his compatriots a much as possible, given the limite time he has. He is also generous wit financial support and is quite devote to the Russian émigré community, eve though his early memories of Russia life aren't happy.

"I didn't have a very cheerful child hood," he remembers. "Maybe that wa part of my sometime emotional prob lems, because I never really had a family My mother died when I was only eleven and I didn't have a real relationship wit my father. I left home early, and every

ıing that was good in my life was only ıe theater.

"It has upset me that I was not old ıough to speak to my mother. I anted badly to be with her more beıuse I loved her. Sometimes I think I ould sacrifice my future glory and ɔmfort for a few minutes with her gain," he says wistfully. "I remember ıy mother very visually, but I don't emember one really very serious conersation. I always wanted to remember something warm, something that ıe and I shared together, something ıat would help me now, but unfortınately I don't.

"I look like her," he continues. "I ave pictures of her. I contacted my far elatives—my stepbrother and stepister—and they were able to get the hotographs to me."

### Aging gracefully

As his memories of Mother Russia fade, Misha cannot help being aware of the passing of time . . . and of his own advancing age. "After twenty-eight, a dancer goes slowly downhill. My body is not responding the way it used to. I must now push myself beyond what the body goes," he says quietly. "I must now push the mind and soul. I hate to screw up a performance. It's an unbearable feeling. I can't sleep when it happens.

"If you're dumb, you go down with your physical limitations. If you're smart, the age actually makes you a better dancer. Less spectacular, but smarter. You develop terrific command, which can work for you until the end of your career. You find out how to cover and how to make your physical disabilities work for you.

"I have now to forcibly make my legs work every day. In the morning I crawl to the bathroom. Everything hurts. It's arthritis. I am taking a lot of medicine, anti-inflammatory stuff. I'm seeing a doctor a minimum of once a day. I work with a therapist. I have machines at home with ultrasound and electric stimulation in order to deal with muscle spasms. I use old salt from the Dead Sea because that's good for circulation. And compresses. And a shallow bath, with hot, hot water for thirty minutes."

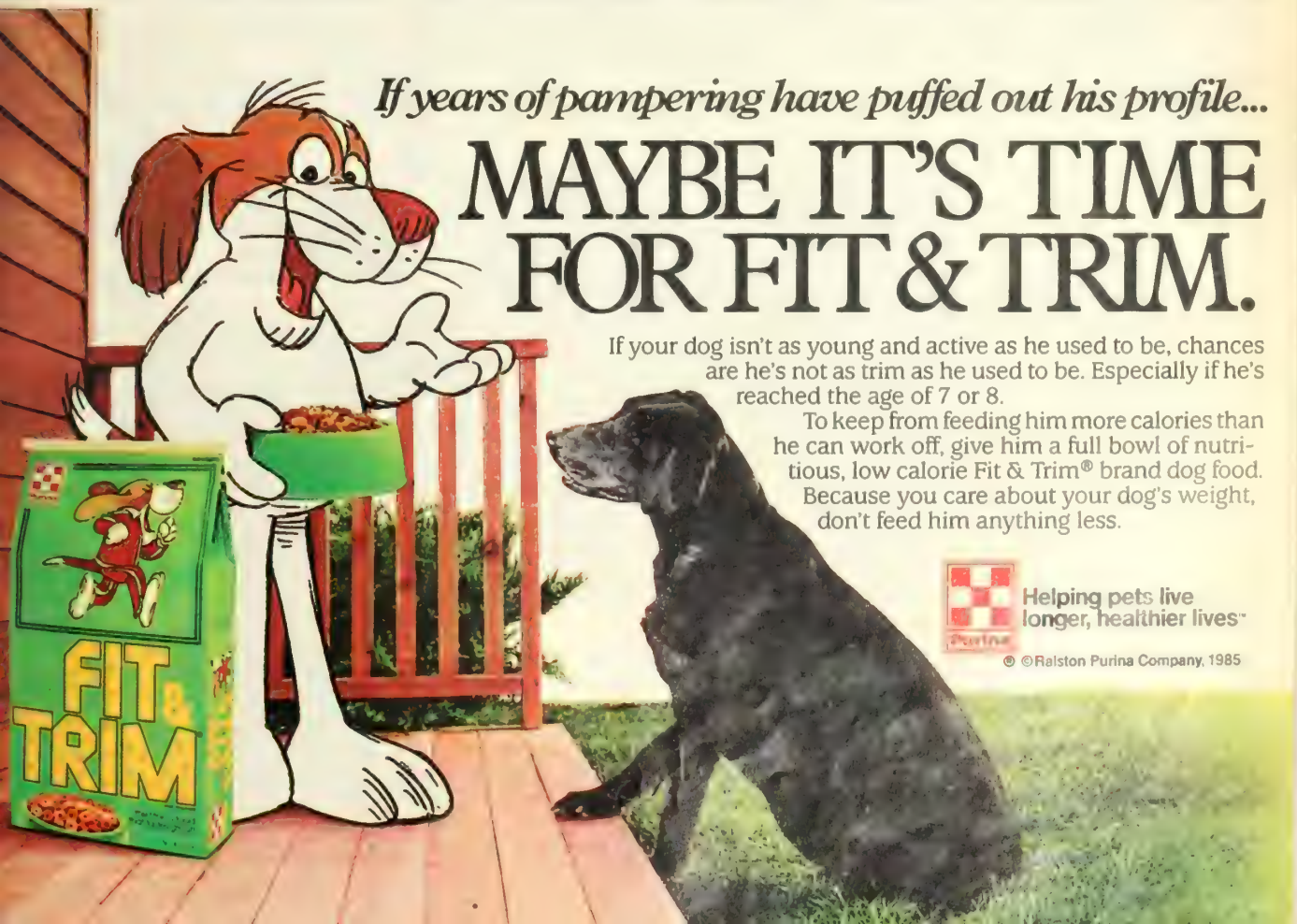
Misha continues, "People who understand ballet well cannot be tricked, because they always see certain things, but when I am not performing as well as before, I can adopt an economy of movement that covers painful moments and makes adjustments for age.

"To keep my energy level alive, I, who could've danced on a meal of vodka and water, stopped drinking and smoking. Not a drop of wine or beer and only one cigar a day. As a result, I sleep more and I lost ten pounds, and that has helped me to stay in shape.

"I used to be very much an eggs-and-bacon-in-the-morning person," he continues. "Now I'm more for cornflakes and bananas. But I must stop so often with the coffee, because I drink that too much since I cut off booze and cigarettes. Still, I don't have any set routine about meals. I eat sometimes before a performance, sometimes after. It depends how nervous or relaxed I am. And I eat very New York. I go to restaurants or sometimes I'm taking home sushi. Sometimes I am even cooking for a young lady. Sometimes she is even cooking for me."

According to Baryshnikov, even the world's finest ballet dancer gets stage fright. "Before I go on, I am always nervous," he admits. "Always. Ugh. Very nervous. All the time. Especially now, because I am not performing that often. As more time is between as more nervous before performance," he says in one of his more noticeable lapses into Russian syntax. "Always I have butterflies in stomach."

The inevitable question is, is there life for Baryshnikov after ballet? The answer is, for sure. He's been taking acting lessons with Jessica Lange's former acting coach, Sandra Seacat. Admittedly a *(continued on page 162)*


*If years of pampering have puffed out his profile...*

MAYBE IT'S TIME FOR FIT & TRIM.

If your dog isn't as young and active as he used to be, chances are he's not as trim as he used to be. Especially if he's reached the age of 7 or 8.

To keep from feeding him more calories than he can work off, give him a full bowl of nutritious, low calorie Fit & Trim® brand dog food. Because you care about your dog's weight, don't feed him anything less.

Purina

Helping pets live longer, healthier lives™

® ©Ralston Purina Company, 1985

# MEDINEWS

*The latest scientific research and medical findings to keep your family its healthiest. By Beth Weinhouse*

## A holiday reaction: Christmas tree allergies

It seems to happen every December. All of a sudden you start sneezing and sniffling . . . and next thing you know, you have another cold for the holidays.

What you have, however, may not be a cold at all, but an allergic reaction to your Christmas tree. According to Timothy Sullivan, M.D., head of the allergy unit at the University of Texas Health Science Center, in Dallas, these kinds of allergies are not uncommon. Christmas trees are often covered with mold spores and can sometimes even produce pollen. The spores and pollen can circulate inside the house and cause an allergic reaction in sensitive individuals.

The symptoms of Christmas tree allergy are similar to those of hay fever and other plant allergies: red, burning, itchy eyes and a stuffy nose. If you think that a tree allergy is responsible for your yearly symptoms, you can try a couple of tactics to prevent the reaction.

You can replace your live tree with an artificial one (although, ironically, the dust that tends to accumulate on an artificial tree may also cause an allergic reaction) or you can take over-the-counter antihistamines while the tree is in your house. (But remember during your holiday partying that antihistamines and alcohol don't mix!) Finally, if none of these suggestions is helpful, don't discount the possibility that you have a real viral illness: the common cold. For hints on how to treat this annoying malady, see page 54.

Annie Levin

## Cyclical clues to endometriosis

Who is most likely to suffer from endometriosis? According to a recent study supported in part by the National Institute of Child Health and Human Development, the clues are in a woman's menstrual pattern. Women who have short cycles (twenty-seven days or less) and long, heavy periods (seven days or more) have double the average risk of developing this disease. (Endometriosis is a disease in which bits of the uterine lining—the endometrium—become implanted outside the uterus, in the abdominal cavity and on the ovaries or fallopian tubes. In severe cases, endometriosis results in infertility.)

The study found that regular exercise (at least two hours a week of some form of aerobics) helps to protect against the disease. Douching, obesity and tampon use have no effect on whether a woman develops endometriosis.

Women who fit the high-risk profile should be particularly alert for symptoms such as unusual pain prior to or during menstruation (although many women who have endometriosis experience no symptoms or discomfort at all) and should have regular gynecological exams.

## BREAST-FEEDING: NOT ALL OR NOTHING

**Good news for working mothers and other busy moms of the eighties who wish they had the time to breast-feed their babies: A recent study reported in the *Journal of Obstetric, Gynecologic, and Neonatal Nursing* finds that women may nurse their infants only once or twice a day and still maintain lactation.**

**In the past, most health professionals believed (and taught new mothers) that the breasts must be emptied regularly and frequently—at least three times a day—in order for the mother to continue producing milk. But according to the new study, even women who cannot maintain this schedule can breast-feed, so long as they supplement the baby's diet with milk or formula.**

## ADVICE ON ANTACIDS

Overindulgence at holiday feasts leads many people to swallow an antacid in hopes of taming a tummyache. But what people don't realize is that many over-the-counter antacids interact badly with other medications, either reducing their potency or, conversely, possibly causing an overdose by speeding drug absorption.

The range of medications involved is broad and includes tetracycline antibiotics, beta blocker heart drugs (such as Inderal), cimetidine (Tagamet), digoxin (Lanoxin), levodopa, aspirin and others.

The Food and Drug Administration may soon require that all over-the-counter antacids carry a warning. Meanwhile, people who take prescription medication should check with their physicians before taking an antacid.

# Introducing MEDIPREN.®
# All of the body aches and pains we relieve couldn't possibly fit on our box.

The human body has over 350 skeletal muscles and joints. Many potential sore spots.

A lot more than we could ever list on our box. But not too many for new MEDIPREN.

MEDIPREN, from the makers of TYLENOL® Products, is strong medicine made for the temporary relief of body aches and pains.

And it's made with ibuprofen so it's safer for your stomach than aspirin.

Even if our box doesn't cover the minor body ache or pain you suffer from, chances are our medicine does.

If aspirin allergic, consult your doctor before using.







MEDIPREN. When your body aches for relief.

©McNeil 1986

# Somethin' good is comin' up when you get the Bisquick® down.




So why wait another day? Get the Bisquick off your shelf, and help yourself to somethin' good.

© General Mills, Inc. 1986

# A Chanukah LOVE STORY



Each year, as we stand before the menorah, my husband and I recall the remarkable story of how we met, and celebrate the ongoing miracle of our love

By Chava Willig Levy

When Michael and I first met and fell in love, four years ago this Chanukah, we considered the timing especially appropriate. Chanukah is the season during which Jews around the world celebrate their belief that throughout our people's history, miracles have really happened. For Michael and me, finding each other is truly our idea of a modern-day miracle.

Most people thought Michael and I would never get married—not to each other, not to anyone. It wasn't that we didn't have a lot to offer in a relationship. We are both well-educated career people, both writers, both singers who'd performed before sold-out audiences. But we faced roadblocks to happiness that other people didn't: My body is partially paralyzed and deformed as a result of polio I had as a child, and Michael has been totally blind since infancy.

Before I met Michael, there had been happy moments in my life, of course. But often along with the joy was sadness. For example, the night I sang at Carnegie Recital Hall, in New York City, was one of my most thrilling experiences. Yet while I was singing songs that celebrated love and life, I was reminded that the chance to share my own life with someone and start a family seemed cruelly out of reach. At twenty-eight, with all my brothers and sisters married, I hardly knew what a date was. I kept hoping that some man in the audience would see me for what I really was: a woman who wanted to love and be loved. But none did.

In spite of being unhappily single, I had a lot to be thankful for. I had grown up in Brooklyn, the third of four children, all of us raised in the Orthodox Jewish tradition. Family is a *(continued on page 40)*




Europe's
Number One Moisturizer
NIVEA
Moisturizing Lotion
NIVEA



## A CHANUKAH LOVE STORY

continued from page 37

cornerstone of the Orthodox way of life, and I was always surrounded by loving friends and relatives. We observed the laws of the Old Testament, and our lives were rich with the practices and culture of our ancestors.

But in August of 1955, when I was three and a half years old, I contracted polio. The vaccine that prevents this disease had been discovered a few months earlier and was even being distributed, but it hadn't gotten to our community yet. As a precaution against the epidemic, my parents had taken the whole family on a country vacation. No other children in our bungalow colony became ill, but I was hit hard. Doctors put me in an iron lung for several months and told my parents that I would never walk again.

Though the virus left crucial muscles in my legs weak or no longer functional, I defied the doctors' prediction and learned to walk. My limp remains pronounced, however, and traveling a block exhausts me. I must use a wheelchair or a scooter (a motorized, three-wheeled vehicle), except for the shortest distances. Polio also left me with severe curvature of the spine, poor breathing and arms that barely work. When I eat, for example, I have to hold my right hand with my left to move the fork to my mouth. I can't get dressed, bathe, wash my hair or lift anything very heavy without assistance. One little slip of the toe, and I topple like a tree, unable to break the fall by extending my arms in front of me.

### Looking for love

Yet the most difficult fact of life for me was not any of these physical problems; it was realizing that people often ignored everything else about me and used my handicap to define who I am. At first this was a surprise. After all, I had never let polio stop me. I'd always excelled in school, despite periodic absences for operations, and I'd gone on to get rewarding and interesting jobs in career counseling. I first began to feel that having a disability was going to get in my way when it came to dating.

To help young people meet possible mates, friends and relatives in the Orthodox community play an active part in introducing single men and women. While I was attending Yeshiva University, I saw my classmates getting introduced and going on dates and then getting engaged and married. Nobody, however, was arranging dates for me. I found this especially hard to accept, because my religion had taught me that getting married and raising a fam
ily is one of a woman's most importan
roles. The few times people did offer t
introduce me to a man, I'd ask what w
had in common. They'd say, "Oh, h
had polio, too. He's forty-five years old
he never went to college, but he's a nic
man, a good man." And because ther
were so few opportunities for me, I'
meet these men, but I never felt an
sparks with them.

Luckily, there were other passions i
my life. Obviously, music was one o
them. When I was a child, I was s
weak, I couldn't blow eraser shaving
off a page. By the time I was in m
twenties, though, my breathing ha
improved enough for me to take voic
lessons, and soon I was giving concert
in New York City.

Despite my success as a performer,
was still striking out in my persona
life. The possibility of meeting a ma
who would love me seemed remote, an
well-meaning friends tried to prepar
me for a life alone. At twenty-seven,
decided the time had come to find a
apartment and move out of my parents
house. Perhaps men would begin to se
me as a woman worthy of a relation
ship once I left home.

It wasn't easy, but I finally found a
affordable apartment in Manhattan
and moved in, appropriately enough

**New from Nivea,®**
**Extra Enriched Formula. If you feel your skin needs a lot more attention.**

Specially created for really dry skin, new Nivea Extra Enriched Formula is like no other moisturizing lotion you can buy in this country.

A unique European formulation ensures that its extra-rich, natural emollients are effectively absorbed and retained in your skin. In fact, with continued use, it will actually raise the moisture level in your skin to your personal optimum.




Making every part of your body look and feel noticeably softer, noticeably smoother.

Extra Enriched Formula is a new addition to the Nivea skin care line which features a moisturizing lotion for normal-to-dry skin and, of course, a creme.

All of which means that there is now a Nivea for every body.

***From Nivea. Europe's Number One Moisturizer.***

Beiersdorf Inc Norwalk, CT 06856-5529 © 1986
BDF●●●●

July Fourth. I hired students to help get ready for work each morning (I s a consultant for the U.S. Depart-nt of Labor) and a housekeeper to ep my apartment tidy.

My parents' concerns about my inde-ndent life subsided. Only their fear at I might fall while alone in my artment stood in the way of their nplete support. I tried to reassure em, but as it turned out, their fears re justified. And though I didn't ow it then, what seemed at first e bad luck ultimately led me to the an who would become my husband.

One Sunday afternoon, in October 82, I was about to shut off my stereo nen I tripped on my parked scooter d crashed backward to the floor. As e sound of the five o'clock news led my apartment, I assessed my sit-tion: Flat on my back, and without e necessary muscle power or leverage work with, I could not sit up, stand or crawl. My next helper wasn't due arrive until seven the next morning. nd because the radio announcer's ice overpowered my own, no neigh-rs could hear my cries for help. It dn't take long for panic to set in.

The newscast ended, and an hour of ting music by Elly Ameling, the utch soprano, came on. Her voice was balm. As the program was ending, the radio host announced the details of Ameling's annual recital, coming up in just two weeks. I'll be there, I said to myself, provided someone gets me off the floor!

Thirty minutes later, I heard the glorious sound of my door being unlocked. I would have welcomed a burglar. In walked my parents. They scooped me up and carried me to bed, where I indulged in a good long cry.

### A fateful meeting

Two days before the Ameling recital, I still had not been able to find a friend who was free to go with me. Suddenly I remembered a fellow who'd come backstage after my last concert, a soft-spoken, good-looking blind man who'd sung with the Zamir Chorale, a choir specializing in Hebrew music. Michael Something. Michael . . . Levy. I tracked down his phone number through a friend of mine in the choir, gave him a call and nervously introduced myself. "Would you like to join me Sunday?" I asked. "I know this is last minute, so I'm steeling myself for rejection."

In a kind voice, Michael explained that he did have other plans for that day. "I'm glad you called, though. Perhaps we'll get together another time."

"I'd enjoy that," I said.

"Tell you what," said Michael. "I'll call you Sunday night to see how the concert was."

I ended up having company for the concert after all, having followed the principle "When all else fails, ask your mother." But what I really looked forward to was the phone call I'd get from Michael that evening. I got home at six, had dinner and settled down with *Masterpiece Theatre*—the telephone close at hand.

He didn't call.

I remember feeling disappointed and angry. Why, I wondered, did men have such difficulty keeping their word? I also remember a sudden and unfamiliar thought: I am not going to pursue this man. I am worth getting to know. The desperation was gone.

Five weeks later, Michael called, inviting me to hear the Los Angeles Philharmonic at Lincoln Center. I wasn't angry that he hadn't called sooner, though I did wonder, Where have *you* been? More than anything, I was just happy to hear his voice.

The concert was delightful. The conversation didn't lag for a moment, and I couldn't get over how handsome this man at my side was. Afterward, we strolled to my place, me driving my scooter, Michael holding on to the basket attached to its handlebars. We were both new at *(continued on page 176)*

"BRILLIANT...DAZZLING!"
"DESTINED TO BE THE YEAR'S MOST COLORFUL FILM

# KODACOLOR VR-G

A new film from Kodak.



KODAK, KODACOLOR AND VR-G ARE TRADEMARKS, © EASTMAN KODAK COMPANY, 1986

## NOW AVAILABLE IN CARTRIDGE!




Actual unretouched 126 cartridge photo

75¢ | MANUFACTURER'S COUPON | EXPIRES 2/28/87 | 75¢

Save on Kodak color print film.

**75¢ off two rolls of Kodak color film.**

Offer valid only on film with "Proof-of-Purchase USA" symbol.

Customer: Redeem this coupon ONLY by purchasing two rolls of Kodak color film with coupon value deducted from retail selling price. Does not include black and white or professional films and cannot be used in combination with any other offer from Kodak. Coupon may not be reproduced. Void if transferred to any person, firm or group prior to store redemption. You pay any sales tax. Any other use constitutes fraud. LIMIT ONE COUPON PER PURCHASE. Retailer: Eastman Kodak Company will reimburse you for the face value of this coupon plus 8¢ handling allowance provided you properly redeem it on your retail sales of Kodak color film. Coupon reimbursements are not to be deducted from Eastman Kodak Company invoices. Upon request, you must furnish proof of purchase of sufficient product to cover all redemptions. Coupon is void where taxed, prohibited, or restricted by law and may not be assigned or transferred by you. Customer must pay any applicable tax. Failure to observe terms for proper redemption may void all coupons submitted and constitute fraud. For redemption, mail to: KODAK Color Film, P.O. Box 730276, El Paso, TX 79973. Cash value 1/20¢. Offer good in USA only.



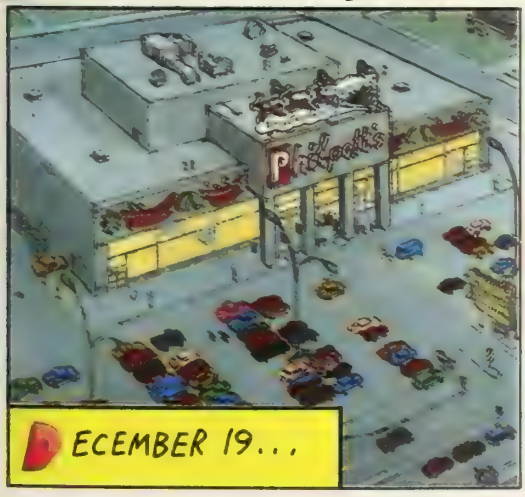

41771 102260

# The BESTEST PRESENT

By Lynn Johnston



A new Christmas classic for you and your kids, by America's favorite cartoonist










From THE BESTEST PRESENT, a For Better or For Worse animated special by Lynn Johnston, produced by Atkinson Film-Arts Ltd. in association with the CTV Television Network and Telefilm Canada. Copyright © 1985 Universal Press Syndicate. © 1985 Animated Investments Inc.

# The BESTEST PRESENT



© LORILLARD, INC., U.S.A., 1986

SURGEON GENERAL'S WARNING: Smoking Causes Lung Cancer, Heart Disease, Emphysema, And May Complicate Pregnancy.




Kings: 12 mg. "tar," 0.9 mg. nicotine av. per cigarette, FTC Report Feb. 1985.

# the BESTEST PRESENT

THE NEXT DAY...




5 REASONS WHY WARM IS BETTER.
Tummies like warm better.
Warm is easy to make.
Warm is smoother, creamier.
Warm means the goodness of real Quaker Oats.
Cold mornings need warm starts.
There's a lot of WARM in Instant Quaker Oatmeal.
INSTANT QUAKER OATMEAL
Regular
INSTANT QUAKER OATMEAL
apples
INSTANT QUAKER OATMEAL
maple Brown
INSTANT QUAKER OATMEAL
raisins

# The BESTEST PRESENT



# Santa's Favorite Candy

## NOW 20% MORE FREE




SKITTLES® Bite Size Candies, the bright, colorful, fruit flavored treats everybody loves during the Holiday Season—Santa, too! Now SKITTLES® are an even greater value. Look for special 20% More FREE Family Bags at participating stores. And, redeem this coupon for bonus savings.

**Skittles®** BITE SIZE CANDIES

"TASTE THE RAINBOW OF FRUIT FLAVORS"™

©Mars, Inc., 1986 MARS Broker Division

40000 106878

MANUFACTURER'S COUPON
EXPIRES 12/31/87

**To the Dealer:** This coupon will be redeemed for face value plus 8¢ handling provided coupon is received from consumer on purchase of same. The consumer must pay any sales tax. Any other application constitutes fraud. Invoices proving purchase of sufficient stock to cover coupons presented for redemption must be shown upon request. Void wherever prohibited or restricted by law. Send coupons to: MARS Broker Division, P.O. Box 1160, Clinton, Iowa 52734. Cash value 1/20 of 1¢. Limit one coupon per purchase. Offer expires December 31, 1987.
© Mars, Inc., 1986 MARS Broker Division

**35¢ OFF**
**Skittles**
BITE SIZE CANDIES
19.2 oz. or 16 oz. Family Bag



**15¢ OFF**
**Skittles**
BITE SIZE CANDIES
9.6 oz. or 8 oz. Family Bag



MANUFACTURER'S COUPON
EXPIRES 12/31/87

40000 106860

# THE BESTEST PRESENT



# Playskool's® Duracell™ Flashlight.

## A big, rugged, first flashlight that makes your child's imagination shine.

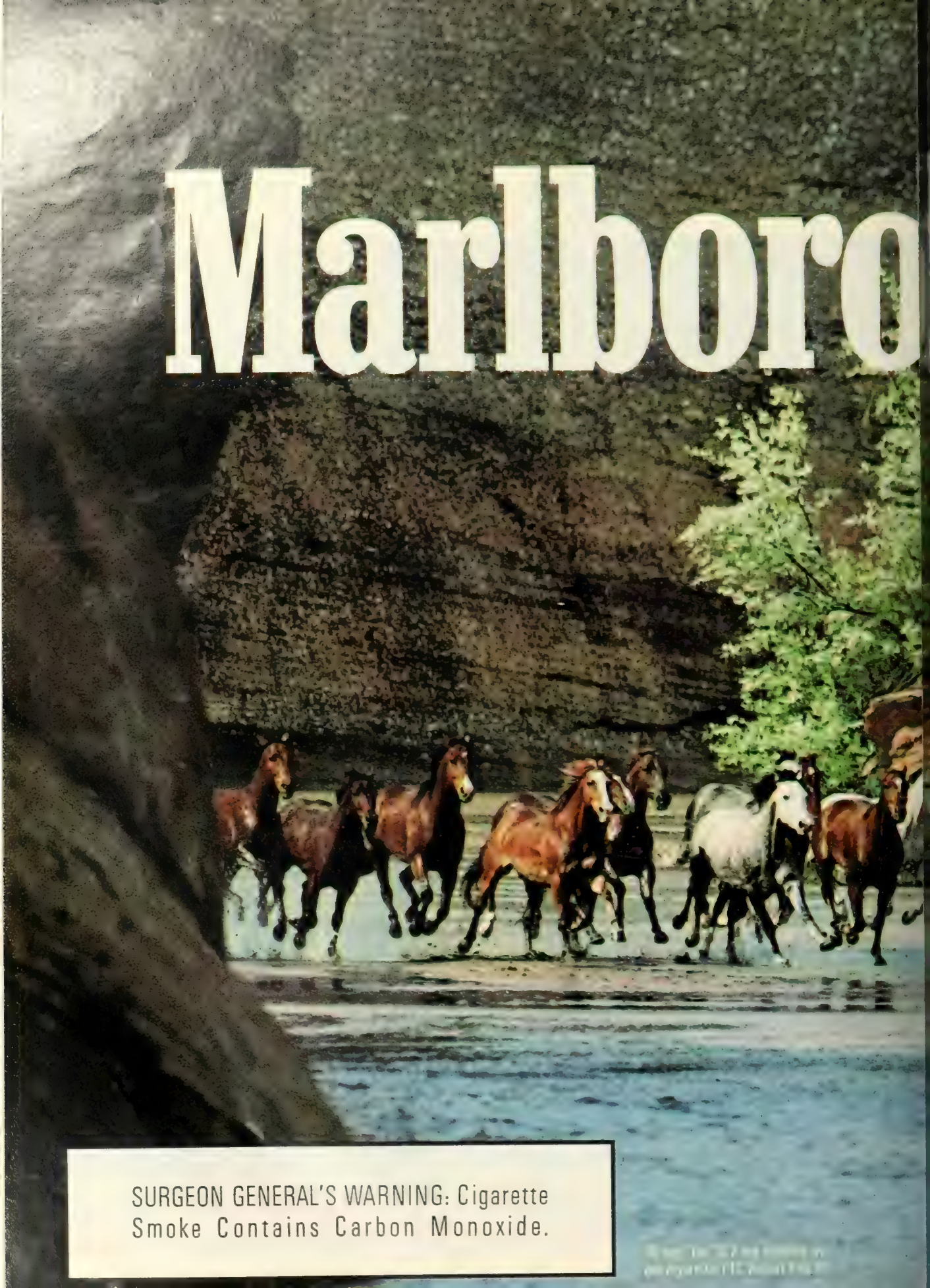



**"Look! I'm a scary ghost!"**

Playskool's Duracell Flashlight is just like a grown-up flashlight—only better. Turn the knob and it shines in three colors. It's designed to take a pre-schooler's bumps and bangs, and best of all—if your child forgets, it turns itself off to save the batteries (which are included). It's a ... feeling to ... invent ... with this ... light ...

Feeling good about the PLAYSKOOL Years.

© 1986 Playskool, Inc. A subsidiary of Hasbro, Inc. Duracell is a trademark of Duracell, Inc.




SURGEON GENERAL'S WARNING: Cigarette Smoke Contains Carbon Monoxide.


Lights
Marlboro
LIGHTS
Marlboro
LIGHTS
100's
The spirit of Marlboro
in a low tar cigarette.

# The common cold
## THE MYTHS & THE FACTS




**AH-CHOO! THIS ANNOYING HEALTH PROBLEM HAS BEEN AROUND FOREVER. IS THERE ANY TRUTH IN THE ADVICE FROM OLD WIVES' TALES? AND WILL THERE (SNIFF) EVER BE A CURE? BY JACQUELINE KELLEY**

We're all familiar with it—that miserable, cotton-wool-in-the-head, drizzly-nosed and bleary-eyed condition that is the common cold. Millions of people suffer from colds every day, and millions of dollars have been poured in vain into medical research to discover a cure.

Of course, everyone has a pet cold remedy. Some folk treatments have a grain of truth to them, others are absurd. Here are the facts about some of the most popular myths about the common cold.

### When you have a cold, don't wash your hair/go out in the rain/get your feet wet

There is absolutely no medical evidence to support the theory that washing your hair will give you a chill when you have a cold; in fact, you may feel more attractive and therefore somewhat better if you give yourself a shampoo.

As for going out in the rain, you shouldn't experience adverse effects as long as you have ample clothing and raingear on. If you do get wet, it's only sensible to dry yourself off immediately, so your body doesn't have to work overtime to warm you up as well as fight off the cold. If you get caught in a sudden downpour and end up saturated, don't leap into a hot bath or shower—the drastic temperature change may shock an already stressed system. Getting your feet wet when you have a cold is not at all dangerous; indeed, a nice long footbath with some soothing bath salts or herb concoctions will help you relax completely.

### Chicken soup cures colds

Don't scoff; there may be some truth *(continued)*

Arnie Levin

# Keri *is so very...*™




*Different*

**Keri Original Formula** *doesn't feel like ordinary lotions. You don't need to use as much. It's concentrated for rough, dry skin so a little goes a long way. Use it in the morning to protect your skin against the dehydrating effects of the day. Use it again before bed to restore moisture while you sleep.*

*Moisturizing*

**Alpha Keri Moisturizing Bar** *is the thorough, yet gentle way to cleanse hands and body in the shower or bath. Before you moisturize with Keri Lotion or Alpha Keri Shower and Bath Oil, treat yourself to the luxury of the soothing, softening, 100% detergent-free Alpha Keri Moisturizing Bar.*

*Luxurious*

**Alpha Keri Shower and Bath Oil** *leaves skin feeling smooth and replenished. Unlike baby oil, its moisturizers mix with water to disperse evenly. Alpha Keri locks in the moisture your skin absorbs while you shower or bathe. Use it on wet skin and pat dry.*

© 1986 Westwood Pharmaceuticals

to Grandma's remedy. Research done in 1978 at the Mount Sinai Medical Center, in Miami, Florida, demonstrated that chicken soup really does exert a palliative effect on cold sufferers. The warmth helps speed the passage of mucus through the throat, getting rid of virus particles before they can infect the lungs. So eat up your chicken soup . . . Your grandmother was right after all!

**Smokers are more susceptible to colds** No evidence is available to confirm or deny this claim, but it's logical to assume that smokers risk serious lung damage and therefore make themselves vulnerable to infections, including colds and viruses. As the tar in cigarettes accumulates in the lungs, breathing becomes difficult. This can only hamper recuperation and may make cold symptoms (particularly coughs) more severe. Smokers may have trouble storing vitamin C, and lack of vitamin C may lower resistance to infection. But according to Gabe Merkin, M.D., associate professor of pediatrics at the Georgetown University School of Medicine, in Washington, D.C., even though smokers show lower levels of vitamin C in their blood, these levels are still within the normal range.

**Sweat it out!** A good hot bath with plenty of steam followed by a hot lemon drink made with fresh juice can produce a sweat that will leave you feeling cleansed and relaxed. However, trying to sweat out a cold by engaging in excessive vigorous exercise is only asking for trouble, as an already overloaded system is in no shape to cope with the rigors of a workout.

Instead of exercise, try this simple technique. Place a large bath towel over your head to form a tent. Then inhale over a bowl of steamy water with a handful of herbs, such as mint or chamomile, thrown in. Continue for as long as the water remains steamy, breathing outside the tent every four minutes or whenever the heat overwhelms you.

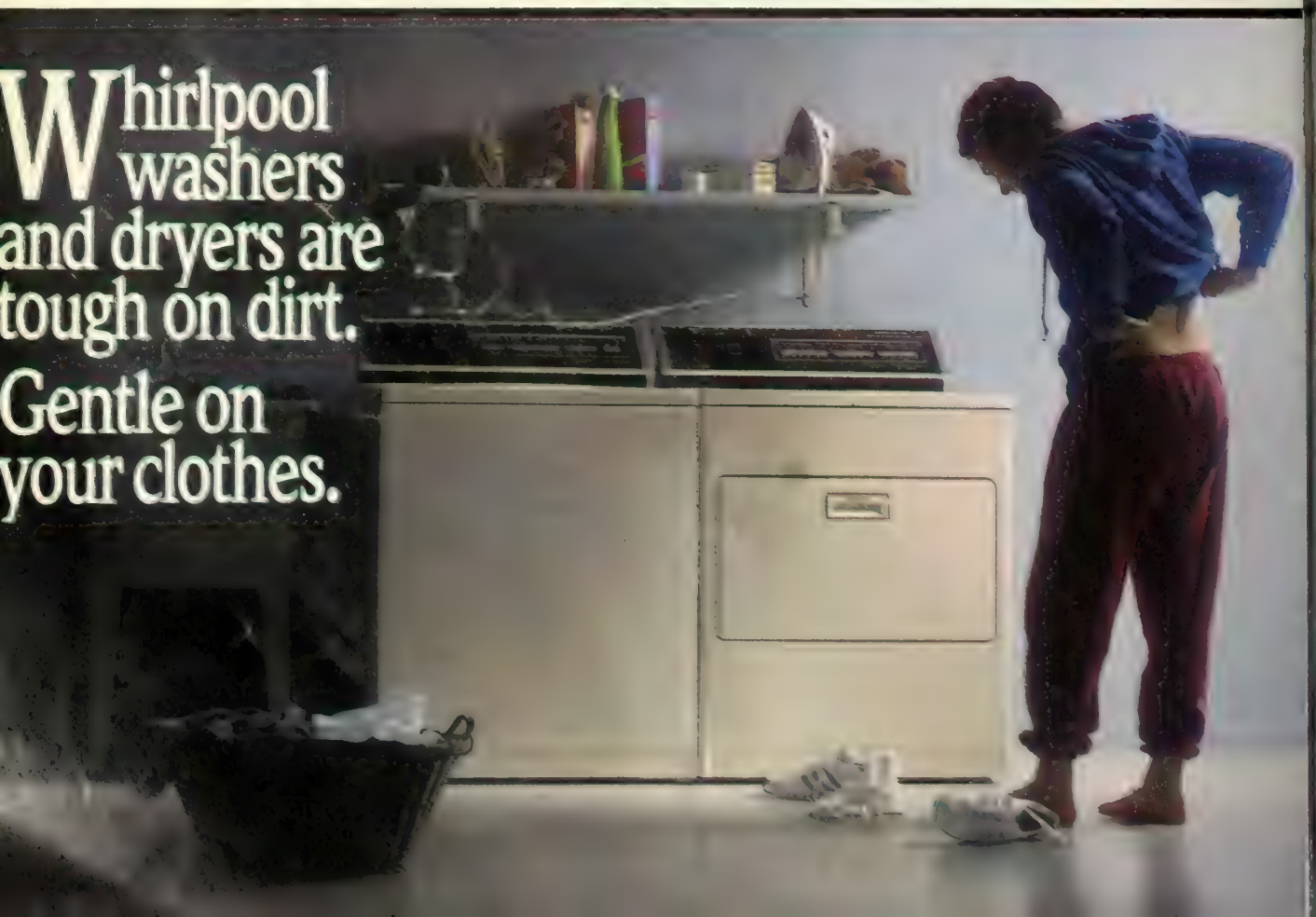
A word of warning about saunas and steam rooms: Most doctors will tell you that going into either one with congested chest and nasal passages can be dangerous and cause breathing complications. Steer clear until you're well.

**Feed a cold, starve a fever** Or is it feed a fever, starve a cold? This adage is so commonly quoted and misquoted it could prove to be dangerous. Doctors generally agree that the best approach to a cold *or* a fever is to drink plenty of liquids, to help flush out toxins, and continue with a normal healthy diet.

**Girls catch colds more often than boys do** Children generally catch colds more frequently than adults; this is probably due to contact with other children who may be carrying the cold virus. Surveys have revealed that until they are four, boys catch more colds than girls. Thereafter, girls are more susceptible to colds, and this tendency continues throughout adulthood.

**A hot toddy will fix it** One of the most palatable of the putative remedies is the hot toddy before bedtime. It's appealing to someone fighting a cold and needing a drop of cheer, but there's little medicinal value in a hot alcoholic drink. In fact, many doctors warn that it could irritate nasal passages and make chest congestion worse; it may also result in a headache.

**High doses of vitamin C prevent colds** Although the medicinal properties of vitamins have been acknowledged by medical scholars throughout the world, there is still controversy about the preventive qualities of vitamin C. A reasonable amount of vitamin C taken regularly decreases the incidence of the common cold, according to Linus Pauling, Ph.D., a two-time Nobel prize winner and director of the Linus Pauling Institute of Science and Medicine, in Palo Alto, California. This reasonable amount, Pauling says, is



one to ten grams! Yet a recent review of twenty-seven studies on the effectiveness of vitamin C in preventing and treating colds shows that the vitamin has no worthwhile effect in prevention and only a small therapeutic effect in treating the sniffles, sneezing and other symptoms, according to A. Stewart Truswell, M.D., of the University of Sydney, Australia. Still, by all accounts, vitamin C has many beneficial effects on your whole body, including the immune system. According to the Food and Nutrition Board of the National Academy of Sciences, sixty milligrams (the amount in one orange) is the average daily requirement for children and adults. Making sure you get at least this much vitamin C by eating fresh fruits and vegetables will help maintain a degree of good health and immunity to infections and viruses.

**Ignore it and it will go away** Many people, rather than sensibly tucking themselves into bed with a warm drink and a good book, choose to bravely resist their plight. Yet psychologists claim that actually giving in to being sick and accepting the fact that your body needs extra coddling and attention is a major step on the road to recovery. Tell yourself that you need this time in bed to renew your cells, fight infection and nurse yourself back to health. It's not weakness, merely a recognition that the human body is like a machine—it can break down when it's neglected.

**You can catch a cold from a glass or coffee cup** Catching a cold is easy, particularly if you live or work with a lot of people. Cold viruses are transmitted through the air—by sneezing or coughing—or by touching. Rhinoviruses, the most common cold viruses (named for the Greek word for nose), can be transferred by a handshake or a hard surface—such as a telephone receiver or an unwashed coffee cup. "A virus can live on a doorknob for a couple of days," says Ernst Zander, M.D., former medical director of Sterling Drug. "If an uninfected person touches the infected item, then touches his nose or eyes, a rhinovirus cold is likely to develop."

The best way to prevent a cold from spreading throughout a family is to make sure the cold sufferer washes his hands frequently and uses one set of eating and drinking utensils, which he should wash himself. Better still, use disposable plates and implements. Also, wash counters, sinks, telephones and other surfaces with a disinfectant.

**A neglected cold can lead to flu** If a cold is neglected, the patient may contract a flu virus while in a weakened state of health, according to Jack Gwaltney, M.D., professor of internal medicine at the University of Virginia Medical School, in Richmond. It then appears that the cold has turned into flu. Colds and flu are caused by completely different types of viruses, however. Most colds develop from one of two groups of viruses—the rhinoviruses and the coronaviruses (they're shaped like little crowns). The symptoms of these viral infections are similar, but rhinovirus colds tend to last longer and occur more often in early autumn and late spring, while coronavirus colds occur in winter. Since influenza viruses cause some coldlike symptoms, colds and flu can be easily confused.

**Colds result from unshed tears** For centuries, mystics have claimed that a head cold is the result of pent-up emotions. The tears that are not shed at times of great joy or sorrow overflow soon after in the form of a cold. This is a real folktale . . . yet there is some merit in the theory that we are most susceptible to infections and colds when we are depressed or have suffered an emotional upheaval. Often we can trace the onset of a cold back to a distressing or dramatic experience a week or two before. Long-distance travel or undue work strain can also catch the immune system at a low point. Compensate for these times of stress with enough rest and nutritious food. *(continued)*

It takes just the right laundry system to handle the dirtiest dirt...and still give your clothes the care they need. That's why we design a complete line of washers and dryers to help you get your laundry done right...and make your world a little easier.

**Cycles and settings to handle any load.** Whirlpool® washers give you a wide range of wash and rinse options. Like a gentle cycle for delicate knits. And a Super Wash cycle for that extra-dirty load.

You can also select the right water level and temperature for each load. So you use only the water and energy you need to get the job done right.

Our automatic bleach and fabric softener dispensers save you from constantly running back to the washer. And we even offer self-cleaning lint filters.

**Dryers that give your clothes the finishing touch.** Whirlpool dryers also give your clothes the care they deserve. You can choose from four different temperature levels. A special setting gently handles your knits and delicate fabrics. And our Tumble Press® setting helps cut down on wrinkles.

**A promise of quality we stand behind.** Whirlpool offers sizes and styles to fit every laundry need. And they're all backed by our promise of good, honest quality. It's a promise we've kept for 75 years, and we support it with programs like our toll-free 24-hour Cool-Line® telephone service to help you with problems or questions. Just call 800-253-1301. It's one more way we can make your world a little easier.

Whirlpool
Home Appliances
Making your world a little easier.

# Heart donor.



He's the Heart-To-Heart Bear. The bear with the beating heart. And right now you can help him in the fight against heart disease and stroke. When you buy a Heart-To-Heart Bear, Chosun will make a donation to the American Heart Association. And that'll do your heart good.

**HEART-TO-HEART BEAR**
**BY CHOSUN**

Official Sponsor of American Heart Association


## THE COMMON COLD

continued

**Eucalyptus oil is a cold cure** Eucalyptus oil emits a powerful vapor that is ideal for clearing stuffy heads and noses. It is also a strong antiseptic that can help kill germs in the mucous membranes of the nose, throat and bronchial tubes. Try inhaling the vapor from a few drops of eucalyptus added to a bowl of steaming water, or rub a bit of the oil into your chest before bed. It may not cure a cold, but it can certainly relieve some of the symptoms.

### Is a miracle cure on the way?

While there has been much research into a cure for the cold and many significant discoveries have been made, a simple remedy has not yet been found. The difficulty, according to Gwaltney, is that colds are caused by so many different viruses: There are more than one hundred rhinoviruses alone, as well as coronaviruses. No one vaccine or treatment can be effective against all of them. Yet Gwaltney feels that although scientists may never discover a magic bullet to knock colds dead, methods will be developed to control the spread of colds. For example, Gwaltney and Frederick G. Hayden, M.D., recently led a team of scientists in a series of experiments that actually halted the disease-producing attacks of viruses on human cells. The new strategy is called receptor blockade, and although it is still in the research stage, it is expected to lead to the development of drugs to protect against the common cold.

The most dramatic development before the receptor blockade was the discovery in 1957 of interferon, a naturally formed virus-fighting substance that can be produced synthetically. Scientists believed it would prove to be the magic bullet. But, says Elliot Dick, Ph.D., professor of preventive medicine at the University of Wisconsin Medical School, in Madison, the potential of interferon is limited because it is difficult to transmit interferon to infected cells while keeping surrounding cells from becoming infected. Other issues are high cost and side effects (interferon is administered as a nasal spray, and continued use may cause stuffiness or nasal bleeding).

Interferon has also proven effective in preventing the spread of colds in a family, but once a person is infected, it is less effective in treating the actual disease, according to Gwaltney. Actually, says Dick, there now exist two types of interferon, and the second one may prove to be less toxic, and usable over a longer period of time.

Still, a surefire prevention or cure for the common cold lies ahead. In the meantime, take care of yourself: Get plenty of rest and eat the right foods and check with your doctor if symptoms last longer than a week. Sooner or later, you're bound to feel better. **End**

## How doctors treat *their* colds

Everybody has an opinion on how to cope with a cold, but how do the pros do it? Here are the unofficial treatment plans that three physicians from the Medical College of Pennsylvania, in Philadelphia, use to treat their own sneezes and sniffles:

- Donald Kaye, M.D., chairman, department of medicine: When I get a cold, I simply ignore it, except for using nose drops and aspirins. I haven't missed a day of work for sickness in fifteen years—I'm one of those people who come to work and infect everybody else. My theory is that if you treat a cold with care, bed rest, aspirin and orange juice, it will last three to four days. And if you choose to ignore it, it will also last three to four days.
- Ira Gabrielson, M.D., chairman, community and preventive medicine: I complain a lot about a cold, but I don't go to bed. I do humidify the air in my bedroom, and that seems to help. Also, I keep a lot of tissues around and rub Vaseline around my nose to prevent the skin from cracking and drying. If I have a cough, I tend to ignore it, because most cough medicines are ineffective. To prevent a cold, I suggest trying to avoid stress, because it tends to lower resistance. And because bacteria and viruses may be transferred directly to your respiratory system by fingers, to put it very, very bluntly: Don't pick your nose.
- Peter Kowey, M.D., cardiologist: You know what they say about chicken soup? Well, I lean toward spaghetti, lots of it. Then I get as much rest as possible and take aspirin for fever. If I have aches, I take a decongestant before I nap or go to sleep for the night. I don't take decongestants during the workday because they make me drowsy.

# Heard there's a pantyhose that's *Just my Size®!*



*Get more leg room, more hip room, more livin' room!*
*Just My Size from L'eggs is here — the beautiful pantyhose for tall or fuller figures.*
*Just My Size pantyhose comes in four sizes.*
*And talk about styles! There are five to choose from.*
*Just My Size pantyhose.*
*Because every woman deserves a great pair of L'eggs.*






**Regular • Control Top • Light Support • Silky Sheer • Knee Highs • From**

JUST MY SIZE is a registered trademark of L'eggs Products, Inc. for pantyhose. © L'eggs Products, Inc. 19

# EASY AS 1-2-3

## SUPER QUICK MEALS

*Our gift to you during this busy holiday season—a delicious dinner that's under 550 calories. By Carol Prager*



Frank Marchese

**MENU FOR FOUR**

*MIDDLE EASTERN BURGERS
*BULGUR PILAF
*GREEK SALAD
ORANGES DRIZZLED WITH HONEY
*Recipe given

### MIDDLE EASTERN BURGERS

**Broiled or grilled vegetables and spice add flavor, not calories.**

Preheat broiler or prepare grill. Cut 1 large red and 1 large green pepper into 1-inch-wide strips. Broil or grill 4 inches from heat source 3 minutes. Meanwhile, combine 1 pound lean ground beef with 1 teaspoon minced garlic, ½ teaspoon allspice, ¼ teaspoon salt and ¼ teaspoon freshly ground pepper. Shape into four 1-inch-thick patties. Turn peppers. Add patties and large zucchini, cut into ½-inch-thick slices, to same broiler pan or grill. Broil or grill 8 minutes, turning vegetables and patties after 4 minutes for medium-rare.

### BULGUR PILAF

**Bulgur (cracked wheat) makes a delicious, nutty-flavored side dish.**

In small saucepan heat 1½ teaspoons salad oil over medium heat. Add 1 small onion, chopped; cover and cook 2 minutes. Stir in ¾ cup bulgur, 1½ cups water, ¼ teaspoon freshly ground pepper and ¼ teaspoon salt. Cover and simmer 20 minutes or until all liquid is absorbed. Garnish with slivered green onion.

### GREEK SALAD

**With a trip to your supermarket salad bar, you can put this together in minutes. Look for packaged crumbled feta cheese in the dairy case.**

In a large bowl combine 6 cups chopped greens, ¼ pound sliced cucumber, 1 cup cherry tomatoes and 4 ounces crumbled feta cheese. In small jar with tight-fitting lid combine 4 teaspoons olive oil, 1½ teaspoons fresh lemon juice, 1 teaspoon dillweed, ¼ teaspoon salt and ¼ teaspoon freshly ground pepper. Shake vigorously. Pour over salad and toss.

### HOLIDAY MICROWAVE HINTS

**Merry mulled wine:** Place 2 cups Burgundy or other hearty red wine, 2 tablespoons sugar and 2 cinnamon or orange spice herbal tea bags in a measuring cup. Microwave on High 2 minutes. Steep partially covered 2 minutes. Serves 4.

**Quick-melt chocolate:** Chop a square of semisweet chocolate and place in a small heavy-duty snap-lock plastic bag. Microwave on Low 3 minutes. Use chocolate in a recipe or cut a small hole at one corner of bag and use to decorate cookies, cakes, desserts.

**Shell game:** Place ½ pound unshelled walnuts, pecans, Brazil nuts, almonds or hazelnuts and 1 cup water in a 2-quart microwaveproof casserole; cover with plastic wrap. Microwave on High 2½ to 4 minutes. Let stand 1 minute; drain. Cool on paper towels; the shells will crack easily.

**Roasted chestnuts:** Make an X on flat side of each chestnut. Place ½ pound chestnuts at a time in a round microwaveproof dish. Microwave as for shell game (above).

Hot Cheese Sauce




In about one minute, a jarful of Cheez Whiz Process Cheese Spread in your microwave becomes a delicious hot cheese sauce that's ready to pour on your nachos and baked potatoes and vegetables and macaroni and whatever. It's easy. It's marvelous. And it only takes a minute.

The marvelous microwave in-a-minute cheese sauce.



Actual cooking time 1-1½ minutes for 8 oz. jar

© 1986 Kraft, Inc.




*Child rearing in the eighties: the most recent health news, research and trends. By Mary Mohler*

# KIDS AND STRESS

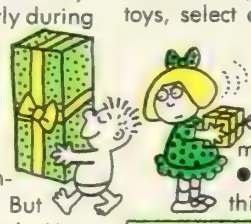
'Tis the season to be jolly, but often we feel stressed at this time of year, and that's true for kids as well. According to Elaine Dolch, M.S., assistant professor of child development and family studies at Purdue University, in West Lafayette, Indiana, and director of the Purdue child-care program, children may be even more vulnerable than adults to stress at holiday times.

Children, especially preschoolers, may feel not only the usual frustrations that are part of growing but what Dolch calls carry-over stress from the adults in their families. "Particularly during the holidays, families frequently experience unaccustomed drains on all their resources—including time, money and energy." Also, adults are often so busy that they're unaware of the strain on the little ones.



Parents can't create a stress-free environment, and they shouldn't try. "Learning to manage stress is part of growing up," says Dolch. But parents can reduce stress to manageable levels. Here are some things to work on: ● Be aware, be sensitive, be empathetic—try to see all the holiday activity through your child's eyes. ● Reduce your commitments. Don't go to every party, don't feel obligated to bring two dozen homemade cookies. ● Reevaluate your finances. Limit the number of gifts you buy, and don't buy gifts you can't afford. ● If the tension causes you and your husband to quarrel, explain to your children that you do still love each other but you were cross because you were tired. ● Try to keep bedtime and mealtime routines stable. ● Involve kids in holiday preparations—yes, you could do it faster yourself, but that's not what holidays are about. ● Downplay the "you'd better be good for Santa Claus"—it's hard for kids to behave the way adults want them to for an hour, much less for the month before Christmas. ● If you're going to be visiting relatives, give your kids a scenario so they know what to expect about the trip and the people. Tell it to them several times so the real event will not be so unfamiliar. ● Don't overwhelm your kids with presents. If they end up with a raft of toys, select a few they can play with now, and put the rest away. ● Don't give presents that involve lots of responsibility all at once. If you're giving a child a pet, for example, be prepared to teach the child how to take responsibility gradually. This means both advance planning and follow-up. ● Take time to communicate to your children what this holiday means: love and sharing and peace.





## DAY-CARE CASSETTES

If you're a family day-care provider who wants to enhance her professional skills, these audiocassettes from Bank Street College of Education and the Child Care Action Campaign are for you.

The first volume in the series consists of three tapes on health and safety routines. One of the most appealing aspects of this program is its convenience: Listening to one of these tapes is like attending a seminar right in your own home. You can order the three thirty-minute tapes, packaged as a set, for $15 plus $2 per order for postage, from Family Day Care Cassettes, Bank Street College, 610 W. 112th Street, New York, NY 10025.



## EASY ON THE BUBBLY

Bubble bath is practically synonymous with stocking stuffer. And there's something about mountains of bubbles that makes a bath bearable for even the most diehard earth child. But don't let kids soak too long or use bubbles too often, as skin and genital irritations can result, especially in little girls.

## ARTIST'S SUPPLIES

Here's a four-star holiday activity that will occupy all your children, from toddlers to teens: making Christmas ornaments from homemade clay.

The recipe is simple. You'll need 2 cups (one pound) of baking soda, 1 cup of cornstarch and 1¼ cups of cold water. Stir the baking soda and cornstarch in a saucepan. Add the water and cook over medium heat, stirring constantly. When mixture is the consistency of moist mashed potatoes, turn onto a plate and cover with a damp cloth. When it's cool enough to handle, knead it until smooth. (At this point, if you're not prepared to finish the project, you can store the mixture in a tightly sealed container in the fridge.) Roll out the clay between two sheets of wax paper to ¼-inch thickness. Then cut out the desired shapes with cookie cutters (or a knife, if adults are using the clay). Poke a hole through the top of each with a pencil or toothpick, then place the designs on a cookie sheet to dry overnight. (Or place in a 350°F. oven for 15 minutes.) When dry and cool, paint with acrylic paints, poster paints, watercolors or felt-tip pens. Finally, apply a coat of polyurethane or clear nail polish, and your designs will be protected for years to come.



**Getting crazy over those instructions? Two toy companies have hotlines that will be open Christmas Day. Kenner, 513-579-4613. Tyco, 800-257-7728; in New Jersey, 800-322-8011.**

# Wally's reporting happy days with elastic waistband Huggies®.




Meet Wally, our weatherman. Wally's forecast is really bright because he's found Kleenex® Huggies® diapers with elastic waistbands. Huggies are thick and absorbent. And have soft cuddly elastic waistbands. So Huggies diapers hug all over to help stop leaking and help keep babies happy. As long as Wally's wearing Huggies he's reporting clear skies and sunny days ahead.

## Huggies® diapers hug all over to help stop leaking.

®Kimberly-Clark Corp. ©1986 KCC

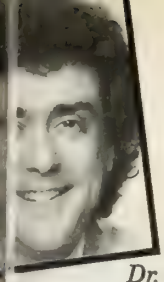
# Tyco blocks look and feel like Lego® blocks And they work together too.




# But you get more for your money in Tyco Buckets.




Lego® is a registered trademark of Interlego A.G. Blocks are contained in all Tyco and most Lego® sets. Lego® sets contain other pieces which are unique or which vary from Tyco piece
Value comparison made between Tyco Buckets 5228, 5250, 5270 and Lego® basic building sets. Some Lego® sets are not comparable to Tyco Buckets.



# NEWS for PARENTS

## UNDERSTANDING KIDS

**BY LAWRENCE BALTER, PH.D.**

*Dr. Balter is a practicing ychologist and a professor at New rk University. He also hosts a call-in dio program on WABC Talk-Radio for estions on child rearing and appears gularly on* The CBS Morning News. *is the author of* Dr. Balter's Child nse *(Simon and Schuster).*

**Q** *I'm beginning to hate the holidays. My kids—aged three, five and eight—turn into greedy little monsters, d I feel used when they want, want, nt. How do I get through the season ithout turning into Scrooge and teach em something in the process?*

**A** With all the excitement and anticipation about the holidays, it's not surprising that your children are carried away by acquisitiveness. There's me greed in all of us, of course, and in is season of consuming, it's more difcult to control. Store displays and mea hype simply feed fantasies of havg all one's wishes magically fulfilled. It's natural, under these circumances, to feel a longing for things cking in our lives, whether the need real or imagined. Furthermore, in a ild's mind, receiving a gift is a sign love. Unfortunately, the message houted by commercials is that the bigger and more expensive the present, nd the more presents there are, the ore you are loved.

You need, first of all, to have a family iscussion. If you haven't already done o, explain to your children the real eaning of this holiday as your reigion or your traditions dictate. Then et some limits on what they can reaonably expect in the way of gifts durng the season.

It's important not to give in to a child's demands once you have decided that a particular gift is inappropriate or unaffordable. Yes, your child will be disappointed, but learning to cope with disappointment is part of growing up.

Sometimes we inadvertently promote greediness in children when we use money or presents as bribes or rewards. Be especially careful during the holiday season to avoid tying behavior to holiday gifts; it's a form of blackmail, and it also reinforces the materialistic aspects of your relationship.

It is very useful to introduce your children to the idea that giving is a gratifying activity. Suggest donating some books or clothing to a charity. Bake a batch of cookies and take them to a neighborhood community center together. Knowing that others appreciate you for doing something thoughtful is a reward that can be cherished. It also helps children learn a value system from the time they are very young.

Furthermore, you and the other adults in the household should display some degree of self-restraint for your children to emulate. Try to let the children know when you are doing without something because you feel it can wait.

Even after your family discussion you'll have to deal with each child individually. I suspect your three-year-old will not pose any difficulty. The eight-year-old is going to feel some sense of peer pressure, but you will probably be able to appeal to a sense of fairness in a child this age. Your five-year-old will very likely give you the most trouble, but even children of this age can respond to the concepts of propriety and moderation.

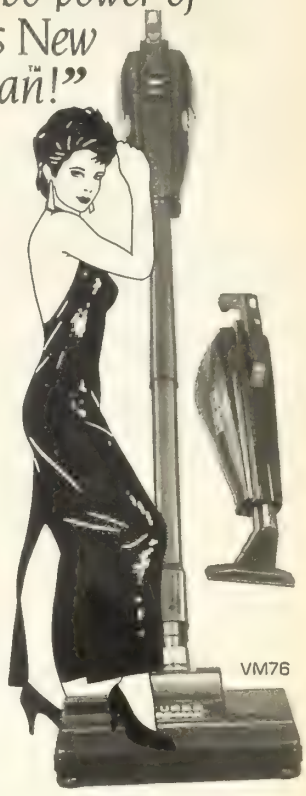
Learning self-control, recognizing the difference between a need and a want, and appreciating the less tangible signs of love are parts of a lifelong process of maturing and deserve attention throughout early childhood.

## BABES IN TOYLAND

**Don't be naive about children's toys. Two free booklets from the Toy Manufacturers of America will help make you a wiser consumer. *The ABC's of Toys & Play* includes safety tips and information on the importance of play, toy selection and participating in your child's play. *Learning about Labels* tells what the graded age labels on toys mean and how to use them to choose appropriate toys.**

**Single copies are available; send a postcard to Toy Booklets, P.O. Box 866, Madison Square Station, New York, NY 10159.**


"I absolutely adore the Turbo power of Dazey's New Vac-Man™!"




Dazey Making life easier.
©DAZEY CORPORATION 1986



Ladies' Home Journal
SUBSCRIBER SERVICES

**Change of Address:** Please attach mailing label from this magazine and write in your new address below. 6-8 weeks advance notice is needed.

**Mailing List Name Removal:** We occasionally make our mailing list available to organizations whose offer we believe might be of interest. If you do not wish to receive any mailings from companies not affiliated with Meredith Publications, Inc., please check the box below and attach your mailing label.

**Complaints:** For duplicate issues, late delivery or any problems, attach mailing label and send details to the address below.

☐ **Change of Address**
☐ **Please remove my name from your rental list**

NAME_____

ADDRESS_____

CITY_____ ZIP_____
**Mail to: LHJ P.O. Box 10895 Des Moines, IA 50336-0895**

ATTACH MAILING LABEL HERE

STYLE AND BEAUTY

# The best of the year

**New-style star . . . a promise of eternal youth . . . fashion that goes to your head**



## Donna Karan, designer for our times

Donna Karan's fashion magic is part luxurious fabric, part innovation, part her uncanny intuition about how women want to look now: sophisticated, sexy, successful. Her trademark body-defining clothes, on the scene less than two years, are being bought and sold faster than any other designer's—by the *most* prestigious stores. Last year's sales: almost $2 million. Projected for this year: close to $19 million.

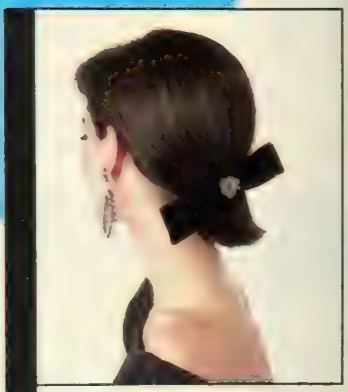
## CLOCK STOPPERS?

Beauty phenomenon of the year: anti-aging skin treatments. Manufacturers made startling claims for their products, promising faster cell renewal, increased firmness, even wrinkle reduction. Demand zoomed, says an exec at Younkers (a Midwestern chain), and there's no slowdown in sight. In California, a Bullock's buyer says anti-agers now outperform all other skin-care products; sales grew from nothing to almost 20 percent of the market in under two years.



## The line that started it all

**Dr. Christiaan Barnard, famed heart surgeon, promoting skin-care products? With arthritis preventing him from practicing surgery, he turned to research on aging. He discovered GSL, the ingredient in the Glycel line of age evaders that, he says, makes skin look and feel younger. Dermatologists and other scientists scoffed, and the controversy continues.**



## BARRETTES AND BOWS AND . . .

As hairstyles are going longer and sleeker, sales of accessories are heading out of sight. A manufacturer calls the market explosive. A designer says business is up by 152 percent. Stores are setting up hair boutiques in prime locations, and customers are buying like crazy. Best-sellers are headbands of leather or black velvet, anything with pearls or rhinestones. Shaping up for next year: a new wave of interest in wigs and hairpieces.

photo: Lord & Taylor

*Ultra fresh.*
*Ultra smooth.*
*Ultra flavor.*

# Discover where today's smokers are heading.

# Merit Ultra Lights




SURGEON GENERAL'S WARNING: Smoking Causes Lung Cancer, Heart Disease, Emphysema, And May Complicate Pregnancy.

# The best of the year

**This year it's been crab cakes on every trendy menu, and cinnamon rolls from the Midwest have become the takeout breakfast choice. Here, our versions of both**




Thom DeSanto

## CRAB CAKES WITH BASIL TARTAR SAUCE

- 1 egg plus 1 egg yolk
- 4½ teaspoons heavy cream
- 1 teaspoon lemon juice
- ½ teaspoon ground red pepper
- ½ teaspoon dry mustard
- ½ teaspoon salt
- ½ teaspoon Worcestershire sauce
- ¼ teaspoon black pepper
- 2 tablespoons *each* chopped green onion and parsley
- 2 tablespoons cracker crumbs
- 1 pound lump crabmeat
- ¼ cup dry bread crumbs
- 2 tablespoons butter, melted

**Basil Tartar Sauce**

- ½ cup packed basil leaves
- ½ cup mayonnaise
- 1 tablespoon sour cream
- 1 teaspoon lemon juice
- 1 teaspoon minced garlic
- Dash ground red pepper
- ⅛ teaspoon salt
- Dash red pepper sauce

In medium bowl whisk eggs and next 7 ingredients until well blended. Add green onion, parsley, cracker crumbs and crabmeat; mix well. Divide mixture into 8 equal portions. Shape into patties (mixture will be crumbly). Sprinkle bread crumbs on both sides. Place on greased cookie sheet. Drizzle on butter. Cover and refrigerate 1 hour.

Adjust oven rack to highest position. Preheat oven to 475°F. Bake crab cakes 10 minutes or until lightly browned. Serve with tartar sauce. Makes 4 servings, 210 calories each without tartar sauce.

*Basil Tartar Sauce:* Rinse basil under very hot water; pat dry. In food processor puree all ingredients until smooth. Makes about ½ cup, 95 calories per tablespoon.



## CINNAMON ROLLS

- 2 packages quick-rise or active dry yeast
- 2½ cups warm water (105°F.–115°F.), divided
- 1½ cups instant nonfat dry milk
- ½ cup unsalted butter, melted, divided
- 1 cup sugar, divided
- 2 teaspoons salt
- 7 to 8 cups all-purpose flour
- 1 teaspoon vanilla extract
- 2 teaspoons cinnamon

**Glaze (optional)**

- 2 cups confectioners' sugar
- 4 teaspoons lemon juice
- 2 tablespoons water

In small bowl dissolve yeast in ½ cup warm water; let stand 5 minutes. In large mixer bowl combine remaining water with dry milk, ¼ cup butter, ¼ cup sugar and salt. Add dissolved yeast and 3 cups flour; beat until smooth. Continue adding flour to make a soft dough. On a *(continued on page 164)*



# Worker's Compensation

*Soothe your ravaged soul with just the tips of supple asparagus, sweet peas, roasted red peppers and ocean-caught salmon in lusty chunks. It's ready at the speed of fettuccine with today's food in cans.*



*Food in Cans. Something Wonderful Right Away*

*Copyright 1986 Canned Food Information Council*

# The best of the year

## hits

**Who were the brightest stars of the year? Who made the big screen sparkle and turned us on when we turned on our TV sets? Here are the biggest hits of 1986**



### FULL MOON

It doesn't take much detective work to figure out who the favorite couple of the year were. As *Moonlighting*'s smooth-talking sleuth and his beautiful lady boss, Bruce Willis and Cybill Shepherd were TV's dynamic duo. But will the couple ever stop fighting (and flirting) and get horizontal? Stay tuned.

### DIVINE BETTE

***Ruthless People* and *Down and Out in Beverly Hills* helped to transform Bette Midler from a campy cult figure to a silver-screen superstar. Her newest blockbuster production: a littler Midler, the Divine Miss M's own Baby Divine.**



Greg Gorman/Gamma-Liaison



Leonard E.B. Andrews/Sygma

### WYETH'S MUSE

This year's top model wasn't Christie Brinkley but Helga, the mystery woman in more than 200 recently discovered paintings by Andrew Wyeth. Is she just a flash in the palette, or do we have an American Mona Lisa?



### THE COS

What do you do on Thursday nights? If you're like 60 million other Americans, you're tuned in to Bill Cosby. With his top-selling book and commercials for E. F. Hutton, when Cosby talks, people listen.



Y. Hemsey/Gamma-Liaison

### MISS LIBERTY GETS A FACE-LIFT

**This year's huddled masses were the 6 million tourists who packed New York City for the Statue of Liberty's centennial. Even after a hundred years, she's still the lady we carry a torch for.**



### BREAKFAST CLUB

*Today*'s recipe for a good morning: Take a smart and smooth yuppie named Gumbel, a superwoman named Pauley and a weatherman who likes to flip his wig. Mix together, let simmer for a couple of seasons, then serve with lots of coffee. Result: the top-rated A.M. news show.



E.J. Camp/Onyx

### BIG WHEEL

**She has a stunning figure and a drop-dead wardrobe, and she minds her p's and q's. Sexy Vanna White has become *Wheel of Fortune*'s biggest winner.**



Kenneth Johansson/Outline Press

### MACHO MAYOR

Clint Eastwood has gone from Pale Rider to politician, and the citizens of Carmel, California, are crazy about their new top gun. How does he feel about being the sexiest mayor in America? Of course, it makes his day.



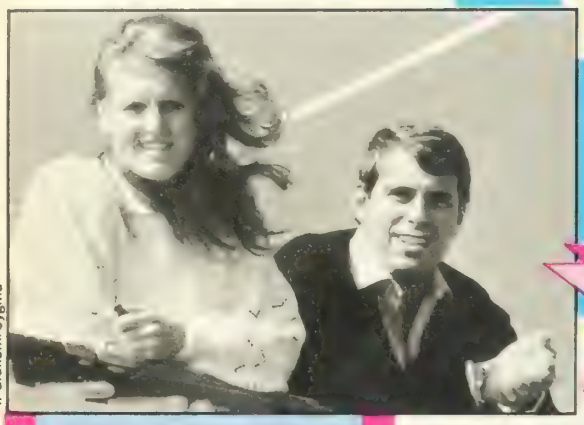

# The dawning of a beautiful ritual.

Unleash the silkiness of a glistening pink drop. A pleasure known to many women becomes your private delight. Each drop quickly eases into your skin, banishing dryness...replenishing the natural fluids of younger skin. Now your face is silken to the touch, younger looking. And so, the moment becomes the ritual of Oil of Olay.®

**BEAUTY HINT:** For deep-cleaned skin that feels remarkably smooth and soft, try Olay® Beauty Cleanser. It thoroughly removes dirt and makeup, then rinses away greaselessly, for refreshingly clean, beautifully soft skin.

# The best of the year

## fun couples



T. Graham/Sygma

**Wedding bells pealed and champagne corks popped as celebrities paired off in droves this year. Such star couples as Maria Shriver and Arnold Schwarzenegger, Tatum O'Neal and John McEnroe, and Caroline Kennedy and Ed Schlossberg took their vows. Whoopi Goldberg and Calvin Klein tied the knot—but not with each other. And when Andy married Fergie this summer, we all woke up early to join the party!**

### ROYAL ROMANCE

The marriage of Prince Andrew and Sarah Ferguson was an extravaganza that proved once again that nobody puts on a wedding like Britain's royal family. But it wasn't the pageantry that brought out the handkerchiefs: It was that the new Duke and Duchess of York were clearly so much in love.



Lonmar/Telepictures

### MEDIA MATCH

"Networking" took on a new meaning when news-hound Barbara Walters married TV executive Merv Adelson. What brilliant programming!

## heroines

**Women didn't just entertain this year, they also inspired. Two women in particular awed us with their courage: teacher and astronaut Christa McAuliffe and Philippine President Corazon Aquino.**



Sipa

### A TRAGIC LOSS

Christa McAuliffe was to be the first woman civilian in space, but her shuttle voyage ended in her death. The entire world mourned the ebullient teacher from New Hampshire who was the idol of American children. Christa never did touch the stars—the shuttle exploded only 73 seconds after takeoff—but she touched our hearts.



Toshi Matsumoto/Sygma

### PEOPLE'S PRESIDENT

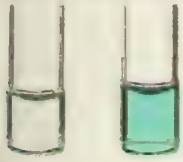
"There are many ways to run a country, but only one way to treat people—with decency and respect," said Philippine President Corazon Aquino, addressing the United Nations this fall. Such sentiments won the ex-housewife the election last February, as well as the continuing admiration of the world. She's proving that it's possible to be both a gracious lady and a tough head of state. In her rise to the top, President Aquino embodies the *Journal's* own slogan, "Never underestimate the power of a woman."

# "Darling, of course I'm sure. I just did my FIRST RESPONSE Pregnancy Test."



**"But how can you be so sure, so soon?"**

**"Darling, with FIRST RESPONSE® you don't have to wait days or weeks to find out the truth anymore. I just did the test and today's the day I'm due! It took only minutes and it's as accurate as any lab.**



Not Pregnant. Pregnant.

**"And I know I can rely on my result. Because FIRST RESPONSE is simple to do, and so easy to read. I'm pregnant if the liquid turns blue; not pregnant if it stays clear. That's it. There's no second guessing.**

**"And that, Darling, is why I'm so sure, so soon."**




FIRST RESPONSE® Pregnancy Test, from the maker of Tampax® tampons, is the most sensitive home test ever. It's based on technology that made a major breakthrough in pregnancy testing. And is so sensitive it can reveal even slight traces of pregnancy hormone with 99.5% accuracy.

You can also depend on our medical information staff for answers to any questions you may have about the test. Our toll-free number is listed in every FIRST RESPONSE test kit.

Now there's a fast, accurate response to the question of pregnancy. FIRST RESPONSE Pregnancy Test, to be sure.

**You can always trust your FIRST RESPONSE.**

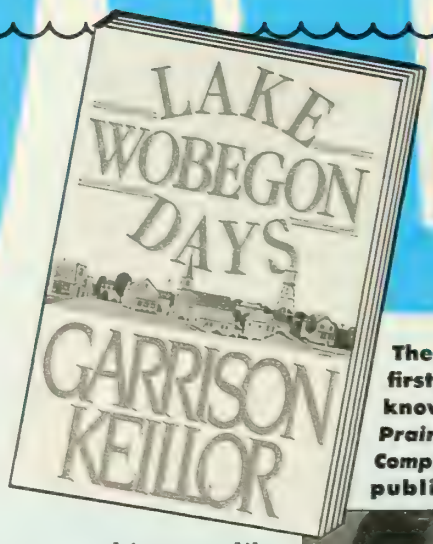
From the maker of TAMPAX® tampons

FIRST RESPONSE, TAMPAX and the Human Figure Design are registered trademarks of TAMBRANDS Inc., Lake Success, NY 11042 Pat. Pending © Tambrands Inc 1986

The best of the year

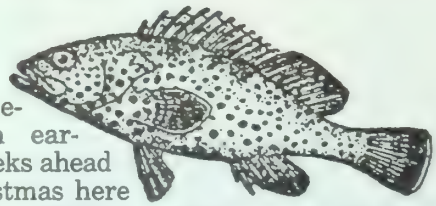
# CHRISTMAS IN LAKE WOBEGON

**This book was on a best-seller list every week of the year. Treat yourself now to a holiday glimpse of America's favorite read**






**The author first became known for *A Prairie Home Companion*, on public radio**



Baking begins in earnest weeks ahead of Christmas here in Lake Wobegon. Waves of cookies, enough to feed an army, enough to render an army defenseless, including powerful rumballs and fruitcakes soaked with spirits (if the alcohol burns off in the baking, as they say, then why does Arlene hide them from her mother?). And tubs of *lutefisk* appear at Ralph's meat counter, the dried cod soaked in lye solution for weeks to make a pale gelatinous substance beloved by all Norwegians, who nonetheless eat it only once a year. The soaking is done in a shed behind the store, and Ralph has a separate set of lutefisk clothes he keeps in the trunk of his Ford Galaxie. No dogs chase his car, but if he forgets to change his lutefisk socks, his wife barks at him. Ralph feels that the dish is a great delicacy, and he doesn't find lutefisk jokes funny. "Don't knock it if you haven't tried it," he says. Nevertheless, he doesn't offer it to the carolers who come by his house, because he knows it could kill them. You have to be ready for lutefisk.

Father Emil doesn't knock lutefisk; he thinks it may be the Lutheran's penance, a form of self-denial. His homily the Sunday before: We believe that we don't really know what's best for us, so we give up some things we like in the hope that something better might come, a good that we were not aware of, a part of ourselves we didn't know was there. We really don't know ourselves, our own life is hidden from us. God knows us. We obey His teaching, even when painful, entrusting our life to Him who knows best.

The faithful squirm when he says it. What comes next? they wonder. No Christmas this year? Just soup and crackers? Catholic children see Lutheran children eating candy that the nuns tell them they should give up until Christmas and think, "Ha! Easy for the nuns to talk about giving up things. Nuns do that for a living. But I'm twelve—things are just starting for me!"

Lutherans also get a sermon about sacrifice, which the late Pastor Tommerdahl did so well every year, entitling it "The True Meaning of Christmas." If you went to church with visions of sugarplums dancing in your head, he stopped the music. Santa Claus was not prominent in his theology. He had a gift for making you feel you'd better go home and give all the presents to the poor and spend Christmas with a bowl of soup—and not too many *(continued on page 166)*

From LAKE WOBEGON DAYS, by Garrison Keillor. Copyright © 1985 by Garrison Keillor. Used by arrangement with Viking Penguin Inc.

# 6 important reasons why your child should have this toy

*I never cross the street alone. I hold a grown-up's hand.*

*I let grown-ups do the cooking. I never touch the stove.*

*I'm nice to my friends when we play. I never push or shove.*

*never talk to strangers. I only talk o people I know.*

*I ride only on the sidewalk, never in the street.*

*I'm careful in the bathroom. I don't want to slip or fall.*






*"Learning about safety shouldn't be scary."*
Dr. Bettye Caldwell,
Child Development
Expert.

Today, safety is a subject that's on every mother's mind. Our Safe 'N Sound will help put your mind to rest. Developed with child experts like Dr. Bettye Caldwell, it teaches preschoolers 12 key lessons in home and outdoor safety in a fun, reassuring way.

And like every See 'N Say this year, the Safe 'N Sound has a shorter string and bigger ring. So even little ones get the message.

SEE 'N SAY®
**SAFE 'N SOUND**™

TERRORISM

# 1986

# The worst of the year

**A series of savage attacks may have made this the worst year yet in the escalating tragedy of terrorism. But experts warn that the next strike could occur on our own shores. By David Nimmons**




*When the high-priority phone buzzed in the Washington, D.C., office of FBI assistant director Carol Holt, she reached for it at once.*

*"You'd better take this one," said the operator, who screened all incoming phone calls. When the call came through, the voice Holt heard sent a chill down her spine: "Your nation will pay in blood for the lives of our children," the caller said in a Middle Eastern accent. "We will bring vengeance to your streets. America will know what it means to suffer."*

*The veteran agent had heard many such ominous calls, usually the product of unhinged minds. But there was a genuinely threatening tone to this one, and Holt's reflexes, trained by years of crises, had already taken over.*

*She punched the phone trace box on her desk, the first step in a well-established system. In the additional twenty seconds it took the caller to boast about the firepower behind his threat, a computer two floors below recorded every nuance of the call and started tracing it through the telephone system.*

*Holt immediately made the tape available to her agency's counterterrorism unit, a team of highly trained special agents who operated the command center down the hall. She also alerted the FBI's electronics lab, which would analyze background noises from the call, including patterns of telephone static and interference, to help pinpoint the caller's location. She also had the tape simultaneously transmitted to facilities outside the FBI: a university in upstate New York, where a psycholinguistics expert would begin breaking down every syllable on the tape to piece together a profile of the person behind the disembodied voice; the Secret Service, which would check the tape against a computerized data bank of thousands of repeat callers; and counterterrorism think tanks in California, New York State and Virginia. Someone just might have the crucial piece of the puzzle that she needed.*

*Within minutes, Holt had activated the most advanced human detection network in the world, an extraordinary chain of sophisticated electronics, computer banks and satellite communications. It would peel away the layers of the conversation she had just heard to answer one critical question: Could this young man with the angry voice carry out his threat?*

The above scenario is fictitious, although the counterterrorism procedures are real. While *(continued on page 164)*

# INTRODUCING NEW HEARTY GROUND.



## GROUND HEARTIER TO TASTE GREAT!

Introducing cat food with a whole new dimension in texture and taste. New 9 Lives® Hearty Ground.

Hearty Beef, Hearty Meaty Meal and Hearty Turkey. They're heartier than ordinary ground. With more texture, for even more temptation.

Hearty Ground. Only from 9 Lives. A delicious breakthrough for finicky cats everywhere.




9 Lives®

86 Star-Kist Foods, Inc.


The grass is always greene




No detergent mows down grass stains better than Tide. In Liquid, Regular Scent, or Unscented Powder, Tide won't quit on some of your toughest stains.

**Clothes come clean because Tide won't quit.**

# on the other side

# PSYCHOLOGIST'S JOURNAL

*Why you feel the way you do, plus the newest psychological research. By Sonya Friedman, Ph.D.*

## HOLIDAY GIFT DILEMMA

**Q** ***Each year my boss asks me to shop for Christmas presents for his family. But I feel uncomfortable choosing his personal gifts. Is there anything I can do about this?***

A Female office workers are often given this task because many men are uncomfortable shopping or consider it too time-consuming. Even though shopping for gifts probably isn't in your job description, your boss may feel that it's your obligation to do any assignment he gives you. If you're willing to risk your job, you can refuse to do your boss's shopping. If not, there are things you can do to make the situation easier on yourself. For example, ask your boss to suggest several items that he thinks his family would appreciate, and ask him to give you a price range. If he can't come up with any ideas, choose three or four items and let him make the final decision.

But if this is only one of many personal favors your boss asks you to do, and you're unhappy about it, consider looking for another job.

## INSECURE TEEN

**Q** ***My fourteen-year-old daughter is very self-conscious. She's afraid to walk into a room full of people because she thinks everyone will stare, and she won't eat in front of others. How can I help her?***

A Many teens go through a period like this. They see themselves as too tall, too fat, too unattractive, and they think that other people are staring at them. As a result, routine functions such as eating in public become agonizing for them.

It's best to let your daughter work through these feelings by herself. But it's also important that she participate in some social situations so she'll have a chance to face her fears and learn to overcome them. For example, if she's uncomfortable eating in front of others, suggest that she eat something beforehand and then sit at the table nibbling on a salad or bread.

Your sensitivity to your daughter's feelings is very important now, so don't become angry with her for not being sociable. Most teens grow out of these feelings by the time they're sixteen or seventeen years old. If your daughter doesn't show signs of being more self-confident by that age, consider having her see a counselor.

## A HUSBAND'S TEASING

**Q** ***My husband often teases me in public. For example, he'll joke with me—in front of friends—about how I need to go on a diet. Why does he act this way?***

A Teasing is as close as many men can get to a public show of affection. This may be the case with your husband. Perhaps he's embarrassed to let others know the depth of his feelings for you, so he reaches out to you in a joking manner. It's also possible that admitting his love for you makes him feel vulnerable. If this is the situation, tell your husband you know he loves you but you would appreciate it if he wouldn't do or say things that make you feel foolish in front of others.

Still, teasing is not necessarily rooted in affectionate feelings. Some people tease as a way of venting anger, making the object of their remarks feel victimized twice: once as the brunt of a remark and then again for being sensitive about it. If you think this is your husband's aim, tell him that you realize he's angry and you'd like to know why. Also, let him know that others see his behavior as cruel and inappropriate. This may shock him into finding a better way to deal with his anger.

*LHJ welcomes your questions for Psychologist's Journal. Send them to Dr. Sonya Friedman, LHJ, 3 Park Ave., New York, NY 10016. Dr. Friedman regrets that she cannot respond personally.*

## COPING WITH SEVERE ANXIETY

**Although most of us need to feel a little anxious in order to be productive, some people suffer from an anxiety so severe that it prevents them from taking part in situations they perceive as stressful, such as interviewing for a job or dating.**

**Disabling anxiety affects 2 to 5 percent of the population and twice as many women as men, says Thomas C. Benfield, M.D., a clinical assistant professor of psychiatry and human behavior, at Jefferson Medical College, in Philadelphia. This type of anxiety is different from regular anxiety, stress or fear, because it occurs without an external reason, he explains. In fact, recent studies have shown that it tends to run in families.**

**The way parents raise a child can also be a cause of disabling anxiety. The stage is set for a child to grow up with anxiety and a lack of self-respect if parents push him to behave in a certain way, without giving him options. "Such a child is so busy trying to please his parents that he never knows whether he is doing the right thing for himself," Benfield says.**

**If a person's disabling anxiety has a biological cause, it may respond to medication, according to Benfield. But if disabling anxiety is psychological, the person can be treated with a combination of medication and psychotherapy or psychotherapy alone. "These patients need to unlearn old ways of thinking and behaving, or they must work through the childhood experiences that shaped their behavior," Benfield says.**

Dear Santa Claus
please bring me
a truck and
a puppy
and a bike
and a computer
game.
have been
very good.
Your friend.
Jeffrey M.

Elb. Schultz
Don't forget
the
Puppy
Chow
Santa

25¢ | MANUFACTURER'S COUPON | EXPIRATION DATE: NONE

## SAVE 25¢, SANTA

ON PURINA® PUPPY CHOW® BRAND PUPPY FOOD (ORIGINAL OR BEEF FLAVOR, ANY SIZE)

CONSUMER: Coupon must be accompanied by the required purchase. It may not be copied or transferred. No other coupon may be used with this coupon to purchase the same package(s).

RETAILER: To obtain face value + 8¢, send to Ralston Purina Company (RPCo.), P.O. Box 1001, Mascoutah, IL 62224. Coupon must be redeemed in accordance with RPCo.'s coupon redemption terms, a copy of which has been provided to retailer and is available upon request by writing to RPCo., P.O. Box 1000, Mascoutah, IL 62224. The consumer must pay sales tax. Good only in USA, APO's, FPO's. Void where prohibited/taxed/restricted. Cash Value: 1/20¢.

PC506

5 17800 00025 00

© R.P. Co., 1986




25¢

Don't treat your puppy like a dog.

Helping pets live longer, healthier lives™
® © Ralston Purina Company, 1986



# How to make friends with your parents

By Jody Gaylin

*You're out of the nest now, possibly with children of your own. But there are still times when you're at odds with your parents. Here's how to cope, and how to appreciate them for who they are*

As Mary Ann recalls, it was at Christmas three years ago. She had invited her parents for dinner and had spent a lot of time preparing a lovely meal. The family feasted on turkey and all the trimmings. It was a relief to forget the tensions of the past ten years, during which Mary Ann had raised her daughter alone after a divorce and a series of failed relationships—none of which sat well with her traditional parents. After the last bit of plum pudding was spooned out, Mary Ann decided to bring up what she knew was a risky subject: her current boyfriend.

"You know, we had such a pleasant time today," she ventured. "I hope that sometime soon I can invite George to share a meal like this with you two." No sooner had the words been spoken than Mary Ann's father, a tall, burly former policeman, shot a look at her mother. He stood up and said, "The day that happens, you might as well take a gun and put a bullet through my heart." With that, he walked out of the room. Mary Ann's mother followed him, and the two of them left the house.

If this exchange had occurred between a teenager and her parents, no one would be terribly surprised. But when Mary Ann's folks stalked out of the house, she was thirty-six years old—a mature woman still locked in battle with her parents. Unfortunately, many of us are in the same position. Age does not magically confer the ability to get along with the older generation, and the battles we fight in our teens do not always give way to a blissful peace, or even an uneasy truce. We all want to get along, to "make friends" with our parents, but too often we simply don't know how to bridge the gap.

Do you find yourself overly sensitive to anything your parents say? Do you feel you have nothing to talk about when you see them? Do you fly off the handle when your mother offers unsolicited advice? Are your parents too judgmental about the way you handle your money, your relationship with your husband or your children? Do you find family get-togethers fraught with tension and anxiety—events you somehow manage to get through with gritted teeth? If you answered yes to any of these questions, your dealings with your folks could clearly stand some improvement. It's time to redefine how you relate to your parents and try to establish a relationship based on mutual respect, if not total compatibility. *(continued)*

Tom Arma

# Look who's lowest. Look who's not.

## 3mg




## 5mg




# Now is lowest.

By U.S. Gov't. testing method.

SURGEON GENERAL'S WARNING: Cigarette Smoke Contains Carbon Monoxide.

Competitive tar level reflects the Jan. '85 FTC Report.

NOW. THE LOWEST OF ALL BRANDS.

SOFT PACK 100s FILTER, MENTHOL: 3 mg. "tar", 0.3 mg. nicotine av. per cigarette by FTC method.

©1986 R.J. REYNOLDS TOBACCO CO.

AN ELEVATED IDEA.



Spacemaker™ drip coffeemaker. Now great coffee comes from above your kitchen counter. Because there's a built-in timer, you can wake up to a freshly brewed cup. Backed by Black & Decker's full 2-year warranty.

BLACK&DECKER™
IDEAS AT WORK.™ ©1986

means that you do what you want to do, for reasons you understand, whether it pleases your parents or not.

But genuine independence is a difficult stage to reach. If a friend criticizes you, chances are you take her comment in stride. But just let your parents make a similar remark and you find yourself jumping through hoops, says California psychiatrist Harold Bloomfield, M.D., author of *Making Peace With Your Parents* (Ballantine, 1985). "Much of the problem is due to the fact that no matter how old you are, when you are with your parents, you feel like a child—and you begin to act like one."

"Recognizing that we are all adults, even though our ages separates us, that we can respect one another as adults even though we may differ on certain life values—that's the key," says marriage and family therapist Ray Fowler, Ph.D., past executive director of the American Association for Marriage and Family Therapy, in Washington, D.C. "We've grown up with the myth of family unity—the family that prays, plays, you-fill-in-the-blanks together, stays together. That flies in the face of human nature. Having differences doesn't mean something is wrong, but that's hard to accept within the family."

It helps to remember that many parents feel they are losing their grip on the future if they don't put in their nickel's worth of advice. The interference—which adult children often test—is merely a symptom of parents' fear of obsolescence.

So, rule one: Remember you're all grown-ups now. Rule two: Agree to disagree sometimes. And rule three: It is up to you to change the relationship. As one mother put it bluntly, "I'm sixty years old, and I'm *not* going to change."

### The rebellion trap

"Most people don't realize that as adult children, we are accountable for the quality of our *(continued on page 1*

## HOW TO MAKE FRIENDS

continued

The first step is to acknowledge that friction between parent and child—with all the usual fireworks—is normal during adolescence, when "people first begin to examine their parents' faults and inconsistencies as they themselves try to establish their own identities," says Janice T. Gibson, Ed.D., chairman of the department of psychology in education at the University of Pittsburgh. "We all go through a number of stages between adolescence and adulthood. Forging your own identity often necessitates a temporary break with your parents as you attempt to formulate your own value system, apart from theirs."

Once this is accomplished, you should begin to make peace with your parents. But this can happen only when you start accepting yourself for what you are. And for some people the process takes an inordinate amount of time. Part of the problem is that the moment when we reach adulthood is not clearly delineated.

### Making the break

Human beings are unique among animals in having a protracted period of dependency on parents. We reach biological adulthood long before we achieve social and psychological independence. Because there is no single definition of what makes a person an adult in our culture, many of us persist in patterns of dependency far beyond our teens and twenties. And, paradoxically, continuing to rebel against your parents and their values is a sign that you are still tied to them. Perpetually defying your folks through your choice of mate, your clothing or how you spend your money makes you just as dependent as if you were relying upon them to make those choices for you. True independence

A BRIGHTER IDEA.



Open bottles, bags, cans and save counter space with our Spacemaker™ Counter Bright™ can opener. It has a built-in light to shine brightly on your countertop. Backed by our full 2-year warranty.

BLACK&DECKER™
IDEAS AT WORK.™ ©1986

# The Christmas Tradition That Works A Lot Like Mistletoe.



At this special time of year, certain gifts somehow seem to carry with them more meaning, more warmth.

A foremost example, Pendleton. For five generations now, our classic, pure wool garments have been helping women express affection to the men in their lives.

Which, happily, has a way of prompting a little more affection in return.

*Season's Greetings*



PURE WOOL

P.O. Box 1691, Portland, Oregon 97207

E N D L E T O N W O O L E N M I L L S

# TRAVEL TALK

*In search of the sun—great winter vacations in Florida, California, and the Caribbean, and along the French Riviera. By Ron Butler*



The Don Ce Sar, in St. Petersburg

## FLORIDA'S GRAND HOTELS

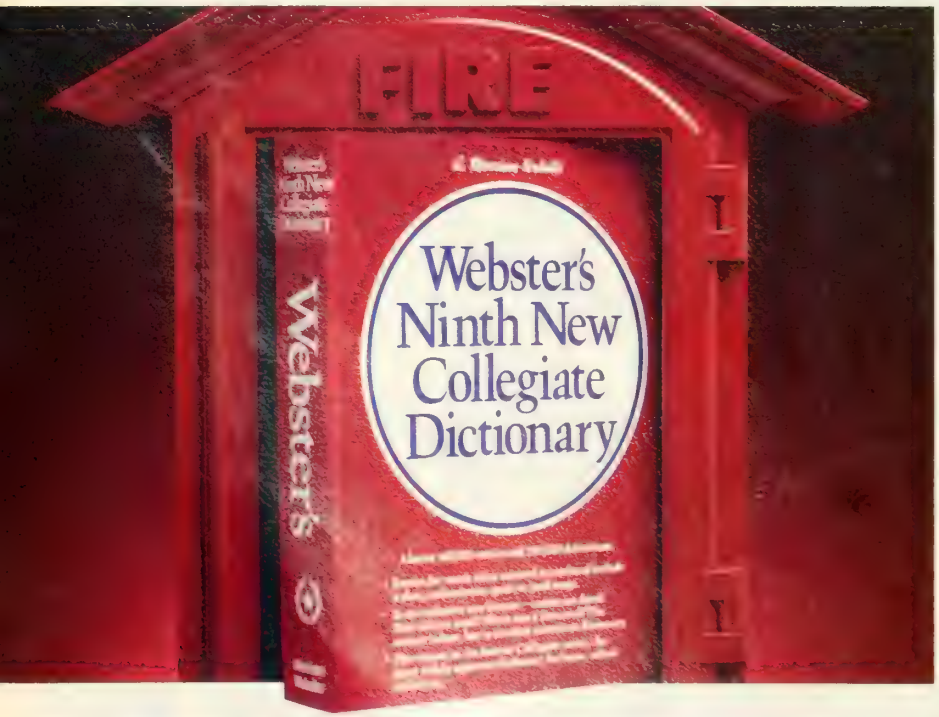
Looking for a last-minute re prieve from winter? Con sider one of Florida's fabu lous hotels. No other plac in the country offers such a variety from sun-splashed art deco palace to the sumptuously modern.

Grande dame of all Florida ho tels is the 1,200-room Fontaine bleau Hilton, cornerstone of th 1950s building boom that saw a ten-mile-long sand bog infeste with alligators and mosquitoe transformed into one of the mos dazzling arrays of luxury resor hotels anywhere—Miami Beach.

The Fontainebleau cost an un precedented $14 million to build Its recently completed expansio cost nearly $70 million, including spectacular new state-of-the-ar spa, enlarged convention facilities room improvements and a half-acr pool with a rock grotto. The hote has twelve restaurants an lounges, seven tennis courts and six-lane bowling alley. It offer privileges at two nearby eighteen hole golf courses. Outstandin South Florida attractions includ the Seaquarium (home of Flippe and the Everglades National Park

Winter rates at the Fontaine bleau range from $145 to $215, sir gle or double. For reservation phone 800-HILTONS.

In Orlando, deep in the heart Mickey Mouse country, two majo hotels seem to have sprung fro the very roots of the fantasy worl that surrounds them. Marriott Orlando World Center opened i March. It's Florida's largest hotel– 1,503 rooms stacked in a steplik fashion to twenty-seven stories pink-peach splendor. There's wate water everywhere. The main swim ming pool—there are four– has **(continued on page P.S. 1**




**America's favorite to the rescue.**

No other dictionary resolves more burning issues–how to spell it, how to say it, how to use it. And it's the only dictionary to tell you how old a word is.

**A Genuine Merriam-Webster**

**More people take our word for it.**

# If your world isn't always perfect, Buick may have the perfect solution for you.




Buick Somerset

We don't say Buicks are perfect. But Buicks, like the personal, stylish Somerset, are very good at things that make an imperfect world a little brighter. Things like...

## Power you can count on

When you're out there with everything from 18-wheelers to commuters, it's comforting to know your Buick reflects some of the latest engine technology. The power comes on when you need it and your Buick is ready to take you where you want, when you want.



## A nice place to be

Somerset gets you where you're going in comfort, with rich interior, seating that adjusts to the real you, electronic digital instrumentation and state-of-the-art sound systems.

## A long and happy life

As many repeat Buick buyers will affirm, the quality-tested materials and space-age assembly in each Buick earn high marks in the test of time. Add Somerset's sporty styling to Buick's traditional comfort and you have a car you can depend on to make you feel good and make people feel good about you.



## Dealers who care

Buick is committed to better sales and service.



Letter Perfect Delivery is a standard procedure that's aimed at delivering both. It involves an 87-point inspection by the dealer, then a final inspection by the most important critic, you. And Buick service is always there to make sure your new Buick continues to please you.

## Etcetera

We could go on and on, but to wrap it up, we'll just say this. When you buckle up and you're looking at the highway ahead, you'll feel better knowing you have Buick's commitment to reliability, durability and quality behind you.

For more information, a brochure or test drive, call 1-800-87-BUICK (1-800-872-8425).

GM

Where better really matters.

BUICK

# COOKING FOR TODAY

*Make-ahead main dish chili recipes that are perfect for casual holiday entertaining. By Dotty Griffith*

## PORK CHILI

*Pork makes for a full-flavored, stewlike chili. Serve it with corn bread.*

- **1 tablespoon salad oil**
- **1½ pounds boneless pork, cut into 1-inch cubes**
- **1 medium onion, coarsely chopped**
- **1 garlic clove, crushed**
- **1 tablespoon flour**
- **¼ cup chili powder**
- **1 tablespoon cumin**
- **1 teaspoon salt**
- **½ teaspoon freshly ground pepper**
- **2 cans (16 oz. each) whole peeled tomatoes, cut up**
- **1 can (8 oz.) tomato sauce**

In medium saucepan heat oil over medium-high heat. Add pork and cook until it begins to brown. Add onion and garlic; cook 5 minutes or until onion is translucent. Stir in flour, chili powder, cumin, salt and pepper. Stir to coat pork. Stir in tomatoes and tomato sauce. Simmer uncovered 1 to 1½ hours, until pork is tender and chili is thickened. Cool to room temperature. Cover and refrigerate overnight if desired. Reheat over medium heat, stirring occasionally. Makes 4 cups, 680 calories per cup.

## HINT-OF-CHILI TORTILLA SOUP

*When you're dying for the taste of chili but you're also counting calories, this is the bowl to have.*

- **Salad oil**
- **1 onion, chopped**
- **2 teaspoons minced garlic**
- **1 can (28 oz.) whole tomatoes, chopped**
- **1 can (4 oz.) chopped green chilies**
- **3 cups chicken broth**
- **1 teaspoon chili powder**
- **1 teaspoon cumin**
- **¼ teaspoon salt**
- **4 corn tortillas, cut into 1½x¼-inch strips**
- **1 cup diced, cooked chicken**
- **Diced avocado, grated Cheddar or Monterey Jack cheese, and sour cream, for garnish**

In large saucepan heat 1 tablespoon oil over medium heat. Add onion and garlic; saute 5 minutes or until onions are translucent. Add tomatoes, chilies, chicken broth, chili powder, cumin and salt. Cover and simmer 45 minutes.

Meanwhile, in medium skillet heat ¼ inch oil. Add tortilla strips and fry until just crisp. Drain on paper towels.







Cool to room temperature. Cover and refrigerate overnight if desired. Reheat over medium heat, stirring occasionally. Just before serving, add cooked chicken to soup. Cook 5 to 10 minutes more. Serve garnished with a sprinkling of diced avocado, cheese, tortilla strips and a dollop of sour cream. Makes 8 cups, 80 calories per cup without garnishes.

## TEXAS CHUCK WAGON CHILI

*This dish is based on an old chuckwagon recipe—it's a purist's chili con carne. Basically meat and spices, it's chili reduced to its essence—darn good!*

**3 pounds lean chuck roast**
**6 tablespoons chili powder**
**3 tablespoons oregano**
**2 tablespoons minced garlic**
**3 tablespoons cumin**
**About 1 tablespoon ground red pepper**
**Water**
**1 to 2 teaspoons salt**
**⅓ cup masa harina or cornmeal**

***(continued on page P.S. 9)***

nd of the same old spaghetti.

Just add your fresh ingredients to one of Pasta Prima's™ perfect blends of McCormick®/Schilling® Spices and — Delicioza! Diferente! Eating Italian isn't just spaghetti anymore. New Pasta Prima. In your grocer's seasoning mix section.

Pasta Prima
MARINARA

Pasta Prima
PASTA SALAD VINAIGRETTE
DRESSING BLEND

20¢ Off
New Pasta Prima

other use constitutes fraud. Void where taxed, prohibited or mail coupons to McCormick & Co., Inc., Department #5940,

McCormick®/Schilling®

52100 116442



The perfect gift for the men on your list this holiday season. The Madison Avenue Collection from PRINCE GARDNER. Three distinctive wool blend suiting materials, enhanced with black and burgundy full grain leather trim, are offered in this innovative, stylish collection. Choose from six different constructions, including the Threefold, Duofold and Credit Card Billfold. Available at fine stores.

Prince Gardner

# LOOKING GOOD

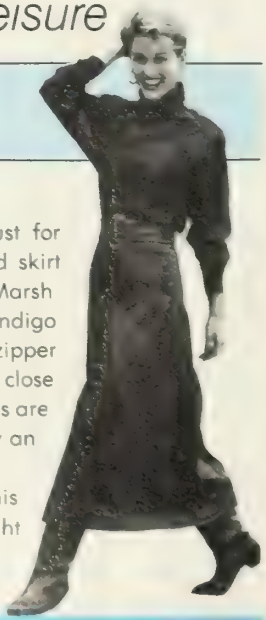
*Holiday makeup tips, the denim revival, and a foundation that works for both oily and dry skin. By Constance Leisure*

## DENIM

### UPSCALE OR CASUAL

That comfortable, all-American fabric, denim, isn't just for jeans anymore. Designers are using it for jacket and skirt combinations that can be worn to work. At the Jordan Marsh department store, in Boston, the fashion directors pick dark indigo as the color to look for. Also hot: accentuated seam and zipper details, and shorter jackets. Skirts are of varying lengths but fit close to the body. The new denim duster coats with big metal buttons are dressy enough to wear to work. For a more informal look, try an oversize Levi's-type jacket with a gabardine swing skirt.

In casual jeans, classic looks are the most in demand this year. True-blue stonewashed five-pocket pants with straight legs bring back memories of the fifties. Didn't Natalie Wood and James Dean wear jeans just like these?



Ruff Hewn/Dustin Pittman

## SHINE ON

Everyone likes a little glitter for holiday evenings, but iridescent makeup can be unflattering when applied incorrectly. "Highlights can draw attention to flaws," says Rex, a top makeup artist and author of *Making Up By Rex* (Clarkson Potter, $19.95). "One must have smooth skin, because iridescence deepens wrinkles and accentuates crepiness." Here's how to apply iridescent makeup so you'll look your best for wintertime festivities: Cream your face and take a look at your skin in daylight. Study where the light falls. Note that it reflects on very small areas, sometimes just points. Decide what you really want to highlight, and remember that with iridescence, less is more.

**EYESHADOW** If you buy an iridescent eyeshadow, don't forget that what is most prominent is not the color—blue or green or lavender—but the silver highlight. Dot it on the eyelid at the highest point or the very edge of your browbone. Do this *after* you have applied a matte shadow to provide a color base.

**BLUSH AND POWDERS** Apply matte foundation and powder. You can then add highlights sparingly—at the top of cheekbones, for example. Finish with a final dusting of translucent powder.

Iridescent powder is more effective on the body than on the face; smooth it on shoulders or arms.

**LIPSTICK** First fill in lip with a pencil in the same shade as your iridescent lipstick, then apply iridescence only to the center of the lower lip to make it look fuller.

## SPONGE-ON FOUNDATIONS

**You've always heard that a sponge is the best means of applying foundation. Now some companies are offering foundation compacts that come with a sponge. Most are powders that you sponge on dry, but they provide better coverage than plain powder. Maybelline makes one called Shine Free Oil Control Dual Powder Base. It comes with a puff *and* a sponge. The sponge can be used to dampen and apply the foundation, and the dry puff is perfect for periodic touch-ups.**

# Jarlsberg® Hors-d'Oeuvres

## ...that's entertainment!



Jarlsberg Puffs with Sour Cream



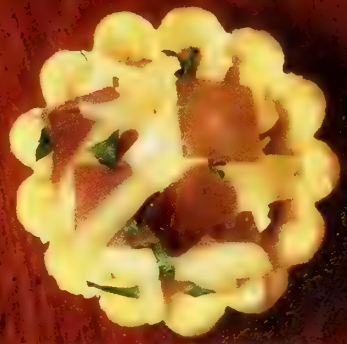
Jarlsberg & Vegetable Bundles



Jarlsberg & Ham Pinwheels



Jarlsberg & Ham on Rye



Jarlsberg & Prosciutto in Pastry Shells



Jarlsberg Deep Fried Cubes



Jarlsberg & Spinach Turnovers



Jarlsberg Mini Reubens



Jarlsberg Nachos

## If cheese makes it good, Jarlsberg makes it delicious!

For these recipes, send a self-addressed stamped envelope to:
Norseland Foods Inc., 100 Prospect Street, Dept. N1, Stamford, CT 06901



© Norseland Foods, Inc., Stamford, CT 06901


'TIS GOOD SEASONS

 Continued from page P.S. 5

m fat from edges of roast; cut fat in- ¼-inch cubes. Cut roast into ¼-inch es. In Dutch oven or large saucepan k fat over high heat, rendering ugh to cover bottom of pan. Remove cubes. Add meat and cook until it es its pink color and is dry. Add chili vder, oregano, garlic, cumin and per to taste. Stir to coat meat. Add er just to cover meat; stir well. ng to a boil; reduce heat and simmer ered 1 to 1½ hours, until meat is der. Stir occasionally, adding more er if necessary. Season with salt to te.

n bowl stir masa harina or corn- al and ⅓ cup water to a smooth te. Gradually add to chili, stirring prevent lumping. Simmer chili un- ered 30 to 45 minutes more, until ckened to desired consistency. Ad- t seasonings. Cool to room tempera- e. Cover and refrigerate overnight if ired. Reheat over medium heat, stir- g occasionally. Makes 6 cups, 760 ories per cup.

## ANSAS CITY CHILI

*e first time my husband, a Kansas y native, ate my Texas chili, he called cruel joke. But this is a delicious l mild hamburger-style chili, com- n in America's heartland.*

**pounds ground beef**
**large onion, chopped**
**teaspoons minced garlic**
**cup chili powder**
**tablespoon cumin**
**teaspoons salt**
**can (28 oz.) peeled whole tomatoes**
**can (8 oz.) tomato sauce**
**About ½ cup water**
**teaspoon sugar**
**Red pepper sauce (optional)**
**can (16 oz.) red kidney beans, rinsed and drained**

Dutch oven or large saucepot cook at over high heat until it loses its ık color. Add onion and cook 5 min- es or until soft. Add garlic, chili wder, cumin and salt. Stir to coat at. Add tomatoes, breaking into ces with back of slotted spoon. Add nato sauce, ½ cup water or just ough to cover meat, and sugar. Cover d simmer 30 minutes. Adjust season- gs, adding red pepper sauce if desired. cover and simmer 30 to 45 minutes re, adding a small amount of water if cessary to prevent sticking. Cook until at is tender. Add beans about 15 min- utes before end of cooking time. Cool to room temperature. Cover and refrigerate overnight if desired. Reheat over medium heat, stirring occasionally. Makes 8 cups, 430 calories per cup.

## CINCINNATI CHILI

*You can serve Cincinnati chili several ways. Spooned over spaghetti with shredded cheese on top and oyster crackers on the side, it's three-way chili. Add chopped onion, and it's four-way chili. Throw in some kidney beans, too and it's (surprise!) five-way chili.*

**2 cups beef broth**
**2 pounds ground beef**
**1 onion, chopped**
**¼ cup chili powder**
**½ teaspoon cinnamon**
**1 teaspoon cumin**
**2 teaspoons minced garlic**
**½ teaspoon salt**
**½ teaspoon turmeric**
**½ teaspoon coriander**
**¼ teaspoon allspice**
**Pinch ground red pepper**
**1 tablespoon paprika**
**1 teaspoon sugar**
**1 bay leaf**
**1 can (15 oz.) tomato sauce**
**2 tablespoons cider vinegar**
**12 to 16 ounces spaghetti, cooked and drained**
**Shredded cheese, for garnish**
**Oyster crackers, chopped onion and heated kidney beans (optional)**

In Dutch oven or large saucepot bring beef broth to a boil over medium-high heat. Slowly add beef to broth; meat will separate into very small pieces. Stir to break up any chunks. Reduce heat; cover and simmer 30 minutes. Add onion, chili powder, cinnamon, cumin, garlic, salt, turmeric, coriander, allspice, pepper, paprika, sugar, bay leaf, tomato sauce and vinegar. Bring to a boil; reduce heat and simmer covered 30 minutes, stirring occasionally. Uncover and simmer 30 minutes more, stirring frequently. (*Chili should be the consistency of a meat sauce for spaghetti.*) Remove bay leaf. Cover and refrigerate overnight if desired. Skim off fat before reheating. Serve over cooked spaghetti with shredded cheese. Serve with crackers, onion and kidney beans. Makes 6 cups, 490 calories per cup without spaghetti or garnishes. **End**

From WILD ABOUT CHILI © 1985 by Dotty Griffith. Reprinted with permission of Barron's Educational Series, Inc., Woodbury, N.Y.

HOLIDAY KEBABS
1 envelope GOOD SEASONS® Italian
¼ cup water
¼ cup lemon juice
1 tablespoon oil
Blend ingredients. Marinate shrimp, turkey or chicken strips in mixture, about 1 hour. Skewer with scallions, orange sections, red pepper and broccoli. Broil.

FESTIVE SPINACH DIP
1 cup sour cream
1 cup mayonnaise
1 envelope GOOD SEASONS® Italian or Buttermilk Farm Style
1 package (10 oz.) chopped spinach, well drained
1 can (4 oz.) water chestnuts, chopped
½ cup chopped red pepper
Blend sour cream, mayonnaise and salad dressing mix. Stir in remaining ingredients. Chill.

CREATE HOLIDAY SENSATIONS WITH GOOD SEASONS®




Celebrate the season with new party dishes sure to dazzle your guests. Your simple secret is adding the perfect blend of herbs and spices in Good Seasons® Salad Dressing Mix to your own fresh ingredients.

Just think what you can do with it.

SEASONED NUTS
4 cups nuts
2 tablespoons butter or margarine
2 tablespoons soy sauce
1 envelope GOOD SEASONS® Mix, Italian
Sauté nuts in butter in 2 tablespoons Italian dressing. Remove pan from heat and stir in salad dressing mix. Place nuts in single layer to cool.

ZESTY CHEESECAKE
2 packages (8 oz. each) cream cheese, softened
4 tablespoons chili butter or margarine
1 envelope GOOD SEASONS® Italian or Cheddar Garlic
Blend ingredients until smooth. Chill. Stuff vegetables or serve on crackers.

 Continued from page P.S. 2

more than half a million gallons of it. The eighteen-hole championship golf course has nineteen water hazards.

Standard year-round rates are $130 single, $145 double, with special family rates available for up to five in a room. Phone 800-228-9290.

Breathtaking, too, is the Hyatt Regency Grand Cypress, which opened just three years ago. It's a $110 million extravaganza whose sunlit atrium soars eighteen stories above a lobby with tropical plants, palms, pools and a grand piano bar. Outside, one of the world's largest swimming pools is sculpted around landscaped grottoes with cascading waterfalls. The renowned golfer Jack Nicklaus proved his ability here as one of the world's most innovative golf course architects —he designed the hotel's famed eighteen-hole Scottish links, a nine-hole course, a pitch 'n' putt course, a golf academy and a clubhouse. The resort also has tennis, and boating on a twenty-one-acre lake. Rates through December range from $130 to $210, single or double. Phone 800-228-9000.

Celebrating its first anniversary this month is the Ritz-Carlton in Naples, the first major resort to open on the Florida gulf in nearly half a century. It's styled like a Mediterranean palace, and most of its 463 guest rooms have French doors that open onto spacious balconies overlooking the gulf. Along with a full range of beach activities, there's an outdoor pool, six tennis courts and an eighteen-hole championship golf course. Winter rates range from $200 to $260, single or double (Ritz-Carlton Club rates: $300); phone 800-241-3333.

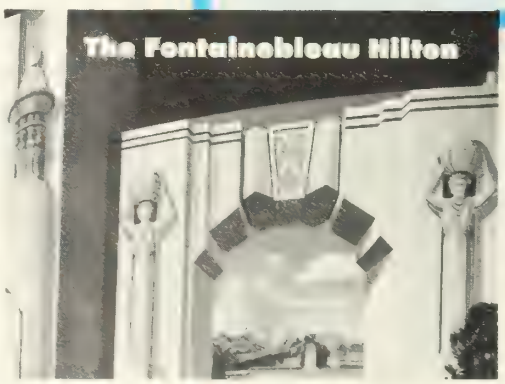
Up the coast is St. Petersburg, where the magnificently restored Don Ce Sar casts its rosy pink glow along the beach where Zelda and F. Scott Fitzgerald once walked hand in hand. With more than 270 rooms, the sixty-year-old Don is honed and polished like a cherished family antique. There's sunning at pool and beach, deep-sea fishing, waterskiing and sailing. Its King Charles restaurant is considered the finest in the Tampa Bay area. Rates through December range from $100 to $135, single or double. Call 800-237-8987.



# Sunny San Diego

Those who prefer the West Coast would do well to consider San Diego for a winter vacation. This city, with year-round sunshine and seventy miles of beaches, has joined Boston, New Orleans and San Francisco among the ranks of the American cities that people like best. And why not? It's got everything, including trendy Horton Plaza, centerpiece of the city's $3 billion redevelopment surge, with more than 150 shops and four major department stores smack in the heart of downtown. Other city highlights are the San Diego Zoo, Sea World, historic Old Town, Balboa Park, the Old Globe Theater, Cabrillo National Monument, Mission Bay Aquatic Park and more than ninety museums. These and other outstanding attractions are easily accessible on the 25-cent Molly Trolley, and Tijuana, Mexico, is only $1.50 and forty minutes away via the bright red Tijuana Trolley, which leaves the Amtrak station every twenty minutes. Among the city's top hotels are the famous Westgate; the Hotel del Coronado, which first opened its doors on February 19, 1888; and a pair of Sheratons, East and West, located on San Diego Bay.

For information, contact the San Diego Convention and Visitors Bureau, 1200 Third Avenue, San Diego, CA 92101; 619-232-3101.







Lisl/The Image Bank

I leaned back in my seat during my flight to the U Virgin Islands, looking forward to turquoise wat white-sand beaches and a week of R&R—but I ne dreamed I'd be doing some underwater exploring as w

At the Buck Island Reef National Monument, an 8 acre sanctuary off St. Croix that is the world's o underwater national park, I swam along the coral r trail, reading descriptive markers embedded in the oce floor. I couldn't believe the strange world beneath water: fish in vibrant colors, and hills and valleys dense, junglelike reef. It seemed as if I had entered unexplored dimension. Indeed, at one point I beca frightened—until I realized I had only to lift my head of the water to return to a familiar, peaceful world.

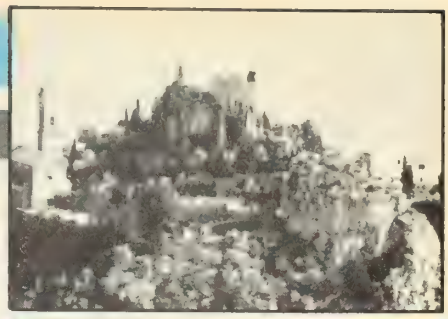
I also went sailing for the first time aboard schooner *Victorious*, through Regency International Ya Charters (800-524-7676). The boat anchored in Ma Bay, off St. John's, and I went snorkeling. On board lat I relaxed with the crew, talked and savored cor chowder for lunch. In the evening, I was lulled to sleep the boat's gentle movement and the feel of the night through the open hatch above me.

I also spent a perfect late afternoon in St. Thomas, the beautiful pool with a towering lone palm at Blu beard's Castle (800-524-6599), high above the famo Charlotte Amalie harbor.

I'd love to go back again. Only next time, I want scuba dive. That would be another first for me!

For information on flights to the U.S. Virgin Islanc call Pan Am or see your travel agent. —ALBERTA HARBU

# THE ROMANTIC RIVIERA



Jean-Pierre Pieuchot/The Image Bank

When my husband and I disembarked in Nice onto a runway lined with palm trees and a w of a clear blue sky over the Mediranean Sea, we knew we had made right choice for a winter vacation—week in Europe. Our first stop was Hotel Negresco, on Nice's Bay of gels. The Negresco, once a favorite Russian royalty, has been owned for last thirty years by a millionaire ıple who spend most of their time toring it and acquiring antiques for luxurious rooms and lobbies. The vice from the staff—who are dressed eighteenth-century garb—is impec-ıle. And so is the hotel's restaurant, Chantecler, which merits two stars the Michelin guide and is justifiably of the most famous eating estab-ıments in southern France.

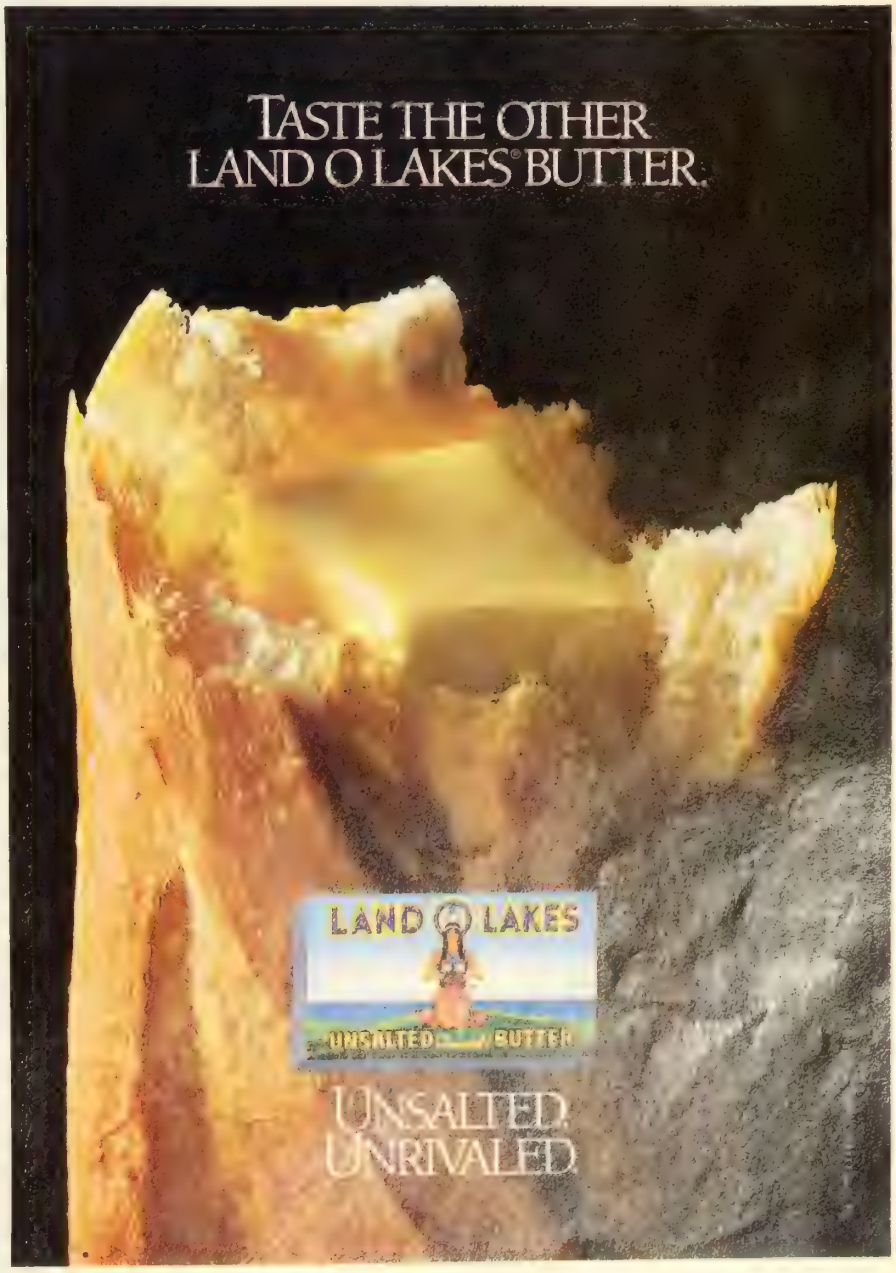
Nice is a cosmopolitan city, but it is o a town with ancient roots. There plenty of elegant shops and restau-ıts in the pedestrian zone behind ːe's main street, the Promenade des glais. But there are special things to in the Vieille Ville, Nice's "old vn." The picturesquely narrow eets, which haven't changed for hun-ds of years, are filled with tiny ɔps selling spices, olive oil and hand-ved wooden bowls and utensils. Nice n has ruins of Roman baths—worth a it on their own and because the paint-Henri Matisse lived and worked in a ıse located in their midst. The views of old stones from the painter's win-ws, along with the fabulous sculp-es and paintings of Matisse, make a combination of rare beauty.

All this exploring can create an appe-e, so it's good to know that the eating Nice is sensational. The foundation Provençal, or southern French, ɔking is garlic, olive oil and toma-s. And of course there are the fish m the Mediterranean, which are nbined to become the Riviera's most nous dish, bouillabaisse. Our favor-place to find lunch was the Cours leya, where market is held and ıere there are dozens of little cafés.

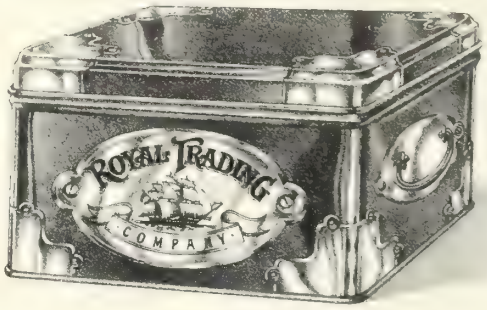
From Nice we explored the country-le, driving on the winding, narrow ıds, called corniches, that can seem ıry to Americans used to multilaned ghways. We saw enchanting coastal lages, such as Menton, with its pastel-ored houses and huge white sandy ach, and one-time fishing villages, ch as Saint-Jean-Cap-Ferrat, where ge luxury yachts are now moored.

Also on the Riviera is Monte Carlo, part of the principality of Monaco. We stayed for a few days at the Loews Monte Carlo, which is built right on the sea, so guests have wonderful views of whirling seagulls and early morning fishing boats.

One of the most famous places in Monte Carlo is its casino—a huge Belle Epoque palace built before the turn of the century. It contains elaborately decorated gaming rooms and a tiny theater, where operas and ballets are still performed. There, on a terrace overlooking the Mediterranean, we decided that this was the perfect vacation. For information about the Hotel Negresco, call Leading Hotels of the World, 800-223-6800. (In New York State or Alaska, call collect, 212-838-3110.) For Loews hotels call 800-223-6800. Both chains represent a variety of hotels on the Riviera and will provide brochures on request. —CONSTANCE LEISURE

# Cashews from Africa. White peppercorns from Jakarta. Cinnamon sticks from Indonesia.




## Hand-packed nuts and spices in old-world tins.

Choose any one of these delicacies, and you'll get a wonderful taste of far-off lands.

And each exotic flavor comes in a handsome tin that's a miniature replica of the seafaring trunks of the old-world.

And for only $9.95, it makes a perfect Holiday gift.

So order by phone, or send check, VISA or MasterCard number to: 17965 NE 65th, Redmond, WA 98052.

Add $2.50 shipping charge and allow 4 weeks for delivery.

$9.95 per tin

Order toll free 800-372-8850. In Washington (206) 292-7464.


# WOMEN GETTING AHEAD

*When to give office Christmas gifts, how your job can help your marriage, the best way to talk to your boss, and more. By Shirley Sloan Fader*

### DOUBLE STANDARD ON THE JOB

It's unfair, but co-workers may react negatively to things a woman does while approving those actions when they're performed by a man. For example, if a woman decorates her work area with several family photos, some people may say, "Obviously her family comes before her job responsibilities." But the same kind of pictures on a man's desk usually produces a positive reaction: "What a solid, responsible family man." Business expert Natasha Josefowitz points out in her book *Paths to Power: A Working Woman's Guide from First Job to Top Executive* (Addison-Wesley, $7.95) that even women have to guard against this kind of double-standard thinking. Josefowitz suggests we can make our work lives more pleasant if we stop judging women by this double standard and diplomatically tell co-workers when we think they're guilty of this unfairness.

### GIFTS FOR THE BOSS

**Q My boss gives Christm presents to everyone in o office each year. I just ser her a card. Should I be gi ing her a gift?**

A Your boss's gifts are her way of sa ing she appreciates everyon year-long efforts. Your card is fine response. In some circu stances, when you work close with your boss as a secretary or a pe sonal assistant, you could consider gi ing a small gift. But no subordina should initiate the exchange of gi with a boss. It would look as if y expect something in return or are tr ing to buy good will.

### JUST THE FACTS

**Q The man I work for is nic but it's so hard to report him. He keeps saying, "G to the point." How can I g him to be more patient?**

A You can't. Communications r search indicates that in gener men want to hear only, "The pro lem is A, the solution is B Women, however, are more co fortable including exactly how they g from A to B. To many men, this is waste of time, and they become imp tient. Give your boss the essential fac If he wants more detail, he'll ask.

### MARRIAGE AND YOUR JOB

**Q I enjoy my work an wouldn't mind being pr moted. My friends kid m that women who are th boss at work end up with s rious marital trouble. that true?**

A It's just the opposite. Overa power-motivated women have ve stable marriages. David Winter, Ph.D, professor of psych ogy at Wesleyan University, Middletown, Connecticut, has studi the question, using data from women all economic backgrounds. He repor that women who enjoy power "tend n to have problems in their marriag and certainly don't have more proble than other women." Winter speculat that a woman's experience with pow may increase her human-relatio skills and benefit her marriage.

Warm-ups • Workouts • Weekends

# Try L'eggs® Warm-Ups and get a short-sleeve top FREE!



## See how we've put L'eggs looks, fit and comfort into fleecewear Warm-Ups

Only L'eggs could do it! Here's a stylish fleecewear outfit you can wear anywhere—to work out, or work around the house. For Saturday shopping or Sunday suppers. For running, or just running around. It's been *action-tested* by women like you and applauded for fit, quality and comfort. It's made of an easy-care 100% acrylic knit you machine wash and dry. We offer it at a great price with a free matching top to introduce you to our L'eggs ActiveWear.

## Feminine, flattering L'eggs styling

*From top*... featuring a striking diagonal accent stripe, crew-style neckline, banded sleeves and ribbed waist... *to bottom*... with a gathered comfortable waistband and sleek cuffed pants that stay in place.

## FREE matching top, when you purchase the warm-up set for only $19.99

Order now and receive a FREE short-sleeve top when you purchase the matching long-sleeve set at just $19.99. Styled to vary your outfit, it has set-in sleeves, V-neck, and ribbed waistband. A $9.99 value! And it's free!

## Irresistible L'eggs colors

The very latest hues. Hot Pink Fuchsia. Teal Blue. Jet Black. Each accented with a dazzling diagonal snow-white inset. How will you choose? Why not take two? At this price you can afford it.

## Plus a L'eggs ActiveWear catalog FREE with your order!

Leotards, tights, sweatsuits, runningwear, warm-ups, cover-ups, sport bras and more! Super values in a variety of colors and styles.

## 100% satisfaction guaranteed by L'eggs Brands, Inc.

And, because it's from L'eggs Brands, you can order without worry. If, by some chance, you're not happy with the size or color, we'll either replace the outfit or refund your money, whichever you prefer.

If coupon is missing, write:
**L'eggs Brands Inc., P.O. Box 748, Rural Hall, NC 27098.**

### HOW TO ORDER:

1. Enter size code, color no. and quantity.
2. Mail with check, money order or credit card information (no cash or C.O.D. please) to: **L'eggs Brands, Inc., P.O. Box 748, Rural Hall, NC 27098.**
3. For phone orders call: **1-919-744-1170,** 8 AM to 10 PM, Monday-Friday (E.T.). VISA® or MasterCard® only. No collect calls, please.

57396

| Style | Size Code | Color No. | Quantity | Total Amount |
|---|---|---|---|---|
| L'eggs Warm-Up Set and **FREE TOP 5069C** | | | | $ |
| | | | | $ |
| | | | Add 4% Sales Tax For Shipments To NC | $ |
| | | | Postage & Handling | $ 1.99 |
| | | | TOTAL | $ |

**Missy Size Codes: S**(8-10), **M**(12-14), **L**(16-18). **Women's Size Codes: 1X**(38-40), **2X**(42-44), **3X**(46-48), **4X**(50-52).

**Color Nos.: (36)** Hot Pink Fuchsia/White, **(51)** Teal Blue/White, **(90)** Jet Black/White.

Charge My: ☐ VISA® ☐ MasterCard®

Account No.—DO NOT LEAVE SPACE BETWEEN NUMBERS

Exp. Date Mo. Yr

Signature _____

**100% SATISFACTION GUARANTEED:** Full refund or replacement, whichever you prefer, if not satisfied
**OFFER EXPIRES MARCH 31, 1987.** Valid in USA only. Made in the USA or imported
© 1986 L'eggs® Brands, Inc

L'eggs ActiveWear
*Action-Tested For Your Comfort*

**YES!** Rush me my L'eggs® Warm-Up Set(s) at the special introductory price of $19.99 each (plus $1.99 postage and handling) and include my FREE short-sleeve top with each set I purchase. Also send my L'eggs ActiveWear catalog FREE with my order.

Mrs ☐
Miss ☐
Ms. ☐ (Please Print) First Name Middle Initial Last Name

Address _____ Apt. No.

City _____

State _____ Zip _____ (Required)

Area Code and Daytime Phone (___) _____ (In case we have a question about your order.)

☐ **57449 Send catalog only.**
Enclosed is a check or money order for $1.00.

# NATIVITY

*A story of a very special Christmas, and one family's search for the gift of a lifetime. By Susan Kenney*

"So what are we going to get Daddy for Christmas?" asks Linnie as she and Sara walk down the brightly lit street.

Sara doesn't answer. At the moment, she's feeling too irritable to say anything. They've come straight downtown after dropping David off at his swimming practice, and she's just not in a Christmas mood. Over her head festoons of greenery dotted with colored lights sway in the biting-cold wind. Illuminated plastic Santa Clauses grin at her from wads of balsam stuck onto the streetlights of the business district. People are milling in and out of stores, all of which are open late these few shopping days.

Christmas in New England; big deal. There's no snow, and if Sara had her way, there'd be no Christmas either. That was Phil's reaction when they found out the results of the preliminary CAT scan; let's cancel Christmas. But of course they both knew that would be foolish, even self-indulgent; there are still the children to think of, the semblance of a normal life to carry on as long as possible.

"Mom? Did you hear what I said?" In Linnie's voice Sara hears an echo of her own impatience, the way sometimes she still hears her mother's tone echoing in hers, and for a moment she feels buffeted by disembodied voices strangely like her own. "About what to get Dad? I think it should be something really special, don't you?"

"Mmmm," Sara replies noncommitally, looking down at her daughter, whose head, at eleven, is just at the level of Sara's shoulder. Both of the children know their father is sick, though not how sick *(continued)*




Carolyn Miller




**Deliciously sweet without sugar.**

Taste Sun Flakes® brand cereal, the only crunchy whole grain cereal lightly sweetened 100% with NutraSweet®, not sugar.

It's so delicious, your sweet tooth will never know the difference. But the rest of you will.

© R.P.C. Co. 1986

# DRĀNO® HAS THE DRAIN OPENERS TO CLEAR MORE TOUGH CLOGS.




Only Drano offers the unique all-purpose Crystal and a convenient Liquid.

- All-purpose Crystal Drano is specially formulated to chew through tough clogs... food, hair, even stubborn grease clogs. That's something Liquid-plumr can't do.
- No other leading liquid can beat Liquid Drano for clearing tough hair clogs.

And, Drano won't harm your pipes. It's earned the Good Housekeeping Seal.

Good Housekeeping PROMISES LIMITED WARRANTY TO CONSUMERS REPLACEMENT OR REFUND IF DEFECTIVE

© 1984 The Drackett Products Company


## NATIVITY

continued

*(and neither do you,* she reminds herself sternly, *not until Phil calls tonight from the hospital in Michigan with the results of the latest tests),* but Linnie is more sensitive, or perhaps just more open, about what's in the air. The other night, after Sara had come back from taking Phil to the airport, she had gone up to make sure the kids were tucked in. There was David, sound asleep, head thrown back, mouth open, snoring away in his squeaky adolescent voice, but Linnie was awake, waiting. She clutched at Sara's hand and pulled her down next to her on the bed.

"Is Dad all right?" she whispered. "Tell me really."

Sara and Phil have agreed they would never lie to the kids, or cover up what was going on, but that didn't mean you couldn't put the best face on things, so she began by saying, "Not exactly . . . " Linnie burst into tears.

"I knew it! I did!" she sobbed. "Does he have another tumor? Will he have to have another operation?"

"Maybe," Sara hedged, "but an operation isn't necessarily a bad thing, if it can make someone better." She doesn't believe there will be another operation, things having progressed too far for the quick fix, but since this was Linnie's chief fear at the moment, it was the one Sara chose to address. "Do you remember any of the other operations?"

"Yes, but I didn't understand them. Mommy, I'm so scared."

And Sara, crumbling, replied with the easy, slick evasion, feeling like a cheat: "Don't be, sweetie. It will be all right. Let's think about making this Daddy's best Christmas ever."

Much to Sara's relief, Linnie latched right onto her answer and has been pursuing the concept intently ever since—specifically the question of what to get Dad for Christmas. Phil's attitude toward Christmas has always been a problem. It has taken the form over the years of first impatience and now contempt for the getting and the spending, the urgent commercials on radio and television, the daily full-color newspaper inserts announcing Christmas specials from Columbus Day on, and what Phil calls children's greed lists. It's only recently that Sara has recognized this resistance as a remnant of his strict Catholic upbringing, a monkish longing for the celebration of Christmas as a purely religious holiday. Of course, the children are convinced it's because he has never gotten a Christmas present that he really liked. Not only that, he always guesses them beforehand.

So what do you get for what may be someone's last Christmas that isn't either a reminder or a reproach? As a matter of fact, Sara does have an idea. It came to her during a phone conversation with Phil's parents a couple of weeks ago. "We got a new manger this year," Phil's mother said. "Would you want the old one?" Phil responded eagerly: Yes, it was something he'd always wanted. So, while the kids were nudging Sara on the extension and asking what manger, she heard his mother say she would bring it up next spring when they came to visit—just the barn, though, not the figures, which over the years had gotten chipped and broken.

Phil had been quite excited, but that was before the CAT scan had turned up more trouble, and Sara knows he's since forgotten all about it.

"Remember the crèche Grandma and Daddy were talking about?" she asks Linnie now.

"Huh?" says Linnie, giving her a blank look.

"The Christmas scene, you know, the barn and figures . . ." Calling it a manger always bothered her, since as far as she's concerned that's just the feed trough part, no crib for a bed—but of course the word *crèche* isn't any better, since it means *(continued on page 178)*

# A Golden Portrayal of a Beloved Fairy Tale



8" fine porcelain with rich applications of 22K gold

• Strictly limited edition

Once upon a time...there was a eautiful princess who fell into a deep eep for 100 years, awaiting the hand- me prince who would break the spell ist upon her. The joyous moment of e prince's arrival is one of the world's ost memorable fairy tale scenes. And w this classic vignette of love and mance is brought to life forever at e hand of the gifted English artist arol Lawson.

Ms. Lawson has been fascinated by iry tales ever since childhood, and has on international acclaim for her fan- ful and highly detailed works. This fted artist has been commissioned The Hamilton Collection to create ght plate-paintings depicting classic iry tales and beginning with "Sleep- g Beauty."

Ms. Lawson's colorations and detail ork are exceptionally brilliant. But ost exquisite of all are her touches of 2K gold which add an aura of luxury this "Sleeping Beauty" plate and its iginal border design. In addition, each ate in *The Golden Classic* Plate Col- ction will be richly decorated with old and presented on Royal Wor- ester porcelain.

As an original issue owner, you will ave the right, *but never the obliga-*

## Sleeping Beauty

by Carol Lawson

*tion* to acquire the remaining seven plates in the collection as they are issued. Furthermore, you are guaranteed the right to return any plate within 30 days of receipt for a full refund, releasing your series rights.

Each issue in the collection will be priced at just $37.50, payable in two convenient installments, and each will be strictly limited to just 14 firing days. Each hand-numbered plate will be accompanied by a same-numbered Certificate of Authenticity.

Because this "Sleeping Beauty" plate marks a pinnacle of fine craftsmanship, superb artistry and popular theme, both collectors and fairy tale aficionados alike are expected to generate significant demand. Thus, you should return your application by the date shown to assure yourself a priority reservation.

©HC 1986

RESPOND BY:

**December 31, 1986**

*Limit: Two plates per collector*

Please accept my application for *"Sleeping Beauty."* I wish to purchase _____ (1 or 2) plate(s) at $37.50 (plus $2.14 shipping and handling) each, payable in two equal installments. I prefer to pay my first installment of $_____ ($19.82* or $39.64* for two) as follows:

☐ I enclose my check or money order.

☐ Charge my credit card:
☐ Visa ☐ MasterCard ☐ American Express
☐ Diners Club

Acct. No. _____

Exp. Date _____ 07385

001982/003964

Name _____

Address _____

City _____

State _____ Zip _____

Signature _____

*FL residents add $1. plate tax. Limit one application per household. Taxes applicable.

The Hamilton Collection
9550 Regency Square Blvd., P.O. Box 44051
Jacksonville, FL 32231

# MONEY NEWS

*Up-to-the-minute advice to help you manage your money*
*By Katherine Barrett and Richard Greene*

## CHRISTMAS CALENDAR

**At this hectic time of year, you'll save lots of time and trouble by keeping these important dates in mind. Remember, of course, that it's always wise to mail and to shop as early as possible during the holiday season.**

**December 5**

Deadline for letters and small packages to Europe

**December 4,5,8,9**

Least busy shopping days in most stores

**December 17**

Deadline for sending coast-to-coast parcel post

**December 20**

Deadline for sending coast-to-coast priority mail

**December 20, 21**

Busiest shopping days. Stay out of the stores

**December 22**

Deadline for Christmas cards sent first class

## HELPLINE!

**Q** Our banker has suggested that my elderly mother give me a power of attorney over her finances. What does this involve?

**A** A power of attorney is a written statement by a person authorizing someone else to act in her place in matters such as signing tax forms, selling stock or homes, or making gifts.

"It's not expensive to have a lawyer write up a power of attorney, and it can avert enormous problems," says Briscoe R. Smith, a partner in Milbank, Tweed, Hadley & McCloy, a law firm in New York City. "Even young, vigorous people have accidents and may need someone to act in their place."

But Smith cautions that the power of attorney should be "durable"—in other words, one that will remain in effect if the person who has granted the power becomes mentally incapacitated. Otherwise, he says, "the power of attorney may go out of effect just when it's most needed.

"So long as the person given the power of attorney acts in good faith, conscientiously and carefully," Smith adds, "she should have no problems with legal liability."

## STARS FOR 1987

What stocks are going to be hot in 1987? We asked security analyst Robert Reitzes, of the investment firm Mabon, Nugent & Co., to look into his crystal ball. Here are three industries he thinks will do well in the market next year. Remember that even when an industry succeeds overall, the trick is still finding companies that do best in that group.

★ **Specialty retailers in electronics:** **"They've shown very good growth," says Reitzes. "The consumer is putting a lot of money into electronics of all kinds—video recorders and the like. We would expect that the sales in those areas will come from the firms that specialize."**

★ **Regional banks:** **"We see good earnings down the road for the stronger regional banks," says Reitzes. "In addition, we expect further consolidation of the banking industry over the next few years, leading to buyouts." Buyouts, of course, usually mean stock profits.**

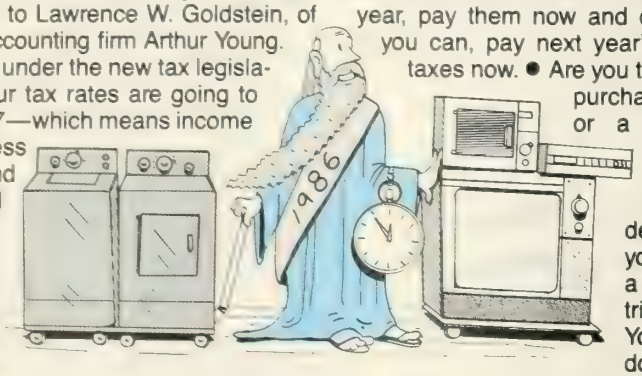
★ **Chemical companies:** **"Lower raw materials costs and solid demand should help," Reitzes says. "A weaker dollar will also benefit these companies, because it will improve overseas sales."**

## TIMING YOUR TAXES

Now, not next April, is the time to save yourself money on taxes. The key is deferring as much income as you can to next year and taking as many deductions as you can this year, according to Lawrence W. Goldstein, of the Big Eight accounting firm Arthur Young. That's because under the new tax legislation, most of our tax rates are going to be lower in 1987—which means income will be taxed less next year and deductions will be more valuable this year.

Here are a few deductions that Goldstein suggests you might want to consider taking in 1986:

- If you have outstanding credit-card debt, pay your bills by year's end, so you can get the interest deduction.
- If any real estate tax bills due in 1987 come in before the end of the year, pay them now and deduct them.
- If you can, pay next year's state and local taxes now.
- Are you thinking of a major purchase such as a car or a boat? Consider making it now since the sales tax is currently deductible.
- Do you plan on making a charitable contribution in 1987? You might want to do it in 1986.





Purina 100 brand cat food.
Because friends deserve 100%.




Now available in 3 new tasty flavors.

Purina

Helping pets live longer, healthier lives™

© Ralston Purina Company 1988




Tom Arma

**FREE!**

**SPECIAL OFFER FROM LHJ**

# Journal treasures

## Art prints of four favorite turn-of-the-century covers

An irresistible offer: four charming reminders of days gone by. These early-twentieth-century prints are beautiful reproductions of our best-loved covers, three created by renowned illustrator Harrison Fisher. They'll be an attractive addition to any room in your home. Printed on fine art paper, the posters measure ten by twelve inches. The set of four can be ordered unframed for just $1 to cover postage and handling, or ready for hanging in oak-finished, solid-wood frames for $19.95. (The framed prints are mounted under clear, unbreakable acrylic.) To order, please turn to page 161.


It's time children
took education into
their own hands.

# The learning instrumen
# On the one hand, they educate

Education starts at home. Especially when helped along by TI learning instruments. They gently correct mistakes while praising correct answers. Helping kids learn at their own pace. Making basic learning skills easier to grasp. And school easier to handl






## Speak & Spell™ Ages 6-14

Texas Instruments Speak & Spell is a proven classic for turning the chore of spelling into a challenge. It comes with a variety of exciting activities and additional software cartridges that can help your child learn hundreds and hundreds of words.



## Speak & Math™ Ages 6-1

Texas Instruments Speak & Ma can help your child master basi arithmetic concepts and skills. comes with an array of fun-fille projects that provide over 100,( challenging problems through different skill levels.

# om Texas Instruments. On the other hand, they're fun.

Bring out some TI learning instruments and watch the smiles light up. Listen to the laughter. Then notice the thrill of discovery, the increase in determination and self-reliance. There's some serious education going on here. But it sure looks like fun.





**Speak & Read™ Ages 4-8**
Texas Instruments Speak & Read opens a whole new world to your child—the world of reading. Its activities can improve reading comprehension and the understanding of word structure. Lots of exciting stories and corresponding lessons are also available in additional software cartridges.



**Touch & Tell™ Ages 2-5**
Texas Instruments Touch & Tell can help develop critical learning skills in children not yet capable of reading. It teaches colors, shapes, animals and other familiar objects. Additional cartridges available for more advanced subjects.

# Now they can also try their hands at music. Introducing the new Little Maestro and Speak & Music.






**Little Maestro™ Ages 3-6**
Mozart played piano at 3. Now, thanks to the new Little Maestro, your child can play music, too. Little Maestro offers a variety of fun activities that aid in the understanding of notes and pitch, and how they make simple melodies.



**Speak & Music™ Ages 7-11**
The new Speak & Music can help form a foundation for vocal training or learning a musical instrument. It provides a number of fun activities which simplify advanced musical concepts such as pitch and rhythm.

The Texas Instruments learning instruments are more than just fun and games. They teach vital educational skills that can better prepare children not only for school but for the rest of their lives. To start your child's collection visit your local toy store or wherever finer toys are sold.

TEXAS INSTRUMENTS




ADVERTISEMENT




Timex, the official timekeeper of the Ironman Triathlon World Championship, makes holiday gift-giving easy with Men's and Women's TRIATHLON® Watches! Features include a 16-hour chronograph accurate to 1/1000 of a second, 8-lap memory, countdown timer, resin case, top-mounted controls, alarm, calendar, lighted display and water-resistance to 50 meters! Perfect gifts for today's athletes!

call: 1-800-FOR-TIMEX.



A Lane Cedar Chest fulfills the tradition of the season. It is the one Christmas gift that will preserve memories and treasures long after the holiday season. Lane Cedar Chests – built by master cabinetmakers, available in over 100 styles and priced from $200 – are as beautiful to look at as the memories they hold. Available at fine furniture and department stores. For a brochure, send 50¢ to the Lane Company, Inc.,




Walt Disney's SLEEPING BEAUTY, the classic you and your family have been waiting for, is now available on VHS and Beta videocassette. It's a timeless story of romance, action and adventure, enriched by Tchaikovsky's celebrated music and Disney's masterful animation. Here's family entertainment that you can share with those you love, a true Disney Classic to be treasured forever. This Christmas, bring the beauty of SLEEPING BEAUTY home for your family. Suggested retail price: $29.95.




The exciting combination of video and board game entertainment makes Parker Brothers VCR games the perfect gift. CLUE™ VCR MYSTERY GAME brings the classic whodunit to life. Watch the video to collect evidence and reveal who killed whom, where and with what. Eighteen different mysteries and 45 murders to solve. In EYEWITNESS™ NEWSREEL CHALLENGE teams watch hilarious vintage newsclips, then make up questions to stump their opponents. Over 100 clips in 15 categories. Both are available in game departments everywhere.



## THE GIFT OF COMFORT.

What woman can't use a little comfort? Isotoner® Comfort Slippers are the gift she'll thank you for. She'll be soothed as their special fabric hugs and caresses her feet to feel good all over. Guaranteed for one full year. Packaged for easy giving.




## GIVE 'EM 1,000 EVEREADY BATTERIES.

That's what they'll think when you give them Eveready Rechargeables. Batteries that recharge overnight, up to 1,000 times. For everybody with battery-eating toys, personal stereos, camera flashes and boom boxes—it's like a gift of fresh batteries that lasts for years.

Ask for Eveready Rechargeables at your local retailer.

## EUREKA! IT'S UNDER THE TREE.

The Eureka Quick Up®, a versatile vacuum cleaner for home or work area. Cordless/rechargeable and extremely lightweight, so it can be used in a snap. With long running time for cleaning surface litter on bare floors and short nap carpets. An idea from Eureka to pick up any Christmas gift list.



A mitey Christmas gift, the Eureka Mini Mite®. The hand-held, cordless/rechargeable mini vac that's perfect for the home and car.



# Butter Nut Chewies

Preparation time: 20-25 minutes.

Butter Flavor Crisco



- ½ cup margarine, melted
- 2 eggs
- 2 cups firmly packed light brown sugar
- 1 teaspoon vanilla
- 1½ cups unsifted all-purpose flour
- 2 teaspoons baking powder
- ½ teaspoon salt
- 1 cup finely chopped nuts

Preheat oven to 350°F. Grease 13x9x2-inch pan with Butter Flavor Crisco.

Beat eggs until light and foamy in large bowl of electric mixer. Beat in sugar, vanilla and Butter Flavor Crisco until creamy. Combine flour with baking powder and salt. Add to egg mixture. Mix at low speed until blended. Stir in nuts at low speed. (Mixture will be stiff.) Spread evenly in prepared pan. Bake at 350°F. for 25 to 30 minutes or until top is light brown. Cool 10 to 15 minutes. Cut into bars. Makes two dozen.




"Butter Flavor Crisco is made just for cooking, margarine isn't. So when the recipe says margarine, use Butter Flavor Crisco instead...

...for more buttery taste."

Loretta Lynn



December 1986

Ladies' Home Journal



Jon Stewart

# Christmas AT THE WHITE HOUSE

The President and Mrs. Reagan invite you to share a special holiday visit to the home that all America treasures. Turn the page for our dazzling Yuletide tour of 1600 Pennsylvania Avenue at its most beautiful and most festive



Tony Arnold/The White House



The Grand Foyer, above, brightened by a beribboned wreath and pots of poinsettias, is the entrance to the State Floor, where all public functions are held. In the State Dining Room, the traditional Gingerbread House (see preceding page) is displayed every Christmas. On page 107, you'll find our version of the house for you to make—but first, a stop at the Blue Room, where the graceful White House tree stands in glittering splendor each year. The imposing tree is donated by the National Christmas Tree Association's annual champion grower







In the Cross Hall, on the State Floor between the Blue Room and the East Room, the center of attention is a charming tabletop tableau of dolls dressed in turn-of-the-century winter garb. The elegant East Room itself is where the eighteenth-century Neapolitan wood and terra-cotta crèche is shown during the holidays. Twin blue spruce trees, shimmering with silvery ornaments, flank the exquisite baroque scene—yet another beautiful Christmas vision in the First Family's home, joyfully bedecked for this season of peace and good will.

# GINGERBREAD *Classics*



Katrina Filary





You'll wish you had time to make all three of these enchanting fairy-tale cookie houses.
By Jan Turner Hazard, Food and Equipment Editor

Log cabin, opposite page, has pretzel logs, almond shingles and a sesame seed path, plus a gingerbread pine forest. A herd of pretzel reindeer frolics in coconut snowdrifts, while a marzipan family looks on.

Alpine house, this page, top, with peanut stones, is home to three gumdrop bears and sports a red licorice roof and heart-shaped cookie flagstones. A trio of spearmint spruces graces the frosted landscape.

The witch's house from *Hansel and Gretel* is a scaled-down version of the White House original (page 101), created by Assistant Executive Chef Hans Raffert. For instructions to make all houses, see page 136.

Hansel and Gretel H[illegible]
House designed by [illegible]
Syrup. Log Cabin design[illegible]
executed by Susan [illegible]

# gifts FROM THE

*Holiday treats plus homemade*



Wayne Williams

Sexy Southern Blanche (Rue McClanahan) knows that the secret to warming up Mr. Right is a bottle of unique liqueur, such as orange brandy or peaches 'n' cream. Bottoms up!



True to her Italian heritage, Dorothy (Bea Arthur) offers an unusual present of crunchy and delicious bread sticks made with a pasta machine. They're fun to make, fun to eat.

*om the Emmy award–winning quartet. For these recipes*
*odies that the actresses themselves would give, see page 146*

# OLDEN GIRLS



Sassy Sicilian Sophia (Estelle Getty) makes a zesty marinara sauce chock-full of plum tomatoes, garlic and basil. Great for spaghetti or as a cooking sauce. Mangia!



Sweets from ever-sweet Rose (Betty White) feature her caramel pecan logs, arranged here in a charming bouquet. The best part? They can be easily packaged and mailed.

# HOW TO LOOK GREAT AT A PARTY

## By Lois Joy Johnson, Beauty and Fashion Edito

Get into glitter, bring on the red-hot red, gra
the glamour of gold. Wear in small touche
or splashed all over. Now, *that's* how
shine throughout this festive seaso



Hair, Yamasa of Suga Salon, NYC. Makeup, Leventé.

### FIVE PRE-PARTY COUNTDOWN

Five minutes to fabulous—a straight-from-the-office routine when every second counts. Change your hairstyle—free it up if you usually wear it sleek; add a glittery band or bow if your day look is tousled. Touch up with a single makeup effect—a gleamy gloss or blush, perhaps. Slip into high heels, spray on fragrance . . . and dash.

■ Sixty minutes to sensational. When you have more time, start with ten minutes of R&R. (To wind down, soak in a warm tub; to recharge, try aerobics or stretching exercises.) Shower, shampoo, add a fresh coat of nail polish, and treat skin to a silkening masque as hair dries. Next, makeup. Now's not the time to experiment. Instead, work with shimmered versions of your usual shadow or lipstick, or use mascara with a color kick. Finish hair and have a small, high-energy snack, so you don't arrive ravenous and blow your diet. Now slip into your party look . . . your evening's off to a beautiful start.



Tohru Nakamura

■ Opposite: One way to glow . . . in shapes that glimmer like moonbeams, and a tassom of fabulous "rocks." Great legs? Take the glitter down to your toes with silvery tights and slings.

■ This page: So cool it's hot — The shimmery satin mourn playful [illegible] with [illegible]

CHRISTMAS IS Glitter



# CHRISTMAS IS *Red*

■ Opposite: If your mouth is marvelous—wide, full, well shaped—play it up with razzle-dazzle *red.* When you do, let lips make the strongest statement. Keep volume turned down on eyes and cheeks, as we've done here. All makeup, Revlon. Details, page 146.



## MAKE IT SPECIAL, MAKE IT LAST

an ahead, so you get makeup color nd intensity right the first time. Apply oft, warm tones to lips and cheeks n office party, where lights are bright. more intense shades, but *not* more up, in romantic, dimly lit rooms.

ook terrific through a long evening n, without taking time out for constant h-ups, with this face-saving technique makeup artist Rex. Apply foundation, ealer, lipstick, and *cream* shadow and n. Gently blot face with tissue (don't rub end). With a damp sponge, press on transparent powder, then brush on *powder* low and blush in shades that match the m products. The second application sets irst, boosts color intensity.

or a smile that *stays* luscious, outline lips a noncreamy, stain-type lip pencil. Fill in th with opaque color from a tube. Blot, der, reapply color.

ayer on same-scent products for est-lasting fragrance impact. First, body mpoo or scented soap, followed with ching lotion après tub. Dust talc on piration-prone areas, then spray all over cologne or eau de toilette. Finally, touch ume to pulse points.

or instant repairs, tuck the following your evening bag: lipstick, pressed der, fragrance and cotton swabs (to fix shadow, lipstick and mascara smudges).

up, Rex/Xavier Moreau. Hair, Yamasa of Suga Salon, Nails, Elisa Ferri for Beauty Bookings. Model, que of Click.

■ This page: It's sexy, it's sophisticated, it's dressed up and festive . . . it's *red,* as in this chic satin blazer teamed with ivory blouse and black velvet trousers. Classic shapes in dazzling colors and luxe fabrics are the perfect alternatives to skimpy body-baring looks, which can be a bit too much for most get-togethers with the family and friends.



## PARTY DOS FOR DAZZLE

Center a dot of opalescent or golden gloss on lower lips for a pretty, pouty look.

■ Edit accessories down to a well-chosen few when clothes have fancy details—lace, ruffles, beading. But with simple classics, you can load up with glitz.

■ Try a mix of fabulous fake jewels . . . gold with silver, pearls with diamonds, rubies, emeralds, as on these pages.

■ Loosen hair that's too curly or too stiff by misting lightly with water; flip forward, brush through, then use mousse and blow-dryer to coax into a softer shape.

■ Try fantasy face powders in sheer, faintly shimmering pink or rose, dramatic metallics such as bronze or gold. Whisk on over foundation or dust on bare shoulders and décolletage. Enchanting.

■ Update and glamorize last year's little black dress with this year's fabulous extras: wow hosiery in sheer black or point d'esprit, with seams or rhinestone appliqués; high-heeled black satin slingbacks or jeweled pumps. Add *gloves*—the big accessory hit of the season.

■ Consider these hottest Christmas 1986 trends: a satin or lamé suit; evening separates—elegant, oversize jacket, a shirt or top, a short or long skirt—in a mix of rich fabrics; black velvet *anything*.

Tohru Nakamura



# CHRISTMAS IS *Gold*

■ Opposite: Party-going put-together of black velvet over gold sequins—incandescent! To play up shoulders and bosom and minimize hips, flip the combo: gold on top, black below.

■ This page: Go for the gold to turn an office look into an evening sensation. Bow your hair with it and slick it on your lips. Add jewels, gloves, bag—gilt-edged party security! All makeup, Coty. Details, page 146.

Hair, Yamasa of Suga Salon, NYC. Makeup, Leventé.

# HOLIDAY BUFFET FROM



Appetizers, clockwise from the top: Crudités with Spirited Caviar Dip, West Coast Seafood Salad, Baked Garlic, Spinach-Cheese Rolls, Salmon Mousse

Main dishes, clockwise from top: Orzo (rice-shaped pasta), Lamb with Fennel Sausage and Eggplant, Cannelloni with Tomato Sauce, Holiday Hazelnut Salad



# HE FRUGAL GOURMET



**Desserts: At the top, a luscious four-layer torte with tangy cranberry and orange filling, plus whipped cream. Bottom, Merry Christmas cheesecake, topped with strawberries and kiwifruit**

**Best-selling cookbook author and TV personality Jeff Smith says frugal doesn't mean cheap—it refers to the wise use of time, money and ingredients. In any case, he never scrimps on flavor! Just sample this sumptuous spread and you'll agree. The feast begins on page 151.**



Textile designer Jack Lenor Larsen sets an elegant holiday table with red cups and saucers, gold bowls, and vases filled with holly to capture the season's spirit.

Tablecloth from The Masterworks Collection. Details, page 146.

Albert Hadley, of the decorating firm Parish-Hadley Associates, suggests placing his magic Christmas apple by each guest's plate on the 25th. It is easily made with an apple, paper stars and hat pins.

# CHRISTMAS *by design*



This season, why not deck the halls (and the table, and the tree) with truly unique decorations? To help, we've gathered ideas from top New York designers. Several of these creations are favorites from Christmases past, others were invented especially for the *Journal*, and all can be reproduced in your home.

By Marilyn Diane Glass, Decorating and Design Editor

This unusual, very feminine wreath was created by Ronaldo Maia for clothing designer Mary McFadden. Made of gray pine and decorated with silk grape leaves and gold lamé ribbon, it's a lovely accent for a foyer.

Jesse Gerstein

Bob Patino and Vicente Wolf, of the interior design firm Patino/Wolf Associates, invented this Polaroid Christmas tree. Punch holes at the tops of photos, and tie to the tree with ribbons. The photos can be changed each year—and they don't break!

Spectra System and SLR 680 cameras and film from Polaroid. Christmas tree and decorations from Jack Tolin. Details, page 146.



# CHRISTMAS *by design*

Prince of Chintz Mario Buatta knov
Santa will certainly overstuff yo
stockings this year when he se
how beautiful they are! Pick yo
favorite fabric (it doesn't have to
red and green), follow any simp
stocking instructions, and trim wi
braid, fringe or oversize rickrac

Celebrate Christmas country-style with this centerpiece by Katherine McCallum of McMillen. It's made with steamer baskets filled with apples, pinecones and greens surrounded by a juniper wreath. Candlesticks are antique wooden spools. Miniature gifts topped with holly berries complete the look.





This colorful spread fro
Katherine Stephens, who ru
her own decorating firm, is
ideal centerpiece for a buf
table. Start with a layer
moss, and add various r
green and white veggi
Votive candles make it spark

Table, Martell Antiques. Details, page

This wreath is a favor
Christmas ornament
the Southwest and c
signer Robert Bray, of t
interior design firm Br
Schaible. Use a nee
and thread to string t
dried chili peppers, a
tie the ends togeth

e believe Christmas cards should be seen as ell as read! McMillen president Betty Sherrill splays hers on a charming wooden rack gar- nded with greenery. You can use it year-round hold your favorite magazines and catalogs.




To
Clara Hale
Milton Petrie
Pauline Waterman
Eugene Lang
Chester Kolmodin
From
Santa

Tom Arma

*Ladies' Home Journal* (and Santa himself) salutes these five real-life Santas, whose lives are filled with the true spirit of generosity

# The Santa Claus Awards

By David Nimmons



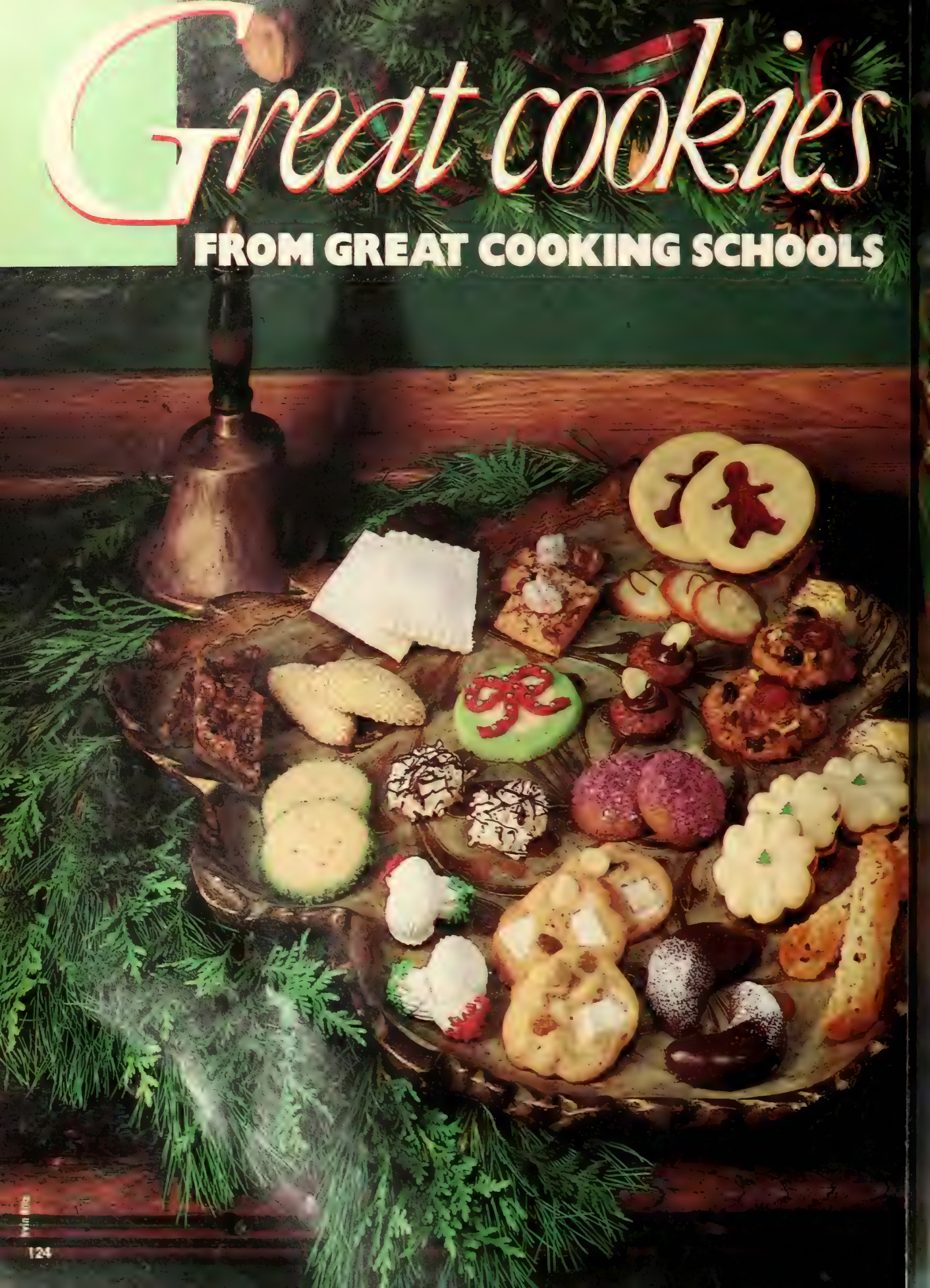
We all know there's really no such person as Santa Claus—or is there? The recipients of our first-ever Santa Claus Awards are five outstanding Americans who embody the Santa Claus spirit of generosity and caring that is the true essence of the holiday season. Our award winners lead lives that we're sure would bring a twinkle to the eye of ol' Saint Nick: They give gifts born of compassion, commitment and creativity that reach deep into other people's lives and change them forever. And to aid this important work, *Ladies' Home Journal* is giving a gift of our own: On behalf of each of our winners, $1,000 will be given to the foundation or organization with which he or she is affiliated.

On the surface, it would seem that these real-life Santas have little in common: They include a grandmother who gives the gift of life itself to helpless infants, a billionaire who offers the gift of money to those in great need, a woman living on Social Security who gives the gift of joy to the sick and lonely, a businessman who grants the gift of knowledge to youngsters with limited opportunities, and a retired lawyer who offers the gift of justice to those facing injustice. One trait they do share, with one another and with Santa, is their venerable age: The youngest is sixty-seven; the oldest, eighty-four. Their stories, which follow, prove that the spirit of the holiday season is alive every day of the year.

*(continued on page 168)*

# Great cookies

## FROM GREAT COOKING SCHOOLS





HEERS FOR THE VERY BEST COOKIE COLLECTION EVER! WE ASKED PROFESSIONAL COOKING SCHOOLS FROM ALL OVER THE WORLD FOR THEIR MOST ELEGANT, MOST UNUSUAL AND MOST DELICIOUS HOLIDAY TREATS. THEY SENT US THEIR FAVORITES, WHICH WE'RE SURE WILL BECOME YOURS AS WELL! FOR OUR TOP-OF-THE-CLASS RECIPES, TURN TO PAGE 128.

© 1994 Campbell Soup Company





NEW GOURMET NUGGETS. Tender chicken with tasty little stuffings inside. And crisp seasoned breadcrumbs outside. Try all four delicious varieties. And taste the taste of a nugget inside a nugget.




IT'S MORE THAN JUST CHICKEN. IT'S SWANSON.

SWANSON®

### SESAME COOKIES

*Maria Battaglia's La Cucina Italiana*
*Evanston, IL*

**2½ cups all-purpose flour**
**1½ teaspoons baking powder**
**½ teaspoon salt**
**1 cup shortening**
**¾ cup sugar**
**3 eggs**
**4 teaspoons vanilla extract**
**1 cup sesame seed**

In medium bowl combine flour, baking powder and salt. In mixer bowl cream shortening. Gradually add sugar; beat until light and fluffy. Add eggs; beat until smooth. Beat in vanilla. Add the dry ingredients and beat until well combined. (Dough should be stiff. If necessary, add up to 2 more tablespoons flour.) Cover and refrigerate at least 1 hour or overnight.

Preheat oven to 350°F. Grease 2 cookie sheets.

Divide dough in quarters. Cut one quarter into 8 pieces. Refrigerate remaining dough. On floured surface roll pieces of dough into ropes ½ inch thick and 6 inches long. Roll in sesame seed. Cut each rope into three 2-inch cookies. Repeat with remaining dough. Place on prepared cookie sheets. Bake 15 minutes or until golden. Cool on wire racks. Makes 8 dozen, 50 calories each.

### HOLLAND COOKIES

*New York City Technical College*
*New York, NY*

**3½ cups all-purpose flour**
**¼ teaspoon baking soda**
**¼ teaspoon cinnamon**
**¼ teaspoon salt**
**1 cup butter, softened**
**½ cup shortening**
**1 cup firmly packed brown sugar**
**1 egg**
**¼ teaspoon vanilla extract**

**Topping**

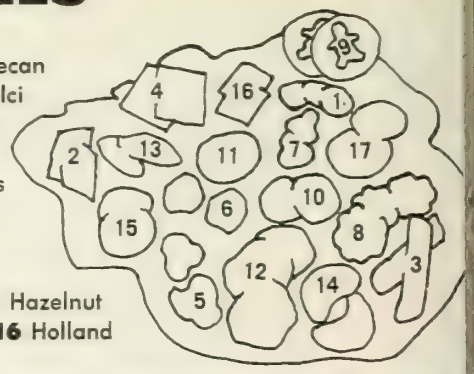
**1½ cups chopped pecans or walnuts**
**2 tablespoons sugar combined with ¼ teaspoon cinnamon**

In medium bowl combine flour, baking soda, cinnamon and salt. In mixer bowl cream butter, shortening and sugar until light and fluffy. Add egg and vanilla; blend until smooth. Gradually add dry ingredients; mix until dough forms a ball. Shape into a 1-inch-thick square. Wrap and refrigerate 1 hour or overnight.

Preheat oven to 350°F. Grease 2 cookie sheets or line with parchment paper or foil.

# GREAT COOKIES

As shown on pages 124–125
**1** Thousand Dollar Tea Cookies **2** Pecan Diamonds **3** Florentines **4** Ravioli Dolci **5** Macaroons **6** Coconut Macaroons **7** Nicholas Malgieri's Chocolatines **8** Melting Moments **9** Grands Fours de Noël **10** Molasses Sugar Cookies **11** Refrigerator Christmas Wreaths **12** White Christmas Cookies **13** Sesame Cookies **14** Almond and Hazelnut Chocolate Crescents **15** Shortbread **16** Holland Cookies **17** Grandma Drops




**TREASURE CHEST** of fancifully decorated Christmas Cutout Cookies and All-Purpose Gingerbread. Recipes for Decorative Icing appear on pages 136 and 141.

Between 2 sheets wax paper roll dough into a 15x12-inch rectangle. Remove top sheet; trim edges. Brush dough lightly with water. Sprinkle top with nuts and cinnamon-sugar. With rolling pin lightly roll over nuts. With a pastry wheel, cut into 1½-inch squares. Transfer to prepared cookie sheets. Bake 15 minutes. Cool on wire racks. Makes 6½ dozen, 75 calories each.

### NICHOLAS MALGIERI'S CHOCOLATINES

*Peter Kump's Cooking School*
*New York, NY*

**¼ cup all-purpose flour**
**2 tablespoons unsweetened cocoa**
**1 cup ground almonds**
**½ cup butter, softened**
**½ cup sugar**
**2 egg whites**

**Ganache**

**½ cup heavy or whipping cream**
**6 squares (1 oz. each) semisweet chocolate, chopped**
**1 tablespoon amaretto liqueur**

**Sliced blanched almonds, for garnish**

Preheat oven to 350°F. Line 2 cookie sheets with parchment paper.

In bowl sift flour and cocoa. Stir in almonds. In mixer bowl cream butter. Gradually add sugar and beat until light and fluffy. Add egg whites one at a time, beating after each addition; continue beating until creamy. Stir in the dry ingredients. With pastry bag fitted with a ⅓-inch plain tip (#6) or a spoon, pipe or drop batter by teaspoonfuls in ½-inch circles onto prepared cookie sheets. Bake 10 minutes. Remove paper from cookie sheets; remove cookies from paper and cool on wire racks.

*Ganache:* In top of double boiler heat cream and chocolate over simmering water until chocolate is melted. Remove from heat; stir until smooth. Cool to room temperature until thickened. Beat 1 minute with wire whisk. Whi in liqueur in a steady stream.

Turn half the cookies flat side u Spoon a dab of ganache on each. Pre on remaining cookies to make sar wiches. Spoon a tiny dab of ganache top of each. Garnish with sliced mond. Let chocolate set at least 1 ho Makes 4 dozen, 70 calories each.

### WHITE CHRISTMAS COOKIES

*The New York Restaurant School*
*New York, NY*

**2¼ cups all-purpose flour, sifted**
**1 teaspoon baking soda**
**1 teaspoon salt**
**1 cup unsalted butter, softened**
**¾ cup firmly packed light brown sugar**
**¾ cup granulated sugar**
**3 eggs**
**1 teaspoon vanilla extract**
**12 ounces white chocolate, coarsely chopped**
**¾ cup coarsely chopped salted macadamia nuts**
**1¼ cups golden raisins**

Preheat oven to 350°F. Lightly grease cookie sheets.

In bowl combine flour, baking so and salt. In large mixer bowl crea butter with sugars until light a fluffy. Add eggs one at a time, beati well after each addition. Beat in v nilla. Gradually beat in the dry ingr dients. Stir in chocolate, nuts and ra sins. Drop by teaspoonfuls onto pr pared cookie sheets. Bake 8 to 10 mi utes, until pale golden. Cool on wi racks. Makes 6 dozen, 110 calories eac

### MOLASSES SUGAR COOKIES

*Tante Marie's Cooking School*
*San Francisco*

**2 cups all-purpose flour**
**2 teaspoons baking soda**
**1 teaspoon cinnamon**
**½ teaspoon cloves** *(continue*

# Create a holiday sensation with Duncan Hines & a bowl full of cherries.




## Cherry Christmas Tree Cake

Serves 30.

*Duncan Hines' special moistness and your special touch create a holiday sensation, the centerpiece of a joyous season.*

2 packages Duncan Hines Butter Recipe Golden Cake Mix
6 eggs
1 cup softened butter or margarine
1⅓ cups orange juice
Grated peel of 2 oranges
3 21-oz. cans Cherry pie filling
2 or 3 cans Duncan Hines Vanilla Frosting
*You will need 2 cans to frost cake and 1 can (optional) for decorative frosting.*
¾ cup powdered sugar (optional)

**Note: The assembled cake pictured is 9" x 26" long. If you do not have a platter or tray that size, cover heavy cardboard with aluminum foil. For a smaller party (15 servings), bake and decorate a 9" x 13" cake using half of the ingredients listed above.**

1. Preheat oven to 375°F. Grease and flour a 9" x 13" x 2" pan.
2. Combine in large bowl: 1 package cake mix, 3 eggs, ½ cup butter, ⅔ cup orange juice. Mix at medium speed for 4 minutes. Stir in grated peel of 1 orange. Pour into prepared pan.
3. Bake for 35 to 40 minutes. Cake is done when toothpick inserted in center comes out clean.
4. Cool for 15 minutes, then remove cake from pan.
5. To bake second cake repeat steps 1 through 4.
6. Place completely cooled cakes upside-down and end-to-end on platter. Spread 2 cans frosting on top and sides. Draw a tree shape and border in frosting as shown. Optional: mix can of frosting with ¼ cup sifted powdered sugar and pipe decorative border around top and bottom edges of cake.
7. Place a colander or strainer in a large bowl, pour in cherries and stir to drain (do *not* rinse). Using a spoon or fork, fill in tree and border with tightly packed rows of cherries.

½ teaspoon ginger
½ teaspoon salt
¾ cup butter
1¼ cups sugar, divided
¼ cup unsulfured molasses
1 egg
Colored sugar, for garnish

In bowl combine flour, baking soda, cinnamon, cloves, ginger and salt. In large saucepan melt butter over low heat. Remove from heat; cool. Stir in 1 cup sugar, molasses and egg, beating with a wooden spoon. Beat in the dry ingredients until well combined. Cover and refrigerate at least 1 hour or overnight.

Preheat oven to 375°F. Grease 3 cookie sheets.

Shape dough into 1-inch balls. Roll in remaining ¼ cup sugar. Sprinkle tops with colored sugar if desired. Place 2 inches apart on prepared cookie sheets. Bake 8 to 10 minutes. Cool on wire racks. Makes 4½ dozen, 60 calories each without garnish.

## COCONUT MACAROONS

*The George Brown College of Applied Arts and Technology*
*Toronto*

3 egg whites, at room temperature
¼ teaspoon salt
½ cup sugar
½ teaspoon vanilla extract
12 ounces flaked coconut
4 squares (1 oz. each) semisweet chocolate, coarsely chopped
½ teaspoon shortening

Preheat oven to 300°F. Line 3 cookie sheets with parchment paper or foil.

In mixer bowl beat egg whites and salt until frothy. Gradually add sugar; continue beating until very stiff. Add vanilla; fold in coconut. Drop by level teaspoonfuls onto prepared cookie sheets. Bake 20 to 25 minutes. Cool on paper on wire racks. Remove from paper. In top of double boiler melt chocolate and shortening over simmering water. Drizzle on cookies. Let chocolate set. Makes 3½ dozen, 70 calories each.

## RAVIOLI DOLCI

*Baltimore's International Culinary Arts Institute*
*Baltimore*

1¼ cups all-purpose flour
1 cup potato flour (potato starch)
⅛ teaspoon salt
½ cup unsalted butter
½ cup sugar
1 egg
2 tablespoons brandy
1 teaspoon grated lemon peel
1 teaspoon vanilla extract
Thick apricot or seedless raspberry jam
Confectioners' sugar

In bowl combine both flours and salt. In mixer bowl cream butter and sugar until light and fluffy. Add egg, brandy, peel and vanilla; beat until combined. Gradually beat in the dry ingredients until combined. Wrap and refrigerate at least 2 hours or overnight.

Preheat oven to 350°F. Grease 2 cookie sheets.

Divide dough in quarters. Between 2 sheets of wax-paper roll one quarter into a ⅛-inch thick square. Keep remaining dough refrigerated. Cut dough into 2-inch squares. Place on prepared cookie sheets; refrigerate 15 minutes. Spoon a level ½ teaspoon of jam onto center of each cookie. Repeat, rolling and cutting another quarter of dough. Brush edges of jam-covered squares with water. Top each with a second square, pressing edges with tines of a fork to seal. Repeat with remaining dough. Bake about 15 minutes, until cookies begin to brown. Cool on wire racks. Sprinkle with confectioners' sugar before serving. Makes 3½ dozen, 70 calories each.

## CHRISTMAS CUTOUT COOKIES

*Michigan State University*
*East Lansing, MI*

3½ cups all-purpose flour
2 teaspoons baking powder
¾ teaspoon salt
1 cup butter, softened
1 cup firmly packed brown sugar
6 tablespoons pure maple syrup
2 eggs
1 teaspoon vanilla extract
White Decorative Icing (see page 136), optional

In medium bowl combine flour, baking powder and salt. In mixer bowl cream butter and sugar until light and fluffy. Add maple syrup, eggs and vanilla; beat until light and fluffy. Beat in the dry ingredients 2 cups at a time, until well combined. Cover and refrigerate at least 1 hour or overnight.

Preheat oven to 350°F. Grease 3 cookie sheets.

Divide dough in quarters. Between 2 sheets of wax paper roll one piece ¼ inch thick. (Keep remaining dough refrigerated.) With a floured 2-inch cookie cutter, cut into desired shapes. Bake 10 to 12 minutes. Cool on wire racks. Repeat with remaining dough. Ice and decorate as desired. Makes 10 dozen, 40 calories each without decoration.

## FLORENTINES

*New England Culinary Institute*
*Montpelier, VT*

1 cup finely ground almonds
¾ cup sugar
6 tablespoons butter, softened
2 tablespoons milk
4 teaspoons flour
½ teaspoon vanilla extract

Preheat oven to 375°F. Grease and fl a cookie sheet or line with parchm

In bowl combine all ingredients; b with a wooden spoon. Drop 6 half- spoons batter onto cookie sheets. B 8 to 10 minutes. Cool on cookie she to 2 minutes. While still warm, r cookies around handle of a woo spoon. Immediately transfer to w racks. (If cookies become hard be rolling, soften in oven 1 minute.) R peat with remaining batter. Mak dozen, 30 calories each.

## MACAROONS

*The French Culinary Institute*
*New York, NY*

3 egg whites
⅛ teaspoon cream of tartar
¼ teaspoon almond extract
1 cup sugar
1¾ cups ground almonds
1 egg white, beaten, for garnish
Colored sprinkles, for garnish

Preheat oven to 325°F. Line 2 coo sheets with parchment paper.

In mixer bowl beat egg whites w cream of tartar until soft peaks fo Beat in almond extract. Slowly a sugar, a tablespoon at a time; bea minutes, until stiff and glossy. Fol almonds in 2 batches. With pastry b fitted with star tip or spoon, pipe ba in loop shape or drop by teaspoonfu inches apart onto prepared coo sheets. Bake 10 to 15 minutes. Coo wire racks. Brush edges with white, then coat with sprinkles if sired. Let dry. Makes 5½ dozen, 65 ories each without garnish.

## SHORTBREAD

*The Constance Spry & Cordon Bleu Group*
*London*

1⅔ cups all-purpose flour
¾ cup rice flour
⅛ teaspoon salt
1 cup butter
½ cup sugar
1 egg white, lightly beaten
Colored sugar, for garnish

Preheat oven to 350°F. In small b combine flours and salt; set as

With pastry blender or 2 knives butter into sugar until well blend Gradually add dry ingredients, u dough holds together. Knead ligh until smooth. On floured surface dough ⅓ inch thick. With floured inch cookie cutter, cut *(continu*

# Create a magic moment with Duncan Hines, peppermint & chocolate chips.




## Mint Magic Brownies

Makes 18 to 24 brownies.

*There's magic in the rich, chocolate moistness of Duncan Hines' brownies—and in how deliciously they disappear.*

1 Duncan Hines Mint Chocolate Brownie Mix
⅓ cup oil
⅓ cup water
2 eggs
2 8-oz. packages cream cheese, softened
½ cup powdered sugar, sifted
1 12-oz. package chocolate chips
½ cup peppermint stick pieces (optional)

1. Preheat oven to 350°F. Grease bottom only of a 9" x 9" x 2" or 9" x 13" x 2" pan.
2. Combine in large bowl: brownie mix, ⅓ cup oil, ⅓ cup water, 2 eggs. Stir with large spoon 50 strokes (1 minute) then spread into prepared pan.
3. Bake 38 to 41 minutes in 9" x 9" pan or 25 to 28 minutes in 9" x 13" pan. Cool completely.
4. Combine in medium bowl: 2 packages softened cream cheese, ½ cup powdered sugar. Beat at high speed for 3 minutes.
5. Spread cream cheese topping over cooled brownies. Sprinkle chocolate chips on top. If desired, do so with peppermint stick pieces.
6. (Optional) Place in 300°F. oven for 1 minute to soften chips.
7. Store in airtight container.

into desired shapes. Re-roll and cut scraps. Place cookies on an ungreased cookie sheet. Pierce each cookie with a fork all the way through. Bake 15 to 20 minutes, until pale golden. (Shortbread should not brown.) Cool on wire racks. If desired, roll edges in egg white, then colored sugar. Let dry. Makes 3 dozen, 95 calories each without garnish.

### ALMOND AND HAZELNUT CHOCOLATE CRESCENTS

*Eggleston Hall*
*County Durham, England*

- 1¾ cups all-purpose flour
- 1¼ cups ground almonds
- ½ cup toasted skinned ground hazelnuts
- ½ cup unsweetened cocoa
- 1¼ cups butter, softened
- 1 cup confectioners' sugar
- 1 teaspoon vanilla extract
- 8 ounces semisweet chocolate, melted and slightly cooled
- Confectioners' sugar

In medium bowl combine flour, nuts and cocoa. In mixer bowl cream butter. Gradually add sugar; beat until light and fluffy. Add vanilla. Gradually beat in the dry ingredients until well combined. Cover and refrigerate at least 1 hour or overnight.

Preheat oven to 350°F. Pinch off walnut-size pieces of dough and shape into crescents. Place on 2 ungreased cookie sheets. Bake 15 to 17 minutes. Cool on wire racks. Dip half of each cookie into melted chocolate. Let chocolate set at least 1 hour. Sprinkle remaining half with confectioners' sugar. Makes 4½ dozen, 120 calories each.

### MELTING MOMENTS

*Lucy Waverman*
*Toronto*

- 1¾ cups all-purpose flour
- ¼ cup cornstarch
- 1 cup butter
- ¾ cup confectioners' sugar plus additional for garnish
- ¼ cup seedless raspberry jam

Preheat oven to 350°F. Grease 2 cookie sheets.

In bowl combine flour and cornstarch. In food processor with steel blade, cream butter and sugar until soft and smooth. With machine on, gradually add the dry ingredients. Place half the dough in a cookie press and pipe out snowflake or wreath shapes onto prepared sheets. (Refrigerate remaining dough 10 to 15 minutes.) Bake 10 to 12 minutes. Cool on wire racks. Repeat with remaining dough. Spread ¼ teaspoon jam on half the cookies. Top with remaining cookies. Sprinkle with confectioners' sugar. Makes 2½ dozen sandwich cookies, 100 calories each.

### GRANDMA DROPS

*American Chef Institute*
*Columbus, OH*

- 1 cup all-purpose flour
- ½ teaspoon baking soda
- ½ teaspoon cinnamon
- ¼ teaspoon cloves
- ¼ teaspoon salt
- ⅛ teaspoon nutmeg
- ½ cup butter, softened
- 1 cup firmly packed brown sugar
- 1 egg
- ¼ cup sour cream
- 1 cup chopped pecans
- 1 cup finely cut pitted dates
- ¾ cup uncooked oats
- ½ cup dark raisins
- ½ cup chopped candied cherries
- Candied cherries, halved, for garnish

In medium bowl combine flour, soda, cinnamon, cloves, salt and nutmeg. In mixer bowl cream butter. Gradually add sugar; beat until light and fluffy. Add egg; beat well. Beat in sour cream. Beat in the dry ingredients until well combined. Stir in pecans, dates, oats, raisins and cherries. Cover and refrigerate at least 1 hour or overnight.

Preheat oven to 350°F. Grease 2 cookie sheets.

Drop dough by teaspoonfuls 2 inches apart onto prepared sheets. Garnish each with half a cherry. Bake 15 to 17 minutes. Cool on wire racks. Makes 4 dozen, 90 calories each.

### ALL-PURPOSE GINGERBREAD

*The Silo*
*New Milford, CT*

- ½ cup butter
- ½ cup sugar
- ½ cup unsulfured molasses
- 2¼ cups all-purpose flour
- 1½ teaspoons ginger
- ½ teaspoon baking soda
- ½ teaspoon nutmeg
- ½ teaspoon salt
- White Decorative Icing (see page 136), optional

Preheat oven to 350°F. In small saucepan combine butter, sugar and molasses. Cook over medium heat until butter is melted, stirring occasionally. In large bowl combine dry ingredients. Add butter mixture and stir with a wooden spoon until well blended.

On floured surface knead dough until smooth. Divide into thirds; wrap until ready to use. Between 2 sheets of wax paper roll one piece ¼ inch thick. With floured 2-inch cookie cutter, cut into desired shapes. Refrigerate on 4 ungreased cookie sheets 15 minutes. Bake 12 to 15 minutes. Cool 5 minutes on cookie sheets. Transfer to wire racks to cool. Repeat with remaining dough. Decorate as desired. Makes 6½ dozen, 35 calories each without decoration.

### THOUSAND-DOLLAR TEA COOKIES

*The Zona Spray Cooking School*
*Hudson, OH*

- 4½ ounces blanched whole almonds
- 1 cup confectioners' sugar
- ⅔ cup all-purpose flour
- Pinch salt
- ½ cup unsalted butter
- 3 egg whites
- ½ teaspoon almond extract
- Sliced almonds, for garnish

In food processor grind almonds with sugar to a fine powder. Transfer to bowl. Stir in flour and salt. In small saucepan melt butter over medium heat until golden brown (be careful not to burn). Strain; discard brown bits.

In medium bowl whisk egg whites and almond extract lightly, just until liquefied. Stir in almond mixture. Fold in hot butter. Cover and refrigerate until firm and cold or up to 1 week.

Preheat oven to 375°F. Grease 2 cookie sheets.

With pastry bag fitted with a ½-inch plain tip (#3) or spoon, pipe or drop by teaspoonfuls onto prepared cookie sheets. Garnish with sliced almonds. Bake 6 to 8 minutes, until golden brown. Cool on wire racks. Makes 5 dozen, 40 calories each.

### GRANDS FOURS DE NOËL

*The Restaurant School*
*Philadelphia*

- 2¾ cups all-purpose flour
- Pinch salt
- 1 cup butter, softened
- 1 cup sugar
- 1 egg plus 1 egg yolk
- 1 teaspoon grated lemon peel
- Seedless raspberry jam
- 1 egg, lightly beaten

In medium bowl combine flour and salt. In mixer bowl cream butter. Gradually add sugar; beat until light and fluffy. Add egg, then yolk; beat until smooth. Beat in lemon peel. Gradually beat in the dry ingredients until well combined. Cover and refrigerate overnight.

Preheat oven to 350°F. Grease 2 cookie sheets. Divide dough in half. Between 2 sheets wax paper roll half the dough ⅛ inch thick. (Keep remaining dough refrigerated.) With a 2½-inch round cookie cutter, cut *(continued)*

# Create seasonal cheer with Duncan Hines & festive candied fruit.




## Festive Fruit Ring

*Duncan Hines' special moistness and colorful fruits—a delicious way to begin this season of good cheer.*

Serves 12 to 16

1 Duncan Hines Deluxe Spice Cake Mix
12 ounces whole candied cherries
8 ounces candied or dried pineapple rings
½ cup finely chopped walnuts
1 (3½ oz.) package instant vanilla pudding mix
4 eggs
⅓ cup oil
1 teaspoon cinnamon
½ teaspoon ground cloves
½ teaspoon ground nutmeg
½ teaspoon ground ginger
1 cup orange juice
2 Tablespoons lemon juice
1½ cups sifted powdered sugar

1. Preheat oven to 350°F
   Grease and flour a 10-inch Bundt or tube pan
2. Set aside 6 whole cherries and 2 pineapple rings for decoration
   Finely chop remaining cherries and pineapple
3. Combine in a large bowl: cake mix, chopped fruit, ½ cup chopped walnuts, pudding mix, 4 eggs, ⅓ cup oil, 1 tsp. cinnamon, ½ tsp. cloves, ½ tsp. nutmeg, ½ tsp. ginger, 1 cup orange juice. Mix at medium speed for 2 minutes. Pour into prepared pan.
4. Bake for 45 to 55 minutes
   Cake is done when toothpick inserted in center comes out clean
5. Cool on rack for 25 minutes then remove from pan. Cool completely.
6. Mix 2 Tbs. lemon juice with 1½ cups sifted powdered sugar. Drizzle over cool cake. Halve the 6 cherries and place them on cake. Cut leaf shapes out of pineapple rings and place around cherries. Store in airtight container.

out circles. Place on prepared cookie sheets. Spoon a level ½ teaspoon jam onto center of each circle.

Repeat, rolling and cutting circles with remaining dough. With a 1½- to 2-inch decorative cutter, cut out centers. Brush borders of jam-covered circles with beaten egg. Top with cutout circles; press edges to seal. Bake 12 to 14 minutes, until golden. Cool on wire racks. Makes 1½ dozen, 260 calories each.

## REFRIGERATOR CHRISTMAS WREATHS

*Rochester Institute of Technology*
*Rochester, NY*

- 2½ cups plus 2 tablespoons all-purpose flour
- 1 teaspoon baking powder
- ½ teaspoon salt
- ½ cup butter
- ½ cup shortening
- 1 cup sugar
- 2 eggs
- 1 teaspoon almond extract
- Green food coloring
- Red Decorative Icing (see page 141)
- Silver dragées

In medium bowl combine flour, baking powder and salt. In mixer bowl cream butter and shortening. Gradually add sugar; beat until light and fluffy. Beat in eggs and almond extract until well combined. Add dry ingredients; blend well. Shape one third of the dough into a 12-inch cylinder 1 inch in diameter. Wrap in wax paper and refrigerate. Add green food coloring to remaining dough; blend well. Between 2 sheets of wax paper roll green dough into a 12x6-inch rectangle. Remove top sheet and place cylinder lengthwise down center of green dough. Using wax paper to lift from long side, wrap green dough around cylinder. Wrap in wax paper or plastic wrap; refrigerate overnight.

Preheat oven to 375°F. Cut cylinder into ¼-inch slices. Place on 3 ungreased cookie sheets. (Any imperfect slices may be patted into shape with fingers.) Bake 7 to 9 minutes, until barely firm to the touch. Cool on wire racks. Decorate as desired. Makes 4 dozen, 80 calories each without decoration.

## PECAN DIAMONDS

*The Culinary Institute of America*
*Hyde Park, NY*

- 1½ cups all-purpose flour
- ½ teaspoon baking powder
- ¼ teaspoon salt
- 5 tablespoons butter
- 5 tablespoons sugar
- 3 tablespoons shortening
- 1 egg
- ¼ teaspoon vanilla extract

**Filling**

- 1 cup butter
- ½ cup honey
- ¼ cup sugar
- 1¼ cups firmly packed brown sugar
- 4 cups chopped pecans
- ¼ cup heavy or whipping cream

In medium bowl combine flour, baking powder and salt. In mixer bowl cream butter, sugar and shortening until light and fluffy. Add egg and vanilla; beat until well combined. Add the dry ingredients, stirring until dough forms a ball. Wrap and refrigerate overnight.

Preheat oven to 375°F. Between 2 sheets of wax paper roll dough to a 15½x10½-inch rectangle ⅛ inch thick. Remove top sheet. Invert into a 15½x10½-inch jelly-roll pan. Remove remaining wax paper. If necessary, patch dough. Prick dough with fork. Bake 10 minutes. *Do not brown.* Cool. Reduce oven temperature to 350°F.

*Filling:* In large saucepan combine butter, honey and sugars. Bring to a boil over medium heat. *Do not stir.* Remove from heat; stir in nuts. Stir in cream. Spread evenly over crust.

Set pan in another pan of same size. Bake 35 minutes. Cool in pan on wire rack. Cut crosswise into 1½-inch strips, then cut strips diagonally at 2-inch intervals to form diamonds. Makes 4 dozen, 120 calories each.

## ANISE DROPS

*International Pastry Arts Center*
*Bedford Hills, NY*
*(not pictured)*

- 2 eggs
- 10 tablespoons sugar
- 1 tablespoon anisette liqueur
- ¼ teaspoon vanilla extract
- ⅛ teaspoon grated lemon peel
- 1 cup sifted cake flour
- ¾ teaspoon aniseed

In double boiler heat eggs and sugar over simmering water. Cook until candy thermometer reaches 125°F. Immediately transfer to mixer bowl and beat at high speed until cool. With mixer at low speed, add anisette, vanilla and lemon peel. With rubber spatula fold in flour, then aniseed. Line 4 cookie sheets with parchment paper. With a pastry bag fitted with a ⅓-inch plain tip (#6 or #7) or spoon, pipe or drop by teaspoonfuls onto prepared cookie sheets. Let stand 1 hour or until a crust forms.

Preheat oven to 350°F. Bake 10 minutes or until golden. Cool on wire racks. Makes 9 dozen, 10 calories each.

## MAGDALENAS CASTELLANA

*Alambique, S.A.*
*Madrid*
*(not pictured)*

- 1¾ cups all-purpose flour
- 1 teaspoon baking powder
- ¼ teaspoon salt
- 5 eggs, separated
- 1¼ cups sugar
- 1 teaspoon grated lemon peel
- 1 cup olive oil

Preheat oven to 375°F. Oil 2 madele tins. In small bowl combine flour, b ing powder and salt. In mixer bowl b egg yolks and sugar until light creamy. Add lemon peel; beat well. dry ingredients; stir until smooth. in oil. In another bowl beat egg wh until soft peaks form. Fold into y mixture. Fill each form with 1 spoonful of batter. Bake 12 to 14 m utes. Cool on wire racks. Oil tins ag and repeat with remaining bat Makes 3½ dozen, 95 calories each.

## FRENCH GINGERSNAPS

*Johnson & Wales College*
*Providence, RI*
*(not pictured)*

- 3⅓ cups all-purpose flour, divided
- 2 tablespoons cinnamon
- 1 teaspoon baking soda
- ½ teaspoon cardamom
- ¼ teaspoon cloves
- 1 cup plus 1 tablespoon butter, softened
- ¾ cup sugar
- ⅔ cup dark corn syrup
- ⅔ cup blanched slivered almonds

In medium bowl combine 3 cups fl cinnamon, baking soda, cardamom cloves. In mixer bowl cream bu Gradually add sugar, beating u light and fluffy. Beat in corn syrup. in the dry ingredients. Knead in monds and remaining ⅓ cup flour u smooth. Shape dough into three r 1½ to 2 inches in diameter. Wrap in paper or plastic wrap and refrige overnight.

Preheat oven to 350°F. Greas cookie sheets.

Cut rolls into ¼-inch-thick sli Place on prepared sheets. Bake 10 t minutes. Cool on wire racks. Makes dozen, 55 calories each.

## LES BIARRITZ

*Tante Marie School of Cookery*
*Woking, Surrey, England*
*(not pictured)*

- 1 cup ground almonds
- ½ cup sugar
- 2 egg whites, lightly beaten
- 1 teaspoon vanilla extract

(contin

# Create tasteful gifts with Duncan Hines, pumpkin & spice.




## Pumpkin Nut Bread

Makes 1 loaf.

*Give a special gift with the inviting aroma of pumpkin and spice and the moist, delicious taste of Duncan Hines.*

1 Duncan Hines "Home Recipe" Nut Bread Mix
1 egg
¾ cup water
½ cup canned pumpkin
2 teaspoons cinnamon
¾ teaspoon nutmeg
¼ teaspoon ground cloves

**Gift-giving note: To bake 3 loaves (as shown in our photograph) you will need to triple this recipe. One 16-ounce can of pumpkin will yield three ½ cups. If you do not choose to bake 3 loaves at once, the extra pumpkin can be pre-measured and frozen for later use.**

1. Preheat oven to 375°F. Grease and flour bottom only of a 9" x 5" or 8" x 4" loaf pan.

2. Combine in large bowl: bread mix, 1 egg, ¾ cup [illegible] ½ cup pumpkin, 2 tsp. cinnamon, ¾ tsp. nutmeg, ¼ tsp. cloves. Stir with spoon about 60 strokes or [illegible] all ingredients are moistened. Pour into prepared pan.

3. Bake 45 to 55 minutes. Bread is done when [illegible] toothpick inserted in the center comes out [illegible]

4. Cool 15 minutes, remove from pan [illegible] completely before slicing or wrapping. To store: [illegible] bread in refrigerator. To freeze: [illegible] then wrap securely and freeze [illegible]

## GREAT COOKIES

continued

4 squares (1 oz. each) semisweet chocolate, melted
½ cup flaked coconut

Preheat oven to 350°F. Lightly grease 2 cookie sheets.

In medium bowl blend almonds, sugar, egg whites and vanilla to a soft paste. Drop by teaspoonfuls 3 inches apart onto prepared cookie sheets. With back of a spoon spread batter into 2-inch circles. Bake 12 to 15 minutes, until golden brown. Immediately transfer to wire rack to cool. Brush cookie bottoms with chocolate, then sprinkle with coconut. Let chocolate set 1 hour. Makes 2½ dozen, 60 calories each. **End**

### DECEMBER RECIPE INDEX

Here is a listing of recipes appearing in this issue, including those from the Journal kitchen and advertisements.
*Recipe includes microwave instructions.


**APPETIZERS**

Baked Garlic with Toasted French Bread p. 154
Salmon Mousse p. 154
Spirited Caviar Dip p. 154
Spinach Cheese Rolls p. 155
West Coast Seafood Salad p. 155

**BREADS**

Bisquick® Banana Bread p. 34 (insert)
Bisquick® Chunk Cinnamon Rolls p. 35 (insert)
Bisquick® Cherry Swirl Coffee Cake p. 35 (insert)
Bisquick® Deep-dish Cheesecake, Coffee Cake p. 36 (insert)
Bisquick® Maple Twist p. 36 (insert)
Cinnamon Rolls p. 68
Dorothy's Pasta Machine Bread Sticks p. 146
Pumpkin Nut Bread p. 135

**COOKIES**

All-Purpose Gingerbread p. 132
Almond and Hazelnut Chocolate Crescents p. 132
Anise Drops p. 134
Christmas Cutout Cookies p. 130
Coconut Macaroons p. 130
Florentines p. 130
French Gingersnaps p. 134
Grandma Drops p. 132
Grands Fours de Noël p. 132
Holland Cookies p. 128
Les Biarritz p. 136
Macaroons p. 130
Magdalenas Castellanas p. 134
Melting Moments p. 132
Molasses Sugar Cookies p. 128
Nicholas Malgieri's Chocolatines p. 128
Pecan Diamonds p. 134
Ravioli Dolci p. 130
Refrigerator Christmas Wreaths p. 134
Sesame Cookies p. 128
Shortbread p. 130
Thousand Dollar Tea Cookies p. 132
White Christmas Cookies p. 128

**DESSERTS**

Bea Arthur's Rugelach p. 149
Bisquick® Chocolate Ruffles p. 34 (insert)
Butter Nut Chewies p. 100
Cherry Christmas Tree Cake p. 129
Chocolate Angel Swirl p. 137
Chocolate Pecan Pie p. 9
Cranberry Orange Torte p. 158
Estelle Getty's Chunky
Chocolate Fruit and Nut Bar p. 149
Festive Fruit Ring p. 133
Karo Classic Pecan Pie p. 9
Merry Christmas Cheesecake p. 158
Mint Magic Brownies p. 131
Philadelphia Bread Cheesecake p. 158
Pumpkin Pecan Pie p. 9
Rose's Ca... Pecan Logs p. 146

**ENTREES**

A-1 Cranberry Meatloaf p. 186
Cannelloni with Tomato Sauce p. 156
Crab Cakes with Basil Tartar Sauce p. 68
Honey 'n' Spice Glazed Ham p. 15
Lamb with Fennel Sausage and Eggplant p. 155
Middle Eastern Burgers p. 60

**GINGERBREAD HOUSES p. 106**

**MISCELLANEOUS**

Better Popcorn Butter p. 8
Betty White's Honey Bourbon Sauce p. 149
Blanche's Hot Pepper Vodka p. 149
Blanche's Orange Brandy p. 146
Blanche's Peaches 'n' Cream Liqueur p. 149
Rue McClanahan's Chili-Spiced Almonds p. 149
Sophia's Marinara Sauce p. 146
Tomato Sauce p. 158

**SIDE DISHES**

Bulgur Pilaf p. 60
Greek Salad p. 60
Holiday Hazelnut Salad p. 158
Stuffed Zucchini p. 5


## GINGERBREAD CLASSICS

as shown on pages 106–107

### EQUIPMENT

Graph paper
Pencil
Lightweight cardboard
Scissors
Ruler
Sharp knife or single-edge razor
Heavy-duty foil
Plastic wrap
17x14-inch cookie sheets
Heavy cardboard (optional)
Containers with tight-fitting lids
3 pastry bags with coupling units and assorted tips
Small metal spatula
Small artist's brush
Toothpicks
Foamcore board for bases
Assorted boxes and cans for supports

### WHITE DECORATIVE ICING

3 egg whites
½ teaspoon cream of tartar
1 box (16 oz.) confectioners' sugar

In large mixer bowl combine all ingredients. Beat 7 minutes, until smooth and thick. Store in tightly covered container until ready to use. *(Can be made ahead. Cover and store at room temperature up to 5 days.)* Makes 2 cups.

### GINGERBREAD DOUGH

1¾ cups dark corn syrup
1 cup firmly packed brown sugar
¾ cup margarine
8 cups all-purpose flour
2 teaspoons cinnamon
2 teaspoons ginger
½ teaspoon salt
½ teaspoon nutmeg
⅛ teaspoon ground cloves

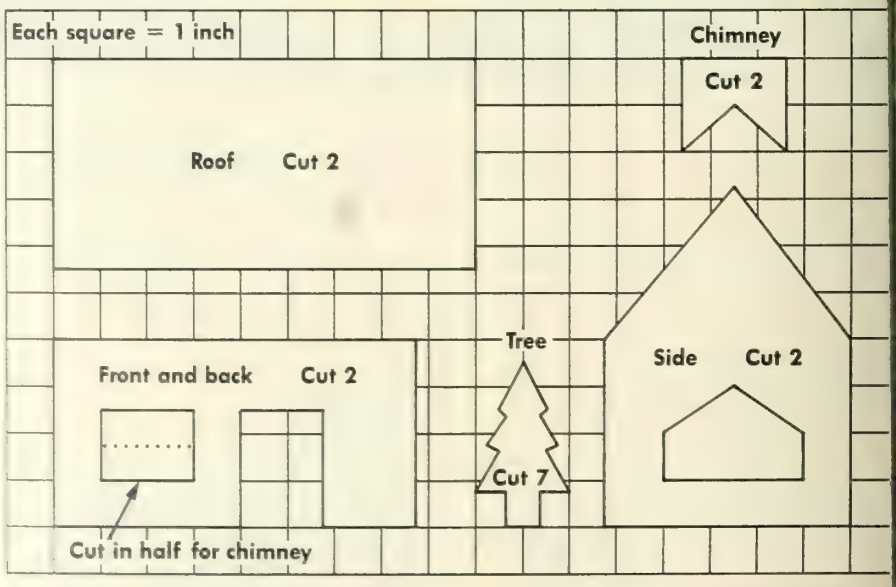
In medium saucepan combine co... syrup, sugar and margarine. Heat un... margarine is melted, stirring occasio... ally. Meanwhile, in large bowl combi... dry ingredients. Add syrup mixtu... and stir with a wooden spoon un... blended. Knead dough lightly un... smooth. Proceed with instructions f... house of your choice.

### BEFORE YOU BEGIN

- Read through entire recipe.
- Roll dough while warm. If it cools a... is difficult to roll, microwave on High ... seconds or warm in conventional ov... preheated to 150°F. 5 minutes.
- If you do not have enough cook... sheets, roll dough on foil. Slide a pie... of heavy cardboard under foil. Cut o... dough; refrigerate. Transfer foil to ... cooled cookie sheet before baking.
- If dough bubbles during bakin... smooth gently with metal spatula. ... pieces bake unevenly, trim immed... ately while still warm, using patter... pieces as a guide.
- For best results, make White Dec... rative Icing one recipe at a time. If icin... separates, whisk until blended, addi... confectioners' sugar to thicken if necessar...
- Use unthinned white icing to glue a... pieces and pipe decorations. To thi... icing to painting consistency, dilu... with 1 tablespoon water to ¾ cup icin...
- While rolling dough, place cooki... sheet on damp kitchen towel to kee... from sliding.

*(continued*

## LOG CABIN



# Create a taste of heaven with Duncan Hines & semi-sweet chocolate.




Duncan Hines

## Chocolate Angel Swirl

Serves 12.

*Dreams of a heavenly light Christmas will come true when you start with Duncan Hines light, delicious Angel Food Cake.*

1 Duncan Hines Deluxe Angel Food Cake Mix
1⅓ cups water
8 squares (8 oz.) semi-sweet baking chocolate
4 Tablespoons butter or margarine
½ cup flaked coconut
10-inch tube pan

1. Finely grate 2 squares (2 oz.) of chocolate. Set aside in a cool place.
2. Preheat oven to 375°F. Prepare batter as directed on package.
3. Spoon one-fourth of batter into pan and spread evenly. Sprinkle one-third of grated chocolate (about 1½ Tbs.) over batter. Repeat this procedure two more times, top with remaining batter.
4. Bake, cool and remove cake from [illegible] as directed on package.
5. Melt together in small [illegible] constantly over very [illegible] (6 oz.) chocolate [illegible] Cool slightly [illegible] Sprinkle [illegible] Store [illegible]

- Cover all supporting boxes or cans ahead of time with foil. Make sure they are the right height and weight, especially when supporting the roofs.
- If you want to light the house: Cut a 3-inch square hole in center of base where house will be placed. If you don't want the light bulb to show, glue wax paper to inside of windows with unthinned white icing.

## LOG CABIN

1 recipe Gingerbread Dough (page 136)
3 recipes White Decorative Icing (page 136)

### Green Icing

1 cup White Decorative Icing
1 tablespoon Leaf-Green paste

### Additional Equipment

#2 and #7 plain tips
18x15x⅜-inch foamcore board
Liquid food coloring (red, yellow, green, blue)

### Decorations

4 cinnamon sticks, cut in half lengthwise
2 ounces medium pretzel sticks
4 ounces thin pretzel sticks
6 miniature red gumdrops
1 green ring-shaped gumdrop for wreath
3 inches red ribbon, ⅛ inch wide, for bow
2 ounces small pretzels
6 miniature green gumdrops
6 ounces almond paste
2 ounces pretzel nuggets
10 ounces sliced natural almonds, toasted
3 ounces red cinnamon hearts
6 poppy seeds
4 red-striped candy sticks
2 green-striped candy sticks
16 whole natural almonds
2 tablespoons sesame seed, toasted
4 ounces shredded coconut

### DAY 1

Enlarge pattern pieces on graph paper (see page 136) and cut out. Trace on four 12x9-inch sheets lightweight cardboard; cut out. *(Or use gingerbread house cookie cutter set, available in housewares departments.)* Line three cookie sheets with foil.

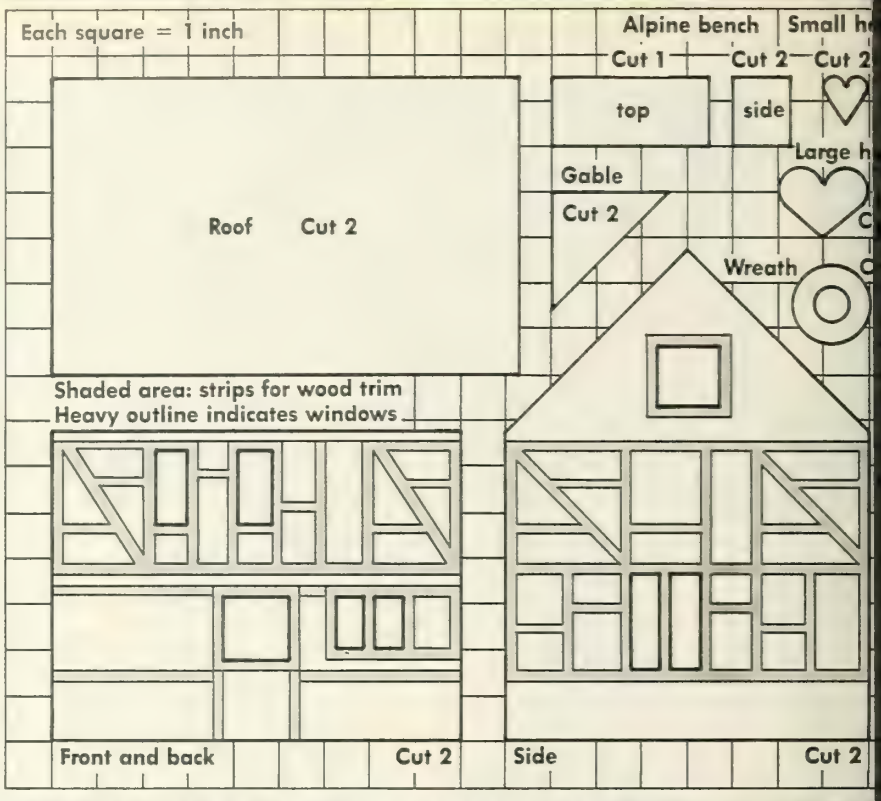
Make 1 recipe dough. Divide in thirds. Place 1 piece dough on each of 3 cookie sheets; roll ⅜ inch thick. Sprinkle all pattern pieces with flour. With sharp knife cut out 2 front and back pieces, 2 sides, 2 roof pieces, 7 trees and 2 chimney pieces. Cut windows from front and back. Cut door from front. Halve 1 cut-out window piece lengthwise for chimney. Cut windows from side pieces. Refrigerate all pieces on cookie sheets 30 minutes.

Preheat oven to 400°F. Bake pieces 15 minutes. Cool on cookie sheets.

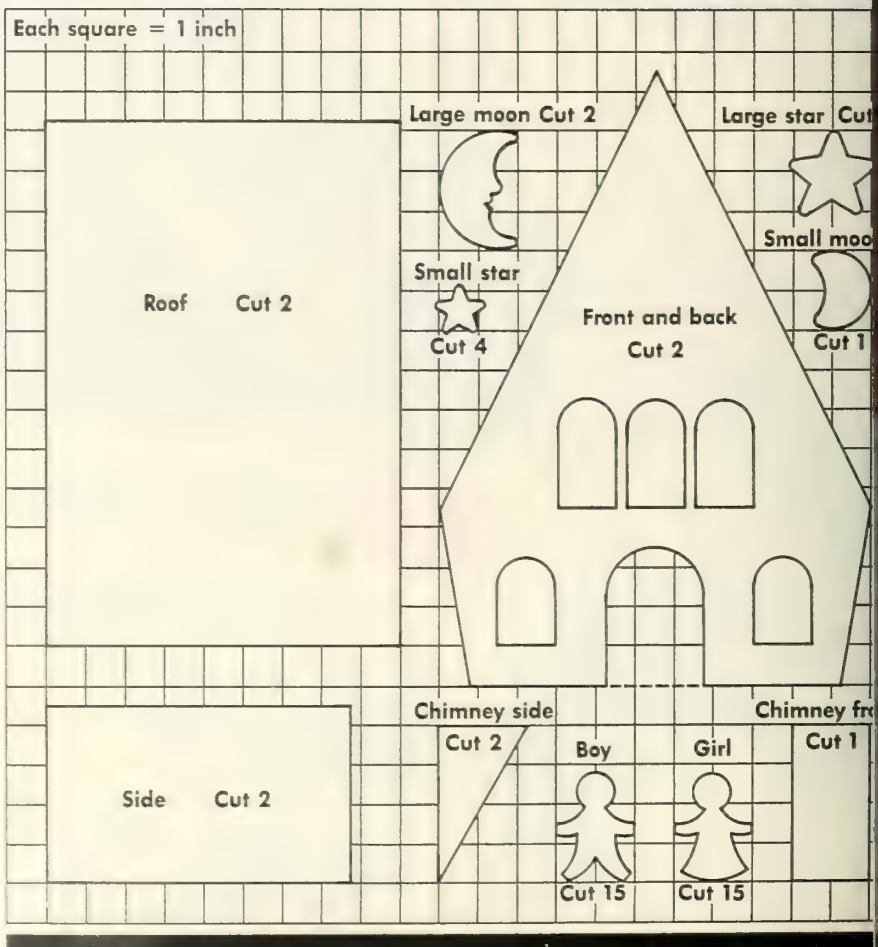
*Make White Decorative Icing 3 times. Make Green Icing:* In small container combine ingredients. Cover tightly and set aside at room temperature.

With scissors cut cinnamon sticks to fit window frames; glue in place with white icing. Let dry. *For front and* *(continued)*

## ALPINE HOUSE




## HANSEL AND GRETEL HOUSE



# Uncle Ben's Introduces Long Grain & Wild Rices with Sauce.




## One has real chicken chicken sauce.

## One has real beef beef sauce.

Some people cook. You create. Now Uncle Ben's helps again with two new Long Grain & Wild Rices. One has chicken sauce. One has beef sauce. An unexpected blend of the finest long grain rice and crunchy wild rice... a nutty full-bodied taste enriched with seasonings and hearty stock. And trust Uncle Ben's to put real chicken and real beef in the sauce. Delicious. And it all cooks up in just 5 minutes. Let 'em think you're a genius.



**Taste the good cook in Uncle Ben's® Wild Rices.**

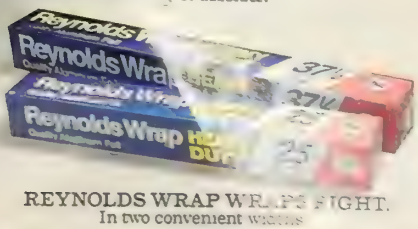


# THE FASTEST WAY TO GET OUT OF A MESS.

Imagine. No scrubbing, scouring, or soaking.

Line your pan with Heavy Duty Reynolds Wrap® aluminum foil. Cleanup's as easy as lifting the foil and throwing it away. Reynolds Wrap® keeps the mess from becoming a baked-on mess.

Reynolds Wrap makes cleaning so fast, it's almost like having a maid.




REYNOLDS WRAP WRAPS RIGHT.
In two convenient widths

**Here's a tip: Mold Reynolds Wrap aluminum foil over the back of the pan. Remove the foil, flip the pan upright and your foil will fit perfectly into the pan.**

## INGERBREAD CLASSICS
continued

*of house*: Trim medium pretzel sticks t window and door frames; glue on. With ula spread white icing over remaining aces. Press on thin pretzels to make log ng. Trim pretzels even with edges of se. Glue 2 miniature red gumdrops at 1 window's upper corners. Glue wreath red bow to front door.

*or house sides*: Decorate window frames 1 medium pretzel sticks and miniature gumdrops as for front and back. Spread te icing over remaining surfaces. Press nin pretzel sticks, leaving triangular top te. Decorate top with small pretzels and een gumdrops on each side. Press on a of almonds as shown. Paint 1 side of s with unthinned green icing. Let dry. ay roof pieces on a flat surface. Spread a thick layer of white icing. Starting at e of each piece, press on almond slices rows, slightly overlapping, to resemble gles. Let dry.

### Y 2

nt other sides of trees. Draw a 7¾x5¼-1 rectangle in center of board where se will be placed. Spread a thick line of te icing along outline of rectangle. Stand nt of house on board, supporting with s. Spread icing along both side edges of nt piece. Glue side pieces to front; sup-t. Ice edges of side pieces. Glue back to es; support.

*lake almond-paste people.* On smooth, surface roll marble-size pieces of almond paste, shaping heads, arms, legs and bodies. Gently press together to make people. Add poppy seeds for eyes. With toothpick or small knife tip mark mouths, hair, etc. Combine food coloring with equal drops of water. With small brush carefully paint on color. Let pieces dry without touching.

*Make deer. (Be prepared for a lot of breakage.)* On a flat surface cut small pretzels with sharp knife to make 10 antlers. Cut 3 nuggets in half crosswise for 5 heads. Cut medium pretzel sticks to ⅜ inch for necks. Fit pastry bag with #2 tip; fill with white icing. With nugget cut side down, glue on 2 antlers and neck piece. Repeat with others. With knife tip carve 4 holes into each of 5 nuggets to insert thin pretzel sticks for legs. Glue on legs. Let dry standing on legs.

Pipe white dots on 1 side of trees. Glue cinnamon hearts on half the dots. Let dry.

### DAY 3

Glue on roof pieces, supporting with cans and boxes. Be careful not to break almonds. Let dry overnight. Glue deer heads to bodies, supporting with small cans or boxes. Glue on small pieces of thin pretzel sticks for tails. With #2 tip pipe deer faces as shown. Glue chimney together. Let dry.

### DAY 4

Glue chimney pieces to roof. Let dry 4 hours. With sharp knife trim red-striped candy sticks to fit each corner of house. Glue in place. Glue medium pretzels along candy sticks. With #2 tip decorate corners.

Ice chimney; press in cinnamon hearts. Trim 2 green-striped candy sticks to fit across roof peak. Fit pastry bag with #7 tip and pipe snow and icicles on roof. Glue trees to base, supporting with cans and boxes. Let dry 4 hours. Glue whole almonds on base at front door to outline path. Spread icing on path and sprinkle with sesame seed. Spread icing over rest of base. Sprinkle on coconut. Arrange people and deer around house.

## ALPINE HOUSE

2 recipes Gingerbread Dough (page 136)
5 recipes White Decorative Icing (page 136)

**Red Icing**
1 cup White Decorative Icing
1 tablespoon Red-Red paste

**Dark Green Icing**
1 cup White Decorative Icing
1 tablespoon Leaf-Green paste

**Additional Equipment**
Pastry brush
#2, #3 and #7 plain tips
22x18x⅜-inch foamcore board

**Decorations**
6 lemon and 6 pineapple Lifesavers, crushed
2 tablespoons shortening, divided
4 ounces semisweet or milk chocolate chips
2 ounces pine nuts
12 ounces butterscotch chips
4 ounces peanut halves
1 tablespoon dark corn syrup
2 pounds red licorice bits

*(continued)*


# Doesn't your family deserve less?

If your family deserves what's best, it deserves less. Less salt, fats, calories, and cholesterol. By helping your family eat right now, you may be establishing healthy eating habits that will last a lifetime. And, as leading health professionals agree: less is best.

Providing Fleischmann's® Light as part of a sensible diet can help to reduce excessive levels of salt, fat, calories, and cholesterol that many families often consume. Only Fleischmann's Light gives you less of what you don't want and more of what you do want. Great Fleischmann's taste.

© Nabisco Brands, Inc.1986

Your family deserves what's best. Fleischmann's Light and less.

**25% less salt**
**25% less fat**
**25% less calories**
**than regular margarine**
**100% delicious**




MANUFACTURER COUPON | EXPIRES DEC. 31, 1987

20¢

**Save 20¢ when you buy any size Fleischmann's Light.**

RETAILER: One coupon per purchase of product indicated. Any other use constitutes fraud. Consumer to pay sales [illegible] if copied, transferred, prohibited, taxed or restricted. Good only in U.S.A. APO's, FPO's. We will reimburse you for the face value plus 8¢ handling, provided you [illegible] sumer have complied with the offer terms. [illegible] NABISCO BRANDS, INC., DEPT 5621, EL PASO, TX 79966

842269

5 0

29000 42020



# Ho Ho Homemade Pumpkin Pie. Make it a new tradition.

*During the holidays nothing says you really care like your own fresh-from-the-oven homemade Pumpkin Pie. Make it easy with*




*America's favorite recipe. You'll find it right on the label of America's favorite canned pumpkin ... pure, natural Libby's Pumpkin.*

Order Libby's "Great Pumpkin Cookbook." Over 140 recipes in colorful hardcover. See details on the label.


## GINGERBREAD CLASSICS

continued

5 red cinnamon hearts
1 tablespoon red sugar

### Trees

Three 6x2¾-inch Styrofoam cones
3 bags (10¾ oz. each) spearmint leaf gumdrops, split in half
30 miniature white gumdrops

### Bears

5 large white gumdrops
9 regular white gumdrops
10 miniature white gumdrops
3 miniature red gumdrops
1 cup shredded coconut, toasted
2 red cinnamon hearts
4 whole black peppercorns
2 cracked black pepper bits
Three ¾-inch-wide bows cut from 1 piece strawberry or apricot dried-fruit rolls

### DAY 1

Enlarge pattern pieces on graph paper (see page 138) and cut out. Trace on two 17x14-inch sheets lightweight cardboard; cut out. Draw wood trim, using gray areas as a guide. Line 8 cookie sheets with foil.

*Make 1 recipe dough.* Divide in quarters. Place 1 piece dough on each of 4 cookie sheets; roll 3/16 inch thick. Sprinkle all pattern pieces with flour. With sharp knife cut out front and back from each of 2 cookie sheets. Cut but do not remove windows for front; leave back piece solid. Cut out s pieces from remaining 2 cookie sheets, c ting but not removing windows. Refriger all pieces 30 minutes.

Make dough again. Divide dough in qu ters. Place 1 piece dough on each of 4 coo sheets; roll 2 pieces 3/16 inch thick. Rol piece ¼ inch thick and 1 piece 1/16 inch thi Cut out roof pieces from 3/16 inch dou From ¼ inch dough cut out 22 small hea 1 large heart, alpine bench pieces, 1 wre and 2 gables. From 1/16-inch dough cut ¼-in wide strips for wood trim. Refrigerate pieces 30 minutes.

Using pattern pieces as a guide, cut strips to size for wood trim on front of hou Brush strips with water and press gen into place. Add strips to make lower w part of front door, pressing with knife ed to make "board" marks. Apply wood trim back and side pieces. Refrigerate front, b and sides 20 minutes more.

Preheat oven to 400°F. Bake front and s pieces 10 minutes. While dough is h quickly remove windows (*you will have recut them*) and smooth and straight frame edges. Return to oven 5 minu more. Carefully sprinkle crushed Lifesav into windows. Return to oven about 1 m ute, until candies are melted. Cool on coo sheets. Bake back and roof pieces 15 m utes. Bake hearts, bench pieces and wre 10 to 12 minutes. Cool all pieces on coo sheets.

### DAY 2

In double boiler melt chocolate chips; beat 1 tablespoon shortening until smooth. F pastry bag fitted with #7 tip with chocola Immediately pipe along house bases shown; spread evenly with small spatu Press in pine nuts.

In double boiler melt butterscotch chi beat in 1 tablespoon shortening un smooth. Fill pastry bag fitted with #7 with butterscotch. Immediately pipe in flat areas inside wood trim, one section a time. Spread butterscotch to edges of wo trim with toothpicks. Press in pine nuts a peanuts as shown. *(If necessary, reheat b terscotch in microwave or double boiler.)* I harden at least 4 hours. With small bru paint wood trim with dark corn syrup. I pieces dry.

### DAY 3

*Make White Decorative Icing 5 times. Ma colored icings:* In each of 2 small containe combine ingredients for each icing. Cov and set aside at room temperature.

Lay roof and gable pieces on a flat surfa Spread with a thick layer of white icing. S aside 12 licorice bits for rooftop. Starti along base of each roof piece, firmly pres row red licorice bits into icing. Contin pressing in rows, slightly overlapping bi to make shingles. Repeat with remaini pieces. Let dry.

Fill pastry bag fitted with #3 tip wi green icing. Pipe around window and do frames. With small brush paint wreath wi thinned green icing. Let dry. Fill pastry b fitted with #2 tip with white icing; pipe do around windows and on wreath. Glue 5 r cinnamon hearts on wreath. With whi icing sandwich 4 small hearts to make heart pillows. Ice tops and sides; *(continue*


Calciyum.
ALBA
HIGH CALCIUM
Sugar Free Hot Cocoa Mix
NutraSweet
Alba® Hot Cocoa. The only hot cocoa mix with more calcium than 8 ounces of milk. And just 60 calories.

sprinkle sides with red sugar. With small brush paint remaining small hearts with thinned red icing. Let dry. With #2 tip decorate tops of heart pillows, 12 red hearts for corners and plain large heart.

Draw a 9x8-inch rectangle in center of board where house will be placed. Spread a thick layer of white icing along outline of rectangle. Stand front of house, supporting with cans. Spread white icing along both side edges of front. Glue side pieces to front; support. Ice edges of side pieces. Glue back to sides; support. Let dry.

## DAY 4

Glue on roof and gable pieces, supporting with boxes and cans.

STATEMENT OF OWNERSHIP, MANAGEMENT AND CIRCULATION
REQUIRED BY THE ACT OF AUGUST 12, 1970: SECTION 3685, TITLE 39, UNITED STATES CODE

1A. Title of Publication: LADIES' HOME JOURNAL
1B. Publication number: 00237124
2. Date of filing: September 24, 1986
3. Frequency of issue: Monthly
3A. No. of issues published annually: 12
3B. Annual subscription price: $19.95
4. Location of known office of publication: 3 Park Avenue, New York, NY 10016
5. Location of headquarters of general business office of the publisher: 1716 Locust Street, Des Moines, IA 50336
6. Names and addresses of publisher, editor, and managing editor: Publisher: Robert D. Thomas, 3 Park Avenue, New York, NY 10016; Editor: Myrna Blyth, 3 Park Avenue, New York, NY 10016; Managing Editor: Mary Mohler, 3 Park Avenue, New York, NY 10016
7. Owner: Meredith Corporation, 1716 Locust Street, Des Moines, IA 50336. The names and addresses of stockholders owning or holding 1 percent or more of the total amount of stock: Cede & Company, Box 20, Bowling Green Station, New York, NY 10004; Kray & Company, One Financial Plaza, 440 S. LaSalle Street, Chicago, IL 60605; Kray & Company, P.O. Box 10645, Newark, NJ 07101; Pearce & Pettit, c/o Wilmington Trust Company, P.O. Box 9746, Church Street Station, New York, NY 10249; Prop & Company, c/o Norwest Bank Des Moines, N.A., 666 Walnut Street, P.O. Box 837, Des Moines, IA 50304; The E.T. Meredith and Bohen families and family foundations own directly or beneficially, through some of the nominees listed above, approximately 31% of the issued and outstanding stock of the corporation. Each nominee holds stock for one or more stockholders.
8. Known bondholders, mortgagees and other security holders owning or holding 1 percent or more of total amount of bonds, mortgages or other securities: None.

| | Average number of copies of each issue during preceding 12 months: | |
|---|---|---|
| (A) | Total number of copies printed (net press run) | 6,014,855 |
| (B) | Paid circulation | |
| | 1. Sales through dealers & carriers, street vendors, and counter sales | 1,004,499 |
| | 2. Mail subscriptions | 4,133,972 |
| (C) | Total paid circulation | 5,138,471 |
| (D) | Free distribution by mail, carrier or other means: samples, complimentary and other free copies | 218,464 |
| (E) | Total distribution (sum of C & D) | 5,356,935 |
| (F) | Copies not distributed | |
| | 1. Office use, leftover, unaccounted, spoiled after printing | 39,503 |
| | 2. Returns from News Agents | 618,417 |
| (G) | Total (sum of E, F1 and 2—should equal net press run shown in A) | 6,014,855 |

| | Actual number of copies of single issue published nearest to filing date: | |
|---|---|---|
| (A) | Total number of copies printed (net press run) | 5,978,950 |
| (B) | Paid circulation | |
| | 1. Sales through dealers & carriers street vendors, and counter sales | 1,100,000 |
| | 2. Mail subscriptions | 4,019,948 |
| (C) | Total paid circulation | 5,119,948 |
| (D) | Free distribution by mail, carrier or other means: samples, complimentary and other free copies | 208,134 |
| (E) | Total distribution (sum of C & D) | 5,328,082 |
| (F) | Copies not distributed | |
| | 1. Office use, leftover, unaccounted, spoiled after printing | 25,868 |
| | 2. Returns from News Agents | 625,000 |
| (G) | Total (sum of E, F1 and 2—should equal net press run shown in A) | 5,978,950 |

I certify that the statements made by me above are correct and complete.
*Dean Pieters, V.P. Director of Development*

*Make trees:* With toothpicks that have been broken in half, attach spearmint leaves, leaf tip down, in a row around base of 1 cone. Continue adding rows of leaves up the cone. Repeat with remaining cones and spearmint leaves. With toothpicks attach 10 miniature gumdrops on each tree.

*Make bears:* Use white gumdrops. For papa bear, attach 2 large gumdrops with toothpicks for head and body. Attach 4 medium gumdrops for arms and legs. Attach 2 miniature gumdrops to head for ears. Repeat for mama bear. For baby bear, attach 1 medium gumdrop to 1 large gumdrop for head and body. Attach 4 miniature gumdrops, for arms and legs. Cut tops off 2 miniature gumdrops; attach tops to head for ears. Cut tops off 3 red miniature gumdrops and attach to heads for muzzles.

Place ½ cup toasted coconut on a large plate. With small brush, carefully paint bears with unthinned white icing except for muzzles. Place bears on coconut; sprinkle on remaining coconut. Do not press coconut, so bear will look "fluffy." Let dry on plate.

## DAY 5

Fit pastry bag with #3 tip and fill with white icing. Glue 12 licorice bits to rooftop as shown. Stand bench sides against front of house and glue to board. Glue bench top to bench sides. Let dry. Glue 3 decorated red hearts to each of the 4 house corners, as shown, to cover seams. Pipe icicles on windows and bench. Pipe white icing balls between hearts along corners. Glue heart pillows and large decorated heart to bench. Glue wreath to front door. Glue peppercorns and pepper bits on bears for eyes. Glue cinnamon heart noses to mama and papa bears. Attach bow and bow ties.

Fit pastry bag with #7 tip. Pipe icicles along roof. Let dry.

Glue 6 plain red hearts to base for walkway. Dilute white icing so it will spread evenly. Carefully brush thinned icing smoothly around heart flagstones, then spread with spatula to cover entire base. Let dry 4 hours. Glue bears to base at side of house. Let dry. Arrange trees around house.

# HANSEL AND GRETEL HOUSE

2 recipes Gingerbread Dough (page 136)
4 or 5 recipes White Decorative Icing (page 136)

### Red Icing
1 cup White Decorative Icing
1 tablespoon Red-Red paste

### Green Icing
1 cup White Decorative Icing
1 tablespoon Leaf-Green paste

### Yellow Icing
1 cup White Decorative Icing
¼ teaspoon Golden Egg Yellow paste

### Light Brown Icing
½ cup White Decorative Icing
⅛ teaspoon Brown paste

### Dark Brown Icing
½ cup White Decorative Icing
½ teaspoon Brown paste

### Blue Icing
cup White Decorative Icing
¼ teaspoon Sky-Blue paste

### Additional Equipment
#2, #3 and #9 plain tips
22x20x⅜-inch foamcore board
Wax paper (optional)

### Decorations
7 peppermint round candies
5 each red and green medium gumdrops
30 jujubes (red, green and yellow)
3 spearmint leaf gumdrops
9 tiny candy canes
½ pound jelly beans
1 pound shredded coconut

## DAY 1

Enlarge pattern pieces on graph paper (s page 138) and cut out. Trace on two 17x inch sheets lightweight cardboard; cut o Line 8 cookie sheets with foil.

*Make 1 recipe dough.* Divide in quarte Place 1 piece dough on each of 4 cookie shee roll ¼ inch thick. Sprinkle front and ba pattern pieces with flour. With knife cut front and back from each of 2 cookie shee Cut out windows and door on front; leave ba piece solid. Halve cutout window and d pieces lengthwise for shutters. Sprinkle r pattern piece with flour. Cut 1 roof piece fr each of 2 remaining cookie sheets; refrigera all pieces 30 minutes. Wrap scraps.

Preheat oven to 400°F. Bake pieces 15 20 minutes, until edges are lightly brown Cool on cookie sheets.

Make dough again. Divide in quarte Place 1 piece on each of 4 cookie sheets; ro piece ¼ inch thick. Roll remaining dough inch thick. Sprinkle remaining patte pieces with flour. From ¼ inch thick dou cut 2 side pieces, 2 chimney sides and chimney front. Refrigerate 30 minutes.

Sprinkle stars and moons and boy and g pattern pieces (or cookie cutters of simil shapes) with flour. From 1/16-inch-thick dou cut 2 large stars, 4 small stars, 2 lar moons, 1 small moon, 15 boys and 15 gir Refrigerate all pieces 30 minutes. Ba sides and chimney pieces 15 to 20 minut bake all decorations 10 to 12 minutes.

*Make White Decorative Icing 4 tim* Spread some icing on rounded sides of chimney pieces, moons and stars. Let dry

*Note:* To paint interior of house, mak more recipe White Decorative Icing. Pla pieces flat side up on wax paper. Paint wi white icing and let dry. This is desirable you wish to light the house.

## DAY 2

*Make colored icings:* In each of 6 small c tainers combine ingredients for each ici Cover tightly and set aside at room tempe ture. Using pastry bags fitted with #2 and tips, decorate house front and sides with t thinned white icing as shown. Attach candi Decorate back of house as desired. To decor roof, pipe icing in scallops, overlapping sc lops slightly to resemble tiles. Add decorati candies to roof, leaving room for chimn Place chimney front iced side down. Spre icing along long edges. Glue matching edges side pieces to front, supporting with boxes cans. Paint backs (flat sides) of children w thinned red, yellow and green icing so that y have 5 boys and 5 girls in each color. W white icing, glue on front door, window a door shutters, using a jujube behind shutt to angle. Glue spearmint leaf gumdrops t top windows. Let dry.

*(continue*

# Powder Problem.

# Liquid Solution.






## Introducing Palmolive Automatic.

Those gritty, grainy remains of undissolved dishwashing powder aren't a problem anymore.

The solution: New Palmolive Automatic, a revolutionary new liquid made just for automatic dishwashers. It dissolves in a twinkling and rinses clean without a trace of powder residue. New Liquid Palmolive Automatic Dishwasher Detergent. All it leaves behind is clean.

## The solution for automatic dishwashers.

LIMITED WARRANTY TO CONSUMERS
Good Housekeeping PROMISES
REPLACEMENT OR REFUND IF DEFECTIVE

1986 Colgate-Palmolive Co.

## GINGERBREAD CLASSICS

continued

### DAY 3

With white icing, glue chimney to one roof piece, supporting with a box. Let dry. Glue jelly beans onto chimney.

With toothpicks, decorate fronts of children with colored icings as shown. Let dry.

Draw a 9½x7¾-inch rectangle in center of board where house will be placed. Spread a thick line of white icing along outline of rectangle. Stand front of house, supporting with cans. Spread icing along both side edges of front piece. Glue side pieces to front; support. Ice edges of side pieces. Glue back to sides; support. Let dry.

### DAY 4

Draw outline for jelly bean sidewalk; spread with white icing. Press in jelly beans. Glue on roof, support. Let dry.

### DAY 5

Fit pastry bag with #9 tip. Pipe icicles around edges of roof as shown. Draw a large circle around house for children fence. Spread icing from house out to circle. Sprinkle with coconut. Spread a thick line of icing on circle. Arrange children; support with boxes. Let dry. **End**

## Journal Shopping Center

**COVER**
Socks, long johns and T-shirt from Space Kiddets, 46 East 21St., NYC. Hair and makeup by Jane Pittman, Beauty Booking. Dog from All-Tame Animals Inc., 250 West 57th St., NYC.

**HOW TO LOOK GREAT AT A PARTY**
**Pages 110–111:** Skirt, jacket and shirt, Andre Van Pier; hosiery, Flash Legs; bracelet, Eric Beamon; earrings, Richard A. Serbin; shoes, Andrea Carrano. **Page 112:** Jacket, Andre Van Pier; scarf, Echo; earrings, Brett Lewis at Fragments; three cuff bracelets, Wendy Gell; other bracelets, left to right, Richard A. Serbin, Yves St. Laurent, Marla Buck, Marla Buck, Yves St. Laurent and Richard A. Serbin. All makeup by Clarion Ultra Pure Makeup: Peach Beige Natural Finish Makeup; Translucent Light Finishing Powder; Cinnamon Apricots Enhancing Blush Duo; Silver Sequins Wearproof Eyeshadow; Onyx Eye Definer Lining Pencil; Rich Black Luxurious Lash Mascara; Peach Blush Lasting Color Lipstick. **Page 113:** Dress, Andrea Jovine; necklace, Randy Carnes at Foreign Intrigue; earrings, Monet. All makeup by Revlon: Powder Creme Makeup-Delicate Ivory; Skin Balancing Pressed Powder-Light; Naturally Glamorous Blush/Honey Amber; Custom Eyes-Ranch Mink/Taupe Star; Stayliner-Expresso; Special Eyes Mascara-Brown; Moon Drops Lipstick-Red Pagoda. **Page 114:** Jacket and blouse, Andre Van Pier; trousers, Nicole Farhi; hosiery, Fogal; shoes, Stuart Weitzman; bag, La Bagagerie; scarf, Echo; necklace, Eric Beamon. **Page 115:** Skirt, Cathy Hardwick; top, Nicole Farhi; hosiery, Fogal; shoes, Stuart Weitzman; necklace, Patricia Locke at Fragments; bracelets, Richard A. Serbin. **Page 116:** Blazer, Tahari; scarves, Echo; bag, La Bagagerie; gloves, La Crasia; earrings, Richard A. Serbin. All makeup by Coty: All-In-One Foundation in SOFT BAMBOO; Airspun Pressed Face Powder in TRANSLUCENT; Bare Blusher in FROSTED CINNAMON; Shadow 'n Line Eyekit in THE NATURALISTS; Airspun Powderessence Mascara in BLACKEST BROWN; Silksticks Lipstick in GOLD LAMÉ.

**HOLIDAY BUFFET FROM THE FRUGAL GOURMET**
**Pages 116–117:** Top left photo: glass shell bowl and frosted glass bowl (for dip) from Keeg's, 310 Broadway East, Seattle, WA 98101. Red tray from Egbert's, Inc., 2231 First Ave., Seattle, WA 98121. Bottom left photo: glass salad bowl from Egbert's. White plates from Keeg's. Oval glass casserole, copper pot, napkins and striped place mat from Sur la Table, 84 Pine St., Seattle, WA 98101. Right photo: footed cake plate, square glass plate, white ceramic fruit basket and brass basket for poinsettias from Egbert's. Poinsettias from Paul Ecke Poinsettias, Encinitas, CA 92024.

**CHRISTMAS BY DESIGN**
**Page 118:** "Arcadia" fabric for tablecloth from The Masterworks Collection of Larsen Fabric, 232 East 59th St., NYC 10022, 212-674-3993.* **Page 119:** Christmas tree and decorations from Jack Tolin, 1849 86th St., Brooklyn, NY 11214, 718-232-0724. **Page 120:** Table (bottom) from Martell Antiques, 53 East 10th St., NYC 10003. *Through Decorators.

**THE SANTA CLAUS AWARDS**
**Page 122:** Feather tree, Twins Feather Trees, 1615 Pullan Ave., Cincinnati, OH 45223.

**GREAT COOKIES FROM GREAT COOKING SCHOOLS**
**Pages 124–125:** Antique goldleaf wooden tray from Le Bris Antiques, 510A Broome St., NYC 10013. Antique bandpaper box and Chippendale chest from Bertha Black American Antiques, 80 Thompson St., NYC 10012. Napkin from Pierre Deux, 870 Madison Ave., NYC 10021.

## GOLDEN GIRLS' GIFTS

continued from page 109

### ROSE'S CARAMEL PECAN LOGS

pictured on page 109

- 2 cups sugar
- ½ cup plus 2 tablespoons light corn syrup
- ½ cup water
- 1 egg white
- 1 teaspoon vanilla extract
- 1 bag (14 oz.) caramels
- 2 cups chopped pecans, toasted

In heavy 2-quart saucepan bring sugar, ½ cup corn syrup and water to a boil over medium heat, stirring constantly. Cook without stirring until syrup reaches hard-ball stage (250°F. on candy thermometer). Meanwhile, in small mixer bowl beat egg white at high speed until stiff. Beating constantly, slowly pour in hot syrup in a thin stream. Beat in vanilla; continue beating until stiff peaks form and mixture becomes fudgy and cool enough to handle, about 10 minutes. Divide into quarters; place each on a sheet of wax paper. Shape each piece into a 4x1-inch log. Wrap individually and refrigerate several hours or until firm.

In top of double boiler, melt caramels and remaining 2 tablespoons corn syrup over simmering water, stirring occasionally, until smooth. Spread pecans on wax paper. Line cookie sheet with foil. Unwrap one log. Quickly dip log in caramel mixture, turning to coat; roll in pecans. Transfer to a cookie sheet. Repeat with remaining logs. Refrigerate several hours or until firm. Wrap individually in plastic wrap. Store in refrigerator up to 2 weeks. Makes 4 logs, 175 calories per ½-inch slice.

### DOROTHY'S PASTA MACHINE BREAD STICKS

pictured on page 108

- 1 package active dry yeast
- 1 cup warm water (105°F.–115°F.)
- 3 to 3¼ cups all-purpose flour
- 1 teaspoon salt
- ¾ teaspoon coarsely ground pepper or 2 teaspoons oregano

In small bowl dissolve yeast in water. In food processor combine 3 cups flour, salt and pepper or oregano. With machine on, pour in dissolved yeast. Process until dough is smooth and comes away from sides of bowl.

On lightly floured surface shape dough into a ball. If sticky, knead in additional flour. Set up pasta machine. Divide dough into 6 pieces. Flatten 1 piece into a 5x4-inch rectangle 1¼ inch thick. Keep remaining dough covered. Roll dough through pasta machine at the widest opening. Insert narrow[er] of dough into machine and cut into [fet]tuccine strips. Arrange ½ inch apar[t] ungreased baking sheets. Let stan[d] cookie sheet 15 minutes. Preheat o[ven] to 375°F. Bake 20 to 25 minutes, u[ntil] lightly browned. Repeat with rem[ain]ing dough. Makes about 7 dozen [with] calories each.

### SOPHIA'S MARINARA SAU[CE]

pictured on page 109

- ⅓ cup olive oil
- 1 cup chopped onions
- ¾ cup chopped carrots
- 3 cans (28 oz. each) Italian plum tomatoes with their juice (or 5½ lbs. fresh plum tomatoes halved)
- 2 large garlic cloves, chopped fine
- ¼ cup chopped fresh basil or 2 teaspoons dried
- 1½ teaspoons salt
- ½ teaspoon freshly ground pepper

In large saucepan heat oil over medi[um] heat. Add onions and carrots; saute [un]til tender, about 8 minutes. Stir in [re]maining ingredients. Bring to a b[oil]. Reduce heat; simmer, stirring occasi[on]ally, 45 minutes or until thickened.

If using canned tomatoes, puree [the] sauce in a blender or food processo[r]; using fresh tomatoes, pass the sa[uce] through a food mill placed over a la[rge] bowl. Pour into 1-pint jars. Store in [re]frigerator up to 1 week. (Or pack [in] freezerproof containers and freeze u[p] 3 months.) Makes 4 pints, 35 calo[ries] per ½ cup.

### BLANCHE'S PEACHES 'N' CREAM LIQUEU[R]

pictured on page 108

- 1 can (14 oz.) sweetened condensed milk
- 1 cup peach schnapps
- 1 cup heavy or whipping cream
- ¾ cup vodka
- 4 eggs
- 1 teaspoon vanilla extract
- ¼ teaspoon almond extract

In blender combine all ingredien[ts] blend until smooth. Pour into bottl[es]. Refrigerate overnight to mellow f[la]vors. Shake well before serving. St[ore] in refrigerator up to 1 month. Mak[es] about 2½ pints, 90 calories per ¼ cu[p].

### BLANCHE'S ORANGE BRAND[Y]

pictured on page 108

- 4 large oranges
- 1 cup sugar
- ½ cup water
- 2½ cups brandy

*(continue[d])*

# Holiday Joy from Baker's® Coconut.

Baker's

Bake a delicious present that'll add joy to the holidays. With fresh, moist Baker's® Coconut, you'll see faces light up with joy.

**HE GIFT CAKE**

package (2-layer size) white or yellow cake mix or pudding-included cake mix
package (4-serving size) JELL-O® Vanilla Flavor
Instant Pudding and Pie Filling
1⅓ cups water
4 eggs
¼ cup oil
1⅓ cups (about) BAKER'S® ANGEL FLAKE® Coconut
1 cup strawberry jam
FROSTING: 3½ cups thawed COOL WHIP® Whipped Topping
2 cups (about) BAKER'S® ANGEL FLAKE® Coconut
Large Green Gumdrops

1. Combine cake mix, pudding mix, water, eggs and oil in large mixer bowl. Blend; then beat at medium speed of electric mixer for 4 minutes. Stir in 1⅓ cups coconut. 2. Pour into greased and floured 13x9-inch pan. Bake at 350° for 50 minutes or until cake begins to pull away from sides of pan. Do not underbake. 3. Cool in pan 15 minutes. Remove from pan and finish cooling on rack. Cut in half to make two 6x8-inch layers. 4. Spread jam and ½ cup of the whipped topping between layers. 5. Frost with remaining whipped topping. Mark "ribbon" areas with wooden picks. 6. Sprinkle 2 cups coconut over rest of cake. 7. Flatten gumdrops with rolling pin on pastry board sprinkled with sugar. Roll gumdrops together very thin (1/16-inch), coating with sugar. Cut with sharp knife and place in "ribbon" areas. Cut seven 3x1-inch strips and form into bow.

GENERAL FOODS




Baker's® Coconut makes it extra special.

© 1986 General Foods Corp. Baker's, Angel Flake, Cool Whip and Jell-O are registered trademarks of General Foods Corp.

# Beware.

Don't get stuck with a nonstick that only looks like SilverStone.®

Insist on the SilverStone seal.

That's the only way you can be sure you won't get stuck with early wear-out. Early wear-out happens when a nonstick coating is too thin or applied to a poorly prepared surface.

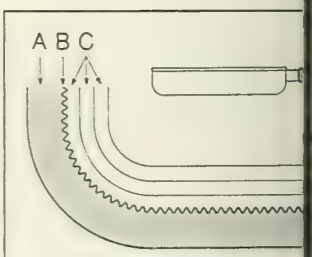
DuPont's unique Certification Program helps prevent early wear-out.

DuPont sets the standards, not only for proper surface preparation, but for metal thickness, and proper application of 3 layers of premium SilverStone.

Only manufacturers who maintain these standards earn the right to display the SilverStone seal on their products.

So don't buy just any nonstick. Insist on SilverStone and the DuPont Certification seal. It's your guarantee you won't get stuck.




DuPont Standards:

A. Proper metal thickness to avoid pan warp.
B. Proper surface preparation for superior coating adhesion.
C. Thick 3-layer coating for superior abuse resistance and easy clean up.

*Certified quality only from DuPont*

# Don't get stuck. Get SilverStone.®

Only DuPont makes SilverStone premium finishes.

DUPONT

cup vodka
teaspoon vanilla extract

h swivel-bladed vegetable peeler, ove peel from oranges.
1 medium saucepan combine sugar water. Bring to a boil. Reduce heat simmer, swirling pan occasionally, il sugar is completely dissolved. Re- e from heat. Stir in orange peel. Let id at room temperature until cooled.
1 glass jar combine brandy, vodka vanilla with syrup and peel; seal itly. Let stand 3 to 5 days. Discard l. Strain through a paper coffee fil- or several thicknesses of cheese- h. Pour into bottles. Makes 2 pints, alories per ounce.

### BLANCHE'S HOT PEPPER VODKA

mall dried hot chili pepper
ups vodka
easpoons aromatic bitters

l-pint jar combine all ingredients. steep 2 to 3 days. Makes 1 pint, 70 ories per ounce.

### ESTELLE GETTY'S CHUNKY CHOCOLATE FRUIT AND NUT BAR

cup chopped dried apricots
cup raisins
cup rum or brandy
cup (4 oz.) shelled hazelnuts
pound semisweet chocolate
tablespoons unsalted butter
dozen bon-bon cups

bowl combine apricots, raisins and n or brandy. Let stand 1 hour.
reheat oven to 350°F. Spread nuts in allow baking pan. Toast 10 minutes until fragrant and browned. Cool ghtly. Wrap in kitchen towel. Rub off n. Chop coarsely.
et bon-bon cups on a cookie sheet or e a 12x8-inch pan with foil. In top of ible boiler melt chocolate and butter r simmering water; stir until blended. move from heat. Stir in fruits and ts. Spoon into cups or spread in pan. frigerate until firm. If chocolate is ead in pan, transfer to a cutting rd and cut into 1-inch squares. kes 96 pieces, 55 calories each.

### RUE McCLANAHAN'S CHILI-SPICED ALMONDS

egg white
tablespoon water
pound shelled almonds
tablespoons chili powder
large garlic clove, crushed
teaspoons cumin
teaspoon salt
teaspoon ground red pepper

Preheat oven to 300°F. In bowl whisk egg white and water until frothy. Add almonds; stir to coat. Transfer almonds to colander; drain off excess egg white.

In plastic bag combine remaining ingredients; add almonds and shake until coated. Arrange nuts in a single layer on cookie sheet. Bake 25 minutes. Cool on cookie sheet. Store in tightly sealed containers. Makes 4 cups, 40 calories per tablespoon.

### BETTY WHITE'S HONEY BOURBON SAUCE

2⅔ cups honey
1 cup bourbon
⅓ cup fresh lemon juice
1 teaspoon freshly ground black pepper

In large bowl stir all ingredients until well combined. Pour into four 8-ounce jars and refrigerate. Serve as a sauce for grilled chicken or ribs. Makes 4 cups, 30 calories per tablespoon.

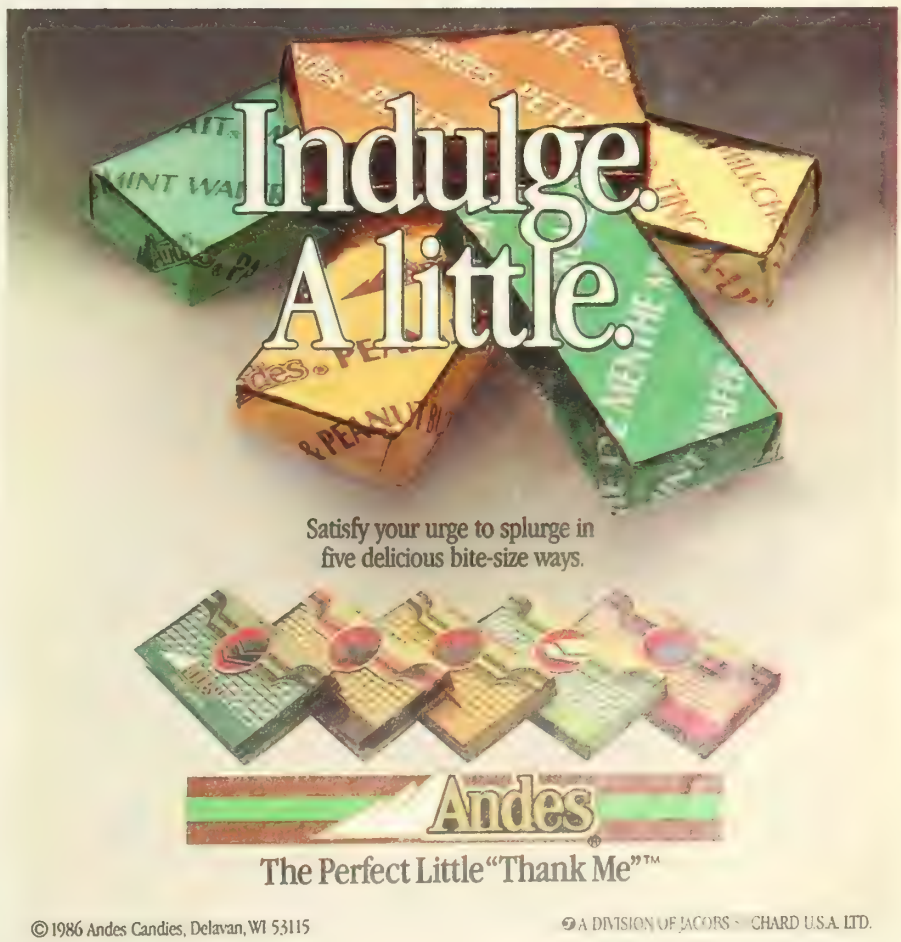
### BEA ARTHUR'S RUGELACH

1 package active dry yeast
¾ cup plus 2 tablespoons sugar
½ cup warm water (105°F.–115°F.)
3 cups all-purpose flour
½ teaspoon salt
3 egg yolks
½ cup heavy or whipping cream
1 teaspoon vanilla extract
1 cup butter or margarine, softened
3 tablespoons cinnamon
1 cup strawberry or apricot jam
1 cup finely chopped walnuts
1¼ cups golden raisins

In bowl dissolve yeast and 2 tablespoons sugar in water. In mixer bowl combine flour and salt. With mixer at low speed, beat in yeast mixture, egg yolks, cream and vanilla. Blend in butter 2 tablespoons at a time. Wrap dough in plastic wrap and refrigerate several hours or overnight.

Preheat oven to 350°F. Line 2 large cookie sheets with foil. Butter foil.

In small bowl combine ¾ cup sugar and the cinnamon; sprinkle heaping tablespoon on work surface. Divide dough into 10 pieces; shape into balls. Refrigerate until ready to use. Roll one ball into an 8-inch circle, turning several times to coat well with cinnamon-sugar. Cut into 8 wedges. Place ½ teaspoon jam, pinch walnuts and a few raisins on the wide end of each wedge. Beginning at wide end roll up each wedge; transfer to cookie sheet, curving to form a crescent. Repeat with remaining dough. Bake 25 to 30 minutes, until browned and puffed. Immediately transfer to wire racks to cool. Makes 80, 95 calories each. **End**



# The 8:12 to the office in Traverse City, Michigan. Home of the best pies in the world.



In Traverse City, [illegible] Keith Charters weighs anchor [illegible] morning and heads off for [illegible] and the Chef Pierre Pie Company makes pies the way your grandmother used to. With special attention to the fruit. And pastry dough made [illegible] hes, for crusts that are tender, flaky and crisp—never soggy or doughy.

Take our pumpkin pie, for example. We use pumpkin, eggs, and a secret mix of nutmeg, sugar and [illegible]. For a miracle that melts in your mouth.

Our pies come ready to bake [illegible] or lustily pre-baked to warm in a regular or microwave oven. Look in your grocer's freezer.

**Chef Pierre. The best pie you can buy**



## THE FRUGAL GOURMET

continued from page 117

### MENU

recipes pictured on pages 116-117

**Serves 16**

**pirited Caviar Dip with Crudités**
**Baked Garlic with Toasted French Bread**
**Salmon Mousse**
**Spinach Cheese Rolls**
**West Coast Seafood Salad**
**Lamb with Fennel Sausage and Eggplant**
**Orzo**
**Cannelloni with Tomato Sauce**
**Holiday Hazelnut Salad**
**Merry Christmas Cheesecake**
**Cranberry Orange Torte**
**Fresh Fruit**
**ıfandel, Chianti or Burgundy wine**

### SHOPPING LIST

pound medium shrimp
pound squid
pounds boneless leg of lamb or lean beef chuck, cut in 1½-inch cubes
pounds sweet Italian sausage with fennel
pints sour cream
pound butter
pounds ricotta or small-curd cottage cheese
ounces feta cheese
ounces Parmesan cheese
packages (8 oz. each) cream cheese
dozen eggs
pint heavy or whipping cream
pounds green beans
medium eggplants
yellow onions
large red onions
whole bulbs garlic
bunch celery
bunch green onions
bunches parsley
bunch dill
bunch chives
red peppers
green pepper
package (10 oz.) fresh spinach or frozen chopped spinach
sorted fresh vegetables for crudités
sorted fresh fruit for dessert bowl
sorted salad greens
lemons
oranges
kiwifruit
pint strawberries
bag (12 oz.) cranberries
jar apple jelly
jar (3½ oz.) red lumpfish caviar
cans (7 oz. each) or 1 can (15½ oz.) red sockeye salmon
can (2 oz.) flat anchovy fillets
bottle white wine vinegar
bottle (8 oz.) clam juice
jar (3¼ oz.) capers
cans (35 oz. each) Italian tomatoes
can (16 oz.) tomatoes
package (16 oz.) orzo (rice-shaped pasta)
ounces shelled whole hazelnuts
package (8 oz.) phyllo dough
French baguettes or 2 loaves French bread
boxes assorted crackers for salmon mousse
bottle (750 ml) dry red wine

### STAPLES TO HAVE ON HAND

Olive oil
Peanut oil
Milk
All-purpose flour
Granulated sugar
Confectioners' sugar
Superfine sugar
Unflavored gelatin
Graham cracker crumbs
Dry unflavored bread crumbs
Vanilla extract
Baking powder
Dijon mustard
Red pepper sauce
Oregano
Bay leaves
Basil
Nutmeg
Rosemary
Salt and pepper
Vodka

### SCHEDULE

**Up to 1 month ahead:**
1. Invite guests.
2. Buy nonperishable ingredients, wine and liquor.
3. Make and freeze spinach cheese rolls, cannelloni crepes and tomato sauce.
4. Make and freeze cheesecake.

**Up to 1 week ahead:**
1. Roast and skin hazelnuts for salad; refrigerate.
2. Bake and freeze cake layers for torte.

**Up to 2 days ahead:**
1. Buy remaining ingredients.
2. Make cranberry filling for torte.
3. Make and refrigerate lamb casserole.

**Up to 1 day ahead:**
1. Cook and refrigerate shrimp and squid for seafood salad.
2. Make and refrigerate salmon mousse.
3. Trim vegetables for crudités; refrigerate separately.
4. Trim and blanch green beans for salad; refrigerate.
5. Wash salad greens and slice red peppers and onions for salad; refrigerate separately.
6. Make and refrigerate salad dressing.
7. Thaw crepes. Make filling and assemble cannelloni; refrigerate.
8. Thaw cheesecake in refrigerator.
9. Thaw tomato sauce in refrigerator.
10. Make candied orange peel for torte.

**Morning of party:**
1. Assemble salad; do not add dressing. Refrigerate.
2. Thaw cake layers.
3. Arrange fresh fruit bowl.
4. Bake garlic; toast bread.
5. Set up table. *(continued on page 154)*






Your coffee's been left cooking in the pot awhile, keeping hot but also getting bitter. Doesn't seem like a problem? Just wait until you serve someone and they notice.

Coffee Butler® from Thermos® solves that bitter problem beautifully. Only Coffee Butler has the famous Thermos insulation to keep coffee hot and fresh-tasting for over eight hours. And only Coffee Butler has 11 elegant designs to cater to any taste, any decor.



Coffee Butler from Thermos. The elegant solution to the problem of bitter coffee.

*Coffee Butler*®
ONLY FROM THERMOS®

## A GREAT GIFT IDEA!

Thermos is a registered trademark of Thermos, a Household International Company. © 1986 Thermos, Norwich, CT 06360. Coffee Butler is a registered trademark of Coffee Butler Services, Inc., Alexandria, VA.




**Everyone wants to finish off** new Crèmerie, the triple creme appetizer cheese.

New Crèmerie triple creme cream cheese from Philadelphia Brand. Rich. Creamy. Tempting. Blended with selected herbs and spices. Choose from French Onion. Herb and Garlic. Garden Vegetable. And Garden Herb. You'll find Crèmerie next to the Philadelphia Brand Cream Cheese in your grocer's dairy case. Serve Crèmerie soon. Watch it disappear.




**New Crèmerie triple creme appetizer cheese from Philadelphia Brand. Now disappearing at the finest occasions.**

Available in limited areas. © 1986 Kraft, Inc.



Sea Legs masquerading as crab claws in a dip that'll grab people's attention.

Sea Legs masquerading as chunks of lobster, skewered or baked in a rich, buttery, cheesy puff pastry.

Sea Legs masquerading as lobster meat in stuffed pasta shells and unforgettable mini-quiche mouthfuls.

# Masquerade Party.



Sea Legs masquerading as sliced lobster tails and crab legs with Cajun dip. Simple. Delicious.

© 1986 The Berelson Company





Sea Legs masquerading as delectable mouthfuls of crabmeat on lettuce, or on rounds of cucumber and pumpernickel with cream cheese. For recipes write Sea Legs, P.O. Box 2753, San Francisco, CA 94126-2753.

If you're having a party this holiday season, invite Sea Legs® brand. It comes disguised as crab and lobster, but Sea Legs is really choice Alaskan fish blended with real crab or lobster.

In the fresh seafood section, pre-cooked and ready to party.

Sea·Legs

# SMART SHOPPER

## MAKING A BUDGET YOU CAN LIVE WITH

You work hard for your money, so why not work a little harder to get the most out of it? Keeping tabs on your spending can really pay off—and it's not as difficult as you might think.

In terms of the effort required, creating a budget is as simple as writing down how much you make and how much you spend, yet few people take the time to do it. Many feel that as long as they spend less money than they earn, they don't need to have a budget, says Lewis Wallensky, president of Lewis Wallensky and Associates, a personal financial planning firm, in Los Angeles.

But knowing where your hard-earned dollars are going can help you to spend your money more efficiently, so you can save to meet long-term financial goals. A budget can also relieve you of the worry of living from check to check. By watching your money carefully, you can establish an emergency fund, and experts say that a safety net totaling three months' worth of expenses is a must for every household.

The first step in creating a budget is to determine where your money has gone in the past. Using canceled checks and receipts, write down all your expenses for the past year. Remember to include occasional and annual expenses in your estimate. Divide the total by twelve to get a rough idea of how much you spend each month.

Next, make a chart to categorize monthly expenditures. Divide the chart into committed (rent, mortgage, loan payments) and flexible (entertainment, gifts, clothing) expenses, suggests Marilyn Capelli, president of Forest Financial Advisors, in Naperville, Illinois. Record what you spent for each item, and then make a separate column for projected expenses for the next few months.

The most important item under committed expenses should be your savings. Judith Zabalaoui, president of Resource Management, a financial planning company in New Orleans, says the biggest mistake people make is not saving enough. Start small, by saving 1 percent of your gross income. Then gradually increase the amount. Your goal should be to set aside 10 to 15 percent of your gross income for a savings or investment account, says Zabalaoui.

When you're deciding how to spend your money, financial planners say, it's impractical to follow traditional budgeting standards that call for a certain percentage of your income to be allotted for rent or transportation. What you spend on housing or food depends on where you live, your age and your tastes.

On your chart of past and estimated expenses, make a column to list how much you actually spend and save.

"There's no magic to sticking to a budget," Capelli says. "It's just good old-fashioned discipline." If you continually overspend your entire budget may need an overhaul. But if you stray only a little the following tips from financial planners may pay off.

- Set meaningful goals. Don't think of savings as money in the bank—visualize it as a means to buying a house or taking a trip.
- Be realistic. Most people underestimate expenses by 10 percent.
- Tuck away money every month for quarterly or annual expenses. Open a separate account if it helps you save.
- Minimize your use of cash; checks and credit cards help you keep better records, but be sure to use credit cards judiciously.
- Just as you should not go to the grocery store when you're hungry, don't shop when you're depressed.
- Allot a small amount of money each month to splurge with. Then you can go on a spree without feeling guilty.

Finally, don't let your budget overwhelm your style. Remember that it is only a guide. But designing a spending plan that suits your lifestyle can help you make the most of your money and give you the comfort of having an emergency fund if unexpected expenses arise.

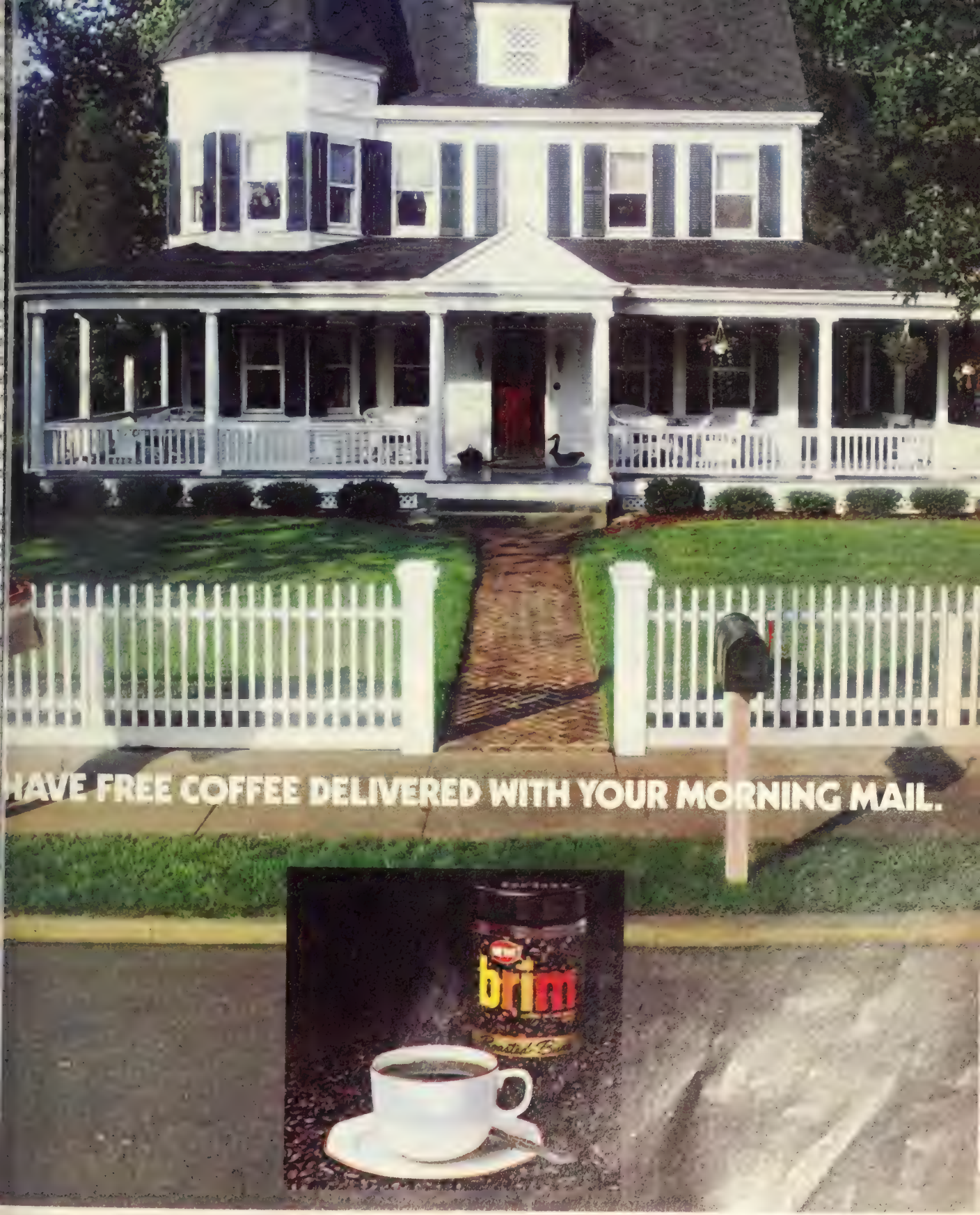
—CARALEE JOHNSON


SAVE $3.00
ON THE COOKBOOKS
THE CHEFS COOK UP.

Now, for a limited time only, you can savor the gourmet secrets of the chefs at the California Culinary Academy—at palatable prices. With the purchase of any of the 14 titles in the CCA Cookbook series—beautiful, easy-to-follow volumes devoted to specific food categories ("MEXICAN COOKING," "SOUP & STEWS," "CAKES & PASTRIES"), you'll receive a mail-in rebate coupon worth $3. That's a saving of 47% on the suggested retail price of $7.95. What's more, along with the $3 rebate, you'll be mailed back two $1.50 rebate coupons good toward additional purchases.

These books are an amazing value, with 160 tested recipes and 70 full-color photographs in each, and are endorsed by the California Culinary Academy, one of the world's most respected chef training schools. Look for this special offer now at bookstores, or wherever fine books are sold.






Call the toll-free number below, and we'll send you a free 1-oz. sample jar of new Brim® Roasted Buds.™ It's the instant decaffeinated coffee that really smells and tastes like fresh ground. If flavor and aroma in a decaf are important to you, let us deliver the coffee that delivers.

**TRY NEW BRIM® ROASTED BUDS™ CALL 1-800-225-BRIM**

Limit one per household. Offer expires March 31, 1987. Allow 6-8 weeks for delivery. Product available in limited areas. Void where prohibited, taxed or otherwise restricted.

NOW THERE'S AN AUTOMATIC BLANKET SO SENSITIVE,
IT KNOWS EXACTLY HOW YOU FEEL. ALL OVER.
THE NEW SUNBEAM P.M. PERSONAL MONITORING SYSTE



## GREEN THUMB JOURNAL

This season you can really use your imagination to decorate with lovely holiday greenery. However, don't let a home accident spoil your Christmas cheer. Keep a close watch on the pine needles around the lights on the Christmas tree. If needles become excessively dry, you should move the lights around a little. Also, make sure that electrical cords are not frayed or worn out, and that the circuit is not overloaded. If you take these precautions and always turn off the tree lights before you leave the house or go to bed, your tree should be relatively safe from fire.

For holiday gift-giving, try making fragrant pomander balls from fruits studded with cloves. These inexpensive presents can last indefinitely and are perfect for perfuming a room, linen closet or drawer.

The best fruits to use in making pomanders are lemons, oranges and limes, but pears and apples work, too. Be sure to select fruits without scars, soft spots or blemishes. To make: Draw a pattern on the fruit with a felt-tip pen. Pierce the skin with a small knitting needle or nut pick and immediately insert cloves. To ensure even drying, do the entire fruit at the same time.

Next, pierce the fruit from stem to blossom end with a knitting needle and suspend to dry. Twist the needle often to keep it from sticking. For best results, dry the pomander for several weeks, until the skin of the fruit appears thoroughly dry. Any remaining moisture could cause the fruit to rot. Finally, push a crochet hook through the hole made by the knitting needle, and thread yarn through the pomander so you can hang it.

### Tips for gardeners

- An old Christmas wreath makes a great mulch-retaining ring when placed around azaleas, blueberry bushes and other small acid-loving shrubs.
- Delay fertilizing most of your houseplants until mid-February or early March. During dormant winter months, plants grown under natural light do not require fertilizer. And if you must transport your houseplants this time of year, remember that taking them outside for even just a few minutes can harm them. Wrap plants with three or four layers of paper sleeves or newspaper and staple closed.

### Answers to your gardening questions

**Q.** I would like to grow garlic, but I'm not sure how to go about it. Is there any specific way to plant it?

**A.** Garlic can be grown either f
cloves (divisions of the bulb) or from
It can be planted in spring or fall; b
areas where the soil freezes, spring pl
ing is best. Plant cloves with their
half an inch below the surface in
that is moist but not wet.

The size of the bulb will be de
mined by the soil and weather co
tions. Fertile soil and plenty of rai
will produce large bulbs.

**Q.** I have trouble growing gardeni
follow all the directions, but they
only a short time after I purc
them. What am I doing wrong?

**A.** Florists and others who sell
denias rarely tell the consumer
this is one of the most difficult plan
get to flower properly in the home.
denias need conditions that are diff
to duplicate: a daytime temperatu
not more than 65° F., a nighttime
perature in the low 60s, lots of l
and high humidity. Regular mis
can help, as can an occasional app
tion of an acid fertilizer. Never let
plant's soil dry out. —C. Z. Gu

*For a personal response to your g
dening questions, send a self-a
dressed, stamped envelope to C.
Guest, LHJ, 3 Park Avenue, N
York, NY 10016.*




## ★ STAR GUIDE ★

### FOR DECEMBER

**IES** (March 21–April 19) Be enthu-stic about your goals and share m with others in your family. Like-ded relatives may have inside infor-ion that could help speed up your cess. Consult your sweetheart on or decisions if a move or new work edule is involved.

**URUS** (April 20–May 20) Re-mber loved ones who live far away call them over the holidays. This is erfect time to renew acquaintances show others you love them. You can a new outlook by going to your ce of worship. Planning a vacation could save you money.

**MINI** (May 21–June 20) You will e plenty of money for the holidays, you may even collect funds that e due you. This is also an ideal time ask for a raise at work. A special sent from a loved one will make you confident in your romantic life.

**NCER** (June 21–July 22) Since re will be so many things to do over holidays, you'll have to make time e with your partner. An important decision about home and property matters may force you to seek legal advice before the year ends.

**LEO** (July 23–August 22) You must watch your weight over the holidays. You enjoy socializing so much that you could forget your diet and undo all the good you've accomplished in the past. Your best exercise workout will consist of regular physical activity at home or work, or just dancing in the evenings.

**VIRGO** (August 23–September 22) At last you will have caught up on work and family responsibilities, so there will be time to spend with your loved one. Escape to a favorite restaurant, or go to the theater or a concert. If you have time, take a vacation—you and your sweetheart must have more fun together.

**LIBRA** (September 23–October 22) Before the holiday celebrations begin, take time to fix up the house—something you have been putting off for a long time. Recruit your family members to lend a hand. Then you can relax, knowing the place will look spectacular when holiday guests arrive.

**SCORPIO** (October 23–November 21) A holiday visit with a friend or relative who is homebound or in a hospital will start the season off right. You may have felt guilty about the lack of time you've had for others during the past year, especially older members of the family, but now is the time to make amends.

**SAGITTARIUS** (November 22–December 21) News about extra money coming to you and your family will give the holidays special meaning. You can finally get out of that financial rut and buy those extra gifts for loved ones. But don't be too extravagant; you shouldn't compete with others in giving expensive Christmas presents.

**CAPRICORN** (December 22–January 19) You'll end the year on a high note, as career, personal and financial goals are met. A raise or promotion will show what your employer thinks of you, and an old ambition will now be within easy reach if you feel like going after it. Be daring and adventurous.

**AQUARIUS** (January 20–February 18) Your patience will be tested many times this season, but you must forgive others for being inconsiderate about your workload, love or romance. Make an effort to join in social activities. By cheering up others in the family, you'll lift your own spirits.

**PISCES** (February 19–March 20) A club or religious organization in your community will need extra help over the holidays, particularly in assisting people who are handicapped or in financial trouble. Be generous with your time, and you will find new and affectionate friends. —FREDRICK DAVIES

# SMART SHOPPER

## WRITING CONSUMER COMPLAINTS WITH CLOUT

If this holiday season leaves you with a product you're not pleased with, don't just mark it off as a bad investment—send a letter of complaint. You may be surprised at how easily your problem can be resolved.

Of course, the best way to avoid having trouble with a product is to be a smart shopper. Always examine a product's warranty before buying, and save all sales receipts. You should also shop only at stores that you know have fair return, exchange and refund policies.

Nevertheless, even the most cautious shopper can run into problems with a product. If you are dissatisfied with something you have bought, your first step should be to take the item (with the sales slip) back to the store where you purchased it. Tell the store manager what's wrong with the merchandise and what you want done to correct the situation. Most complaints can be resolved at this level.

But if you're not satisified with the store's action, write to the manufacturer. For a quick response, consumer affairs experts suggest addressing a complaint letter to a particular individual in a company—either the firm's president or its consumer affairs director. If you have trouble finding out whom you should write to at the company, check with your library or local Better Business Bureau.

Here are some things to keep in mind when you write a complaint letter:

- *Be brief and direct.* "Letters that are straight to the point get the quickest action," says Susan Wycoff, of the Council of Better Business Bureaus, in Arlington, Virginia. Be sure to include essential information—such as the date and place of purchase and serial or model numbers—and a copy of your receipt. (Always keep the original.) And keep copies of all your correspondence, so you can be prepared to take additional action if necessary.
- *Make your letter easy to read.* Type it if possible. Clarity will save time in getting a response. Also, outlining the important points of your letter will give the company all the information it needs at a glance.
- *Be specific.* Tell the company exactly what you want done to resolve the matter.
- *Be businesslike in your tone and reasonable with your request.* "Never write when you're angry. Being offensi sarcastic will not get you the coo tion of those you're working with," Esther Shapiro, director of the sumer affairs department in Det

Depending on the size of the pany, you can expect a response to complaint in two to three weeks, Claudia Leong, consumer affairs d tor in Stanislous County, Californi that time, the company should at indicate that it has received your l and is working to correct the prob she says.

If, however, your letter is ign don't give up—send another, an clude a copy of the first letter. I still receive no response, forward complaint to the Better Bus Bureau, the state or federal cons protection agency, the district torney's office, or media or consumer outlets.

A complaint that deals with safety of a product should be forwa to the U.S. Consumer Product S Commission's hotline, 800-638-CP

In most cases, your efforts wil off. Overall, about 70 percent o product complaints get resolved, L says. But it is your responsibility consumer to follow through with complaint process to get the servic deserve. —CARALEE JOH


Take years off!

Take a dollar off!

$1.00 off any two moisturizers.



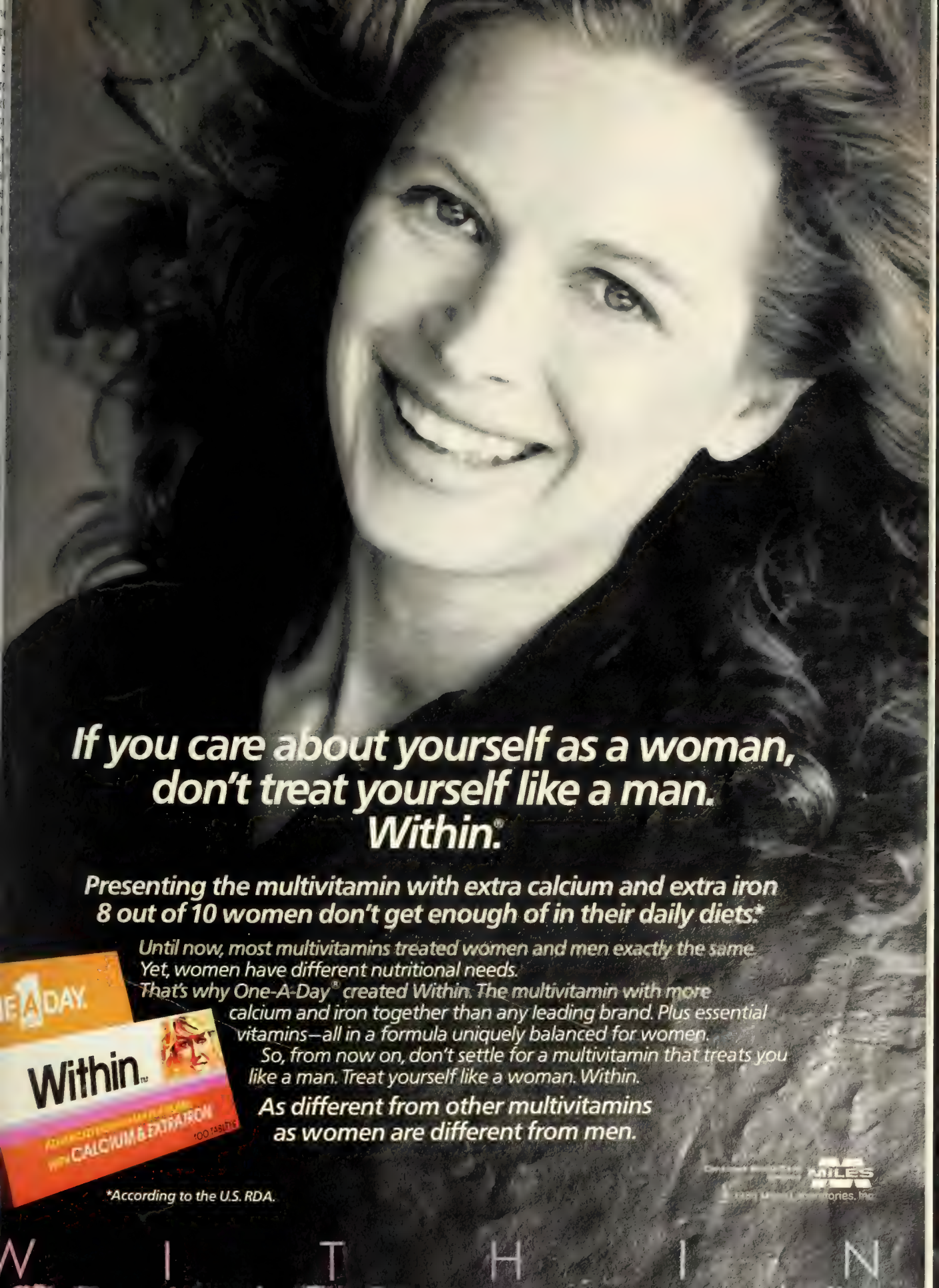

To retailer: Natures Family will redeem this coupon in accordance with our redemption policy, copies available upon request. We will reimburse you face value plus 8¢ handling provided you have redeemed it in your store with customer purchase. Mail to: Natures Family, P.O. Box 730311, El Paso, TX 79973. Offer is limited to one coupon per product purchased

71996 101375

30¢ off any moisturizer.

natures family.
For skin as soft as you remember.

natures family.
For skin as soft as you remember.


If you care about yourself as a woman, don't treat yourself like a man. Within.®
Presenting the multivitamin with extra calcium and extra iron 8 out of 10 women don't get enough of in their daily diets.*
Until now, most multivitamins treated women and men exactly the same. Yet, women have different nutritional needs. That's why One-A-Day® created Within. The multivitamin with more calcium and iron together than any leading brand. Plus essential vitamins—all in a formula uniquely balanced for women.
So, from now on, don't settle for a multivitamin that treats you like a man. Treat yourself like a woman. Within.
As different from other multivitamins as women are different from men.
ONE A DAY.
Within™
with CALCIUM & EXTRA IRON
100 TABLETS
*According to the U.S. RDA.
MILES
WITHIN

continued from page 151

**4 hours before serving:**

1. Make frosted cranberries.
2. Assemble torte.
3. Decorate cheesecake.

**2 hours before serving:**

1. Make caviar dip and arrange crudités and dip in serving dishes; refrigerate.
2. Assemble seafood salad.
3. Remove lamb casserole and cannelloni from refrigerator.

**1 hour before serving:**

1. Reheat lamb casserole.
2. Bake cannelloni.
3. Bake spinach cheese rolls.

**30 minutes before serving:**

1. Unmold salmon mousse.
2. Cook orzo.

**Just before serving:**

1. Reheat garlic.
2. Toss salad with dressing.
3. Garnish torte.

### SPIRITED CAVIAR DIP

*Lumpfish is the most economical of the caviars. Vodka is its perfect partner.*

- 2 cups sour cream
- ¼ cup vodka
- 1 jar (3½ oz.) red lumpfish caviar
- ¼ cup minced chives
- Assorted vegetables for crudités

In medium bowl combine all ingredients, reserving 1 teaspoon caviar. Cover and refrigerate at least 1 hour. *(Can be made ahead. Cover and refrigerate up to 2 hours.)* Garnish with reserved caviar. Serve with crudités. Makes about 2½ cups, 35 calories per tablespoon.

### BAKED GARLIC WITH TOASTED FRENCH BREAD

*When baked slowly, garlic takes on a sweet, buttery flavor—truly addictive.*

- 2 whole bulbs garlic
- 2 French baguettes or loaves French bread, cut into ¼-inch slices

Preheat oven to 325°F. Bake garlic in a small baking dish 1 hour. *(Can be made ahead. Store at room temperature up to 8 hours. Reheat in 350°F. oven 15 minutes.)* On cookie sheets toast bread slices in oven 15 minutes, turning once. Cool. *(Can be made ahead. Store covered at room temperature up to 8 hours.)*

To serve, pull off each garlic clove and squeeze roasted garlic paste onto a toast slice. Makes about 20 garlic cloves, 35 calories each with toast.

### SALMON MOUSSE

*This yummy appetizer can be made ah with easy-to-find ingredients.*

- 1 envelope unflavored gelatin
- ¾ cup clam juice
- 2 cans (7 oz. each) or 1 can (15½ oz.) red sockeye salmon, drained and bones removed
- 6 flat anchovy fillets
- 2 tablespoons drained capers
- 2 green onions, chopped
- 2 tablespoons lemon juice
- 1 tablespoon chopped fresh dill 1½ teaspoons dillweed
- 8 drops red pepper sauce
- 1 cup sour cream
- Dill, for garnish
- Assorted crackers

Spray a 1-quart mold with veget cooking spray or grease lightly with

In small saucepan sprinkle gel over clam juice. Let stand 1 min Cook over low heat, stirring, until c pletely dissolved, about 5 minutes.

In food processor combine remai ingredients except sour cream. Add atin mixture and process until smo Add sour cream and process until blended. Pour into prepared m Cover and refrigerate several hour overnight. *(Can be made ahead. C and refrigerate up to 24 hours.)*

Run a small knife around edg



1. Dip mold into warm water 10 seconds. Invert onto a serving platter. Garnish with dill. Serve with assorted crackers. Makes 4 cups, 20 calories per tablespoon without crackers.

### SPINACH CHEESE ROLLS

*For hungry guests, double this recipe.*

- 2 tablespoons butter, divided
- ½ cup chopped onion
- 1 bag (10 oz.) fresh spinach, rinsed, drained and chopped (or 10 oz. package frozen chopped spinach, thawed) and well drained
- ½ cup ricotta cheese or small-curd cottage cheese
- ½ cup (2 oz.) crumbled feta cheese
- 1 egg, slightly beaten
- ¼ to ¼ teaspoon salt
- ¼ teaspoon nutmeg
- ¼ teaspoon freshly ground pepper
- 6 sheets phyllo dough
- ½ cup dry unflavored bread crumbs

In medium skillet melt 1 tablespoon butter over medium heat. Add onion and saute 5 minutes. Add spinach and cook, stirring constantly, 2 to 3 minutes, until moisture is evaporated. Remove from heat. Stir in cheeses, salt and seasonings; set aside.

Grease a cookie sheet. In small skillet melt 7 tablespoons butter. Place 1 phyllo sheet lengthwise on wax paper or a clean towel. (Cover remaining phyllo with a damp towel to prevent drying.) Brush lightly with butter and sprinkle with 1 tablespoon bread crumbs. Repeat with 2 more phyllo sheets. Spread one third of the filling along 1 long edge of phyllo. Lifting by wax paper, roll phyllo from long edge jelly-roll fashion. Place seam side down on prepared cookie sheet; press ends to seal. Brush top with butter. With a sharp knife cut slices about halfway through phyllo at 1-inch intervals. Repeat twice, making 2 more rolls. *(Can be made ahead. Wrap in foil and freeze up to 1 month. To bake, brush with 1 additional tablespoon butter, melted.)* Preheat oven to 375°F. Bake 20 minutes or until golden brown. (If frozen, bake an additional 15 to 20 minutes.) While still warm, cut rolls into slices. Makes 45 appetizers, 40 calories each.

### WEST COAST SEAFOOD SALAD

*The key to tender squid: Don't overcook. We're serious when we say cook 30 seconds.*

- 1 pound medium shrimp, shelled and deveined, halved lengthwise
- 1 pound squid, cleaned and cut into ¼-inch rings
- 2 cups chopped celery
- 1 yellow onion, peeled and sliced
- ⅔ cup olive oil
- ½ cup white wine vinegar
- 1 cup chopped parsley
- 2 teaspoons crushed oregano
- ½ teaspoon salt
- ¼ teaspoon freshly ground pepper or more to taste
- Lemon wedges, for garnish

In medium saucepan bring 1 quart water to a boil. Add shrimp and boil about 2 minutes or until just pink. Immediately remove with a slotted spoon and immerse in a bowl of ice water. Add squid to same saucepan and simmer about 30 seconds or until opaque. Drain and add to ice water. *(Can be made ahead. Drain and cover tightly. Refrigerate up to 24 hours.)*

Place drained seafood in a salad bowl with celery, onion, olive oil, vinegar, parsley, oregano, salt and pepper. Toss and refrigerate about 2 hours before serving. Serve with lemon wedges. Makes 16 appetizer servings, 140 calories each.

### LAMB WITH FENNEL SAUSAGE AND EGGPLANT

*This will become your favorite entertaining entree. The sausage seasoned with fennel is not always labeled as such—if in doubt, ask your butcher.* *(continued)*


twice the temptation.



PHILADELPHIA BRAND Cheesecake

*1 cup graham cracker crumbs*
*3 tablespoons PARKAY Margarine, melted*
* * *
*2 8-oz. pkgs. PHILADELPHIA BRAND Cream Cheese, softened*
*½ cup sugar*
*1 tablespoon [illegible]*
*1 teaspoon [illegible] lemon rind*
*½ [illegible]*
*2 [illegible]*

*Combine crumbs and margarine; press onto bottom of 9-inch springform pan. Bake at 325°.*
*Combine cream cheese, sugar and vanilla, mixing at medium speed on electric mixer until well blended. Add eggs, one at a time, mixing well after each addition. Fold in stiffly beaten egg whites; pour over crust. Bake at 300°, 45 minutes.*
*Serve with cherry pie filling if desired.*

PHILADELPHIA CREAM CHEESE KRAFT

© 1986 Kraft, Inc.




Serve any of Idahoan® nient varieties as side dis experiment!

Let us inspire you with lection of real Idahoan® today! They come direct kitchens of some of Idah cooks. After all, who kn about potatoes than Idah

**Free Recipe**

Toll free USA:

**1-800-547-4**

Oregon 1-800-523-1158
Canada 1-800-547-6169
*"Our name means potatoes"*

Idahoan® Idaho Fresh-Pak, I
Number One Potato Place
Lewisville, ID 83431-0130


## THE FRUGAL GOURMET

continued

- ¾ cup olive oil, divided
- 4 pounds boneless leg of lamb or lean beef chuck, trimmed and cut into 1½-inch cubes
- 1½ pounds sweet Italian sausage with fennel
- 2 medium eggplants, cut into 1-inch cubes
- 4 onions, sliced
- 6 garlic cloves, crushed
- 1 can (16 oz.) tomatoes, chopped
- ¾ cup chopped parsley
- 2 bay leaves
- 2 teaspoons salt
- 1 teaspoon freshly ground pepper
- 1 bottle (750 ml) dry red wine
- 1 pound orzo, cooked according to package directions

In large Dutch oven or saucepan heat 2 tablespoons oil over medium-high heat. Add one third of the lamb or beef cubes and cook until browned on all sides. Transfer to a large bowl. Repeat with remaining meat. Add sausage to Dutch oven and cook until well browned, piercing with a fork occasionally, about 20 minutes. Drain on paper towels. When cool, cut into ¾-inch slices. Heat 4 tablespoons oil in Dutch oven. Add eggplant and saute until softened, about 15 minutes. Transfer to another bowl. Heat remaining 2 tablespoons oil and saute onions and garlic until onions are translucent.

Return the lamb and sliced sausage to Dutch oven. Stir in remaining ingredients except eggplant. Simmer partially covered 1 hour for lamb, 1½ hours for beef, or until tender. Stir in eggplant and simmer 30 minutes more. *(Can be made ahead. Cover and refrigerate up to 2 days. Reheat over low heat, stirring occasionally, about 1 hour.)* Serve with orzo. Makes 16 servings, 610 calories each for lamb, 590 calories each for beef, without orzo.

### CANNELLONI WITH TOMATO SAUCE

*Homemade crepes make for very tender cannelloni shells.*

**Crepes**

- 8 eggs, divided
- 3 cups water, divided
- 3 cups all-purpose flour, divided
- 1½ teaspoons salt, divided
- Peanut oil

**Filling**

- 3 pounds ricotta or small-curd cottage cheese
- 3 eggs
- ⅓ cup chopped parsley
- 1 cup grated Parmesan chee
- Tomato Sauce (recipe follows)
- Grated Parmesan cheese

*Crepes:* In blender combine 4 egg cups water, 1½ cups flour and ¾ spoon salt; blend until smooth. into a bowl. Repeat; add batter to bowl. Heat a lightly oiled 10-inch pan over medium heat. Spoon in 2 tablespoons batter, tilting pa spread batter. Cook until surfac pears dry, about 2 to 3 minutes. crepes and cook 30 seconds more. T fer to wire rack to dry. Repeat wit maining crepes. Stack crepes bet sheets of wax paper. *(Can be made a Wrap tightly and freeze up to 1 m Thaw at room temperature 2 hours.* *Filling:* In large bowl combine all i dients; blend well.

Spoon 3 rounded tablespoons f in center of top crepe. Roll edges u around filling. Lifting by wax pape move crepe from stack and set aside peat with remaining crepes and fil

Lightly grease 2 large, shallow c role dishes. Spoon about ¾ cup to sauce into the bottom of each. Arra cannelloni in each dish. Layer sauce on each. Repeat with rema cannelloni and sauce. *(conti*

# Bake me a cake as fast as you can.




Now you can make a moist, delicious cake...in 10 minutes! With New Pillsbury Microwave Cake Mix, made *just* for the microwave. Simply mix, pour the batter into its own special baking pan, and microwave. You'll get a fresh, delicious cake that's perfect...every time.

**New Pillsbury Microwave Cake Mix. When you want it now, and you want it good.**

©The Pillsbury Co., 1986

*(Can be made ahead. Cover and refrigerate up to 24 hours.)* Preheat oven to 350°F. Sprinkle cannelloni with Parmesan. Cover and bake 25 to 30 minutes, until hot and bubbly. Makes 24 cannelloni, 225 calories each with sauce.

### TOMATO SAUCE

*This is a good basic tomato sauce that can be used for any recipe for marinara sauce.*

- ⅓ cup olive oil
- 1 medium onion, chopped
- 1 green pepper, chopped
- 4 garlic cloves, pressed
- 2 teaspoons basil
- 2 cans (35 oz. each) Italian tomatoes
- 1 teaspoon oregano
- ½ teaspoon rosemary
- ½ teaspoon grated lemon peel
- 1 teaspoon salt
- 1 teaspoon freshly ground pepper

In large saucepan heat oil over medium heat. Add onion, green pepper and garlic; saute until onion is translucent. Add remaining ingredients; cover and simmer 1 hour. *(Can be made ahead. Cover and freeze up to 1 month. Thaw in refrigerator up to 24 hours.)* Makes 2 quarts, 120 calories per cup.

### HOLIDAY HAZELNUT SALAD

*Hazelnuts (or filberts), indigenous to the Northwest, add great flavor and crunch to this salad.*

- 1 cup (about 4 oz.) shelled whole hazelnuts
- 3 pounds green beans, trimmed and halved
- 2 large red onions, sliced thin
- ½ cup sliced green onions
- 2 red peppers, sliced thin
- 3 quarts assorted salad greens

**Dressing**

- 1 egg, at room temperature
- ½ cup olive oil
- 3 tablespoons wine vinegar
- 2 tablespoons Dijon mustard
- 2 teaspoons fresh lemon juice
- ⅛ teaspoon sugar
- 1 garlic clove
- Salt and freshly ground pepper to taste

Preheat oven to 375°F. Place hazelnuts in a shallow baking pan and toast 15 minutes or until fragrant and browned. Cool slightly. Wrap in a kitchen towel and rub off skins. Chop nuts coarsely. *(Can be made ahead. Cover and refrigerate up to 1 week.)*

In large saucepan bring 1 inch water to a boil. Add beans; cover and cook 6 to 8 minutes, until crisp-cooked. Drain and immerse in ice water; drain again. *(Can be made ahead. Cover and refrigerate up to 24 hours.)*

*Dressing:* In blender combine all ingredients. Process until smooth. *(Can be made ahead. Cover and refrigerate up to 24 hours. Shake well before using.)*

In large salad bowl combine green beans, onions, peppers and salad greens; toss well. Just before serving, drizzle with dressing. Top with hazelnuts. Makes 16 to 20 servings, 165 calories each per 16, 135 calories each per 20.

### CRANBERRY ORANGE TORTE

*The cake is very similar in taste to shortbread. Change the filling to suit the season.*

- 2 cups all-purpose flour
- 2 teaspoons baking powder
- ¼ teaspoon salt
- ½ cup butter or margarine, softened
- About 1 cup sugar
- 2 eggs
- 1 teaspoon vanilla extract
- ½ teaspoon grated orange peel
- 1 cup milk

**Filling**

- 2⅔ cups cranberries
- 1 cup water
- 1 cup granulated sugar

- 1½ cups heavy or whipping cream
- 2 tablespoons confectioners' sugar
- 1 teaspoon vanilla extract

**Frosted Berries**

- 1 egg white
- ⅓ cup cranberries
- ½ cup superfine sugar

**Candied Orange Peel**

- About ½ cup sugar
- ½ cup water
- Julienned peel of 1 orange

Preheat oven to 350°F. Grease and flour two 9-inch round cake pans. In medium bowl combine flour, baking powder and salt. In mixer bowl cream butter or margarine with sugar until light and fluffy. Add eggs one at a time, beating well after each addition. Beat in vanilla and orange peel. Add dry ingredients alternately with milk, beginning and ending with dry ingredients. Spoon batter evenly into prepared pans. Bake 25 minutes. Cool in pans on wire racks 15 minutes. Remove from pans and cool completely. *(Can be made ahead. Wrap and freeze up to 1 week. Thaw wrapped at room temperature up to 8 hours.)*

*Filling:* In medium saucepan combine cranberries, water and granulated sugar. Simmer over medium heat 20 minutes. Cool completely. *(Can be made ahead. Cover and refrigerate up to 2 days.)* In large mixer bowl whip cream with confectioners' sugar and vanilla until stiff.

Slice each cake horizontally int layers. Place one layer on a serv dish. Spread on half the filling; ad second cake layer. Spread 1½ c whipped cream on top. Layer with maining cake layers, filling whipped cream. *(Can be made ahe Refrigerate up to 4 hours.)* Garn with frosted cranberries and cand orange peel. Makes 16 servings, calories each.

*Candied Orange Peel:* In saucep bring ½ cup sugar and water to a b Add julienned orange peel; simmer minutes. Drain. Roll in additio sugar to coat. Dry on wire ra

*Frosted Berries:* In small bowl bea egg white until frothy. Lightly br cranberries with egg. Roll in superf sugar. Dry on wax paper 4 hours.

### MERRY CHRISTMAS CHEESECAKE

*If you want to serve this cheesec without fruit, Jeff Smith recomme broiling immediately after baking u the top is lightly browned.*

**Crust**

- 1 cup graham cracker crumbs
- 2 tablespoons sugar
- ¼ cup butter or margarine, melt

**Filling**

- ½ cup sugar
- 3 eggs
- 3 tablespoons butter or margarine, melted
- 1 tablespoon vanilla extract
- 3 packages (8 oz. each) cream cheese, cubed
- 2 cups sour cream

- 1 pint strawberries, hulled
- 2 kiwifruit, peeled and sliced thin
- 3 tablespoons apple jelly, melted, for glaze

*Crust:* Preheat oven to 350°F. In sm bowl combine all ingredients. Press i the bottom of an 8-inch springform p Bake 15 to 20 minutes. Cool.

*Filling:* In food processor or blender c bine sugar, eggs, butter or margarine vanilla. Process until smooth. Add cre cheese a few cubes at a time. Process u well blended. Pour into a bowl; stir sour cream. Pour into prepared pan.

Reduce oven to 325°F. Bake 1 hour 15 minutes. Cool on wire rack 30 m utes. Refrigerate overnight. *(Can made ahead. Cool completely. Wrap freeze up to 1 month. Thaw in refrigera up to 24 hours.)*Arrange strawberries kiwi fruit on top. Brush with apple je Makes 16 to 20 servings, 300 calo each per 16, 240 calories per 20.

Recipes adapted from THE FRUGAL GOURMET and THE FR GOURMET COOKS WITH WINE. Copyright © 1984, 1986 b Smith. Published by William Morrow and Company, Inc.


New Golden Griddle
Golden Griddle
SYRUP
CAN YOU SOLVE
THIS GRIDDLE RIDDLE?
There's a new pancake syrup we're told,
That flows out in a stream of gold.
Made with real maple syrup you see,
And thick naturally.
Look deep inside the golden stream,
And the riddle answer can be seen.
New naturally thick,
with pure maple taste.

Dare to be More.




SURGEON GENERAL'S WARNING: Smoking By Pregnant Women May Result in Fetal Injury, Premature Birth, And Low Birth Weight.

17 mg. "tar", 1.3 mg. nicotine av. per cigarette by FTC method.

## OW TO MAKE FRIENDS

continued from page 84

tionships with our parents," says mfield. "You must take one hun- l percent responsibility, learning to pt your mother and father as they You cannot change them, their judg- t or their values. Since so much of t they say to you is predictable, the thing to do is to stop resisting."

wler suggests you begin by practic- some good-natured communica- s skills. One exercise you might try list all the things about which you your parents agree. Let's say you like Kenny Rogers. Put him down he list. So what if you don't agree ut Tina Turner. Leave her off. Try to at least six items you agree on, if some are not so important. Then are ready to list a few issues about ch you don't see eye to eye—such as you spend your money or whether go to church every week. By pin- ting the subjects you realize you not discuss without making sparks you should be able to find some- g equally compelling to talk about n the sticky topics come up.

hat if parents insist on bringing up oublesome issue? For example, let's your father continues to hassle you ut your not attending church every k. Instead of getting into a battle in, say something good-natured, h as, "Dad, I know how you feel ut this, and I respect your views. I a solid religious orientation from during my childhood, but you and I 't have the same attendance pat- ns anymore. I hope you can under- nd that I just don't feel going to rch every Sunday is necessary."

he key is to reframe your dif- nces in a context of respect, says vler. Then introduce an alternate ic or activity so there is no long si- ce. You might say, "This talk about rch reminds me of our old family le—the one with our family tree on overleaf. I haven't seen that for so g. Could we get it out and have a k?" Your parent isn't used to being lt with this way. He will be caught guard, wondering, Are you trying to w me? But if you are sincere and pectful, with a little effort you can er any conversation away from a hot ic and on to a warm one. "People ely do this—but, believe me, it rks," says Fowler.

he more you open the lines of com- nication, the easier it will be to ge a pleasant relationship with your ents. One of the nicest ways to begin relate to your mother and father is to them about themselves. "Talk to r parent," suggests Frederich Duhl, D., co-director of the Boston Family Institute. "Find out what he was like when he was a child. Most people never hear their parents' stories." You might also try remembering an event that had an impact on you and asking your parent what it was like: your grandfather's heart attack, moving from a favorite house, a period of unemployment, whatever. Sometimes your spouse can help bridge the gap, Duhl adds. You might be uncomfortable asking your father about his childhood experiences as an immigrant, but there's nothing stopping your husband from doing so. "Making friends is understanding where people come from, how they make sense of the world. And our parents always make sense of it differently from the way we do," he says.

### Learning to forgive

Bloomfield stresses how important it is to give up all the grievances and the anger, as well as the need to blame or punish, that are residual from childhood. One way to do so is to compile a mental list of resentments you harbor toward your parents. Picture each parent listening to you talk about what made you angry or upset in the past. Imagine them appreciating and understanding your point of view. Bloomfield claims that this harmless daydream can help exorcise some of the ghosts that have haunted you since childhood.

When you do see your parents, think about avoiding conflicts. If necessary, set a time limit on your visits. Accept what they say, but don't feel you have to respond to it. The key is to realize that your parents are people with faults and virtues just like your own. Only when you stop responding to them as a child will you begin to enjoy your relationship with them.

Sometimes, becoming a parent yourself makes it a lot easier to see things from your own parents' point of view. Jane, the mother of a one-year-old boy, knows firsthand how difficult it is not to fall back into those old squabbles when you go home. But in Jane's case, having a baby seems to have changed everything. "My mother used to focus her attention on me and my life. But now, with Zach around, I'm in the background. The pressure is off." It's been a great relief, adds Jane, who, for the first time in years, has opened her eyes to her mother's "positive, endearing qualities: her loving, fun and attentive side. She is so wonderful with Zach," says Jane. "She gives him unqualified love and attention. Seeing her this way with him, no longer worrying—as she did when my sisters and I were growing up—about being the perfect mother with the cleanest house *(continued)*

LADIES' HOME Journal SHOPPING SERVICE

FREE COVER OFFER as seen on page 92

**Ladies' Home Journal**
**Dept. J123**
**P.O. Box 506**
**Chappaqua, New York 10514**

**Fully refundable if not satisfied!**

Please send me (indicate quantity)

_____ free sets of four cover posters—limit of five free sets per customer ($1.00 postage and handling per set)

_____ sets of framed posters ($19.95 plus $3.00 postage and handling per set)

Enclosed is my check or money order for _____ made payable to RMS Sales, Inc. Or charge my ☐ Mastercard or ☐ Visa. Charges for framed sets only.

**Signature**_____

**Card No.**_____ **Exp. Date**_____

**Print Name**_____

**Address**_____

**City**_____ **State**_____ **Zip**_____

For Canadian orders use U.S. funds. Add $3.00 to postage and handling charges. Please allow 4–6 weeks for delivery. Vendor: RMS Sales, Inc., 107 Seven Bridges Rd., Chappaqua, NY 10514.

and the cleanest children, has given me a new look at her, and I'm glad for that."

As you begin to identify yourself as a parent, the battle lines of "me versus them" are no longer quite as clear. "Having a baby helped me to recapture my appreciation of my mother," says Danan, an interior designer and the mother of an infant daughter. "I waited a long time to have a child, and until I had one I never knew what kind of tolerance and patience being a parent took. Not only did I never realize how patient my own mother is, I never really regarded that trait as a virtue. Now I see her, a seventy-three-year-old woman, up at three in the morning after spending an hour with my colicky daughter, and her voice is still calm and perfectly modulated. I see her nurturing and caring for the baby, and I remember what it was about her that I adored as a little child.

"Our experiences as adults were so different," Danan continues, "that my mother couldn't offer me much direction. I saw only her limitations. She's a very homey woman, who never had the opportunity to travel or experience the cultural activities I value. As a teenager, I looked down my nose at her, all the while pretending to be tolerant but really trying to distance myself from her. Now we have something incredibly important in common."

Of course, in some instances, grandchildren become a source of tremendous conflict between the two older generations. Adult children tend to resent any interference from their parents, whether it takes the form of criticism or overindulgence and spoiling.

"My mother is very free with her advice, and she's extremely overprotective," says Maureen, a nurse and the mother of four. "I used to respond very badly to her comments. I was well into my thirties before I was able to say to myself 'Cool it' when dealing with her. Over the past couple of years I've begun to recognize that she is a human being and to treat her with the respect she deserves. I've also learned to listen to all her advice—and then go my own way. I say something such as, 'I know you feel you need to tell me this, but I wish we could have a more equal relationship. Let me handle this situation on my own.' Mom may not always like to hear that, but at least now I can say it, and I feel better."

Children usually don't realize that they have tremendous leverage and power when it comes to their parents, says Duhl. Most parents don't want to lose their children. Understanding that makes it easier for children to "forgive the differences," he says. "Your parents were doing the best they could. They handled the world the only way they knew how."

### Restoring the peace

"It took five years of therapy and a master's degree in psychology for me to start seeing my parents from a different perspective, to realize that they weren't responsible for my mistakes any more than their parents were responsible for their mistakes," says Mary Ann. "But in the past couple of years I have mellowed. The process was triggered by that blowup on Christmas. I ended up telling them they could no longer dictate to me how to live my life, that if they chose to stop communicating with me, that was their choice. Just saying that gave me a feeling of more personal power. As it happens, George was wrong for me—we broke up six months after that Christmas—but I didn't want to hear it from them.

"In fact, my parents had no intention of breaking off communication," Mary Ann adds. "They wanted to continue seeing me—and my daughter. I have come to realize that they always really wanted happiness for me. I'm no longer intimidated by what I believed to be their desires for me. I no longer blame my father for my failures with men. I've been able to accept my parents for what they are and realize they love me and I love them.

"It's funny, but ever since our big fight I have felt less pressure to please them. Before, I found it hard to spend even two days with them. Now I visit with them for a week and feel none of the tension or anxiety of the past. It is much easier for me to show affection to my father and for him to accept it. I give my parents a lot of credit. They have been married almost fifty years. They are very traditional in their values. And here they have accepted me and supported me through all sorts of change and upheaval, with nothing but my happiness at heart. But it sure took me long enough to realize all this."

It should be reassuring that despite all the battles we fight with our folks, we generally wind up accepting their values. Mark Twain once said something that could be true for any of us: "When I was eighteen I was embarrassed by the realization that I had a fool for a father. By the time I turned twenty-one I was amazed at how much the old man had learned in three years." It may be that the moment we begin to see our parents if not uncritically then at least forgivingly marks the true beginning of adulthood. Remember: At whatever age you decide to make friends with your parents, it is up to you to make the first move. **End**



risk-taker, he extends himself beca
something inside of him that pushes

### Taking chances

"I remember the first little TV sc
did with Shirley MacLaine years
he says. "I was sweating. I cou
sleep. I thought, Can you imagine
are actually working with Shirley
Laine. This drove me crazy; nothi
worse than bad acting. So, I am
rified, but I take chances. I need
emotional tremolo for my existen

"Next year I want to do a Broa
show. I don't know exactly what, b
take the chance, even if it's a disa

Misha's plans are not motivat
money. For instance, despite asto
ing offers, he has refused to writ
memoirs and to do commercials. I
order to "secure my future," h
branching out. He has designed a
of dance and exercise clothing, c
Baryshnikov Bodywear, which w
available in January.

"A dancer is spending one third
life in ballet clothes and another
choosing his ballet clothes or char
into them," he says. "I am always
ing at myself in these goddamn t
on my butt . . . so . . . why not?

"At least it could be a product I w
be proud of and I myself will wear
I myself will be in control. I must
how it's packaged. I must discuss
and colors. I must watch abou
quality. I won't just let them us
name. I will even choose the mode

Baryshnikov leans back. Way
With his incredible balance the
doesn't tip over. With anyone e
would. He locks his hands behin
head for a second. "This is some
commercial, and so I feel there is s
thing not right about this. I am
religious person, but if you have
ent from God, you must keep it
and not use it too much. Not spoil
I am still a little bugged by this . .
for now . . . I only know I am goi
try to be a good, big capitalist."

Late afternoon casts its shadow
the room. Misha stands up. "I am p
of what I've learned professionally
of whom I've become as a hu
being," he says. "Someday I'd li
return to Leningrad, just to show
old friends what I've done and wha
learned here. Sort of an ego kind o

"And I'd love to take Alexandra th
think she should at least see wh
have come from. Then I want to
back. Back home. Back to my A
can life with my American dau
and my American friends . . . an
maybe . . . to the new American
you are going to find for me."

For bladder control problems...

# INTRODUCING ATTENDS®. BETTER LEAKAGE PROTECTION THAN ANY OTHER UNDERGARMENT.




*I used to make a lot fewer calls, because I doubted my protection. But now I've found the undergarment that protects best...*

*No doubt about it!*

**Literally millions of men and women have problems with bladder control.** And too often, the fear of having an accident in public keeps them from doing what they'd like. It shouldn't. The protection of new Attends Undergarments is so advanced, it helps do away with your doubts.

**What is new Attends?** It's absorbent, disposable, uniquely designed to protect men and women with moderate bladder control problems. And in Super and Regular absorbencies, Attends lets you choose the amount of protection you need.

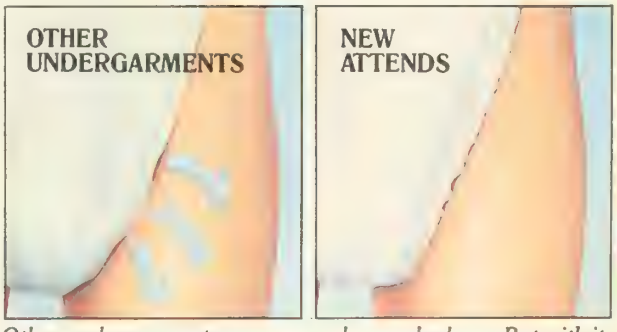
**How does Attends protect against leakage so much better than any other undergarment?** In two ways:

**1.** Only Attends has elastic leg gathers to keep its highly absorbent layers *close* to your body.

**2.** Attends' absorbent layer retains almost ten times its weight in moisture.

**No doubt about it, Attends is designed to give you the best undergarment protection there is.** And to let you get on with your life.

*For more severe bladder control problems, try Attends Briefs.* If you have any questions about Attends products or bladder control problems, call our registered nurses toll-free at **1-800-4-ATTENDS.**




*Other undergarments can gap and cause leakage. But with its elastic leg gathers, Attends protects better against accidents.*

NEW




*Attends' buttoned elastics hold the undergarment securely at the waist.*

*Attends' moistureproof backsheet helps protect against leakage.*

*Attends is the only undergarment with elastic leg gathers to help prevent the gaps that cause leaks.*

**THE BEST PROTECTING UNDERGARMENT. NO DOUBT ABOUT IT.**

# The worst of the year

continued from page 76

it hasn't actually happened yet, experts agree that there is a real chance that the war of terror being fought against us abroad—which escalated so dramatically this past year—will eventually come to this country.

For a long time, Americans saw terrorism as someone else's problem. But over the past decade, one third of all terrorist attacks have been aimed at American institutions and American citizens overseas. Since 1980, a total of 357 Americans have been killed in such attacks in the Middle East and Europe. Images of the tragedies have been seared into our consciousness: Leon Klinghoffer's widow being led off the *Achille Lauro* after Klinghoffer was killed; a blanket being placed over the body of an eleven-year-old girl, the daughter of an American reporter, on the floor of the Rome airport; the face of a grieving mother at the funeral of her young son, a U.S. soldier who was killed in a Berlin nightclub bombing; the gaping hole made by a bomb in the fuselage of a TWA jet en route from Rome to Athens, through which four people, including an eight-month-old baby girl and her mother, were sucked to their deaths. And this past September, ambulances and trucks in the Karachi, Pakistan, airport were loaded with the bloodied bodies of twenty-one dead and more than one hundred wounded, victims of four Arabic-speaking terrorists who opened fire on the passengers of a New York–bound Pan Am jumbo jet.

While Americans abandoned vacations abroad last spring and summer, most felt safe at home. But this sense of security may be short-lived. "Many groups have already gone as far as they can in attacking us abroad," says Martha Crenshaw, an associate professor of government at Wesleyan University, in Middletown, Connecticut, and a national authority on terrorism. "It is the natural culmination of their strategy to attack us at home."

The FBI is the principal agency charged with fighting the terrorist threat in the United States. The organization has reported that in 1985, it aborted twenty-three planned attacks—including bombings and assassinations—in the United States. In one Baltimore siege, agents turned up plans to bomb a building adjacent to the White House. And according to one FBI special agent, "The number of terrorist incidents we've prevented in this country has risen." The conclusion seems clear: Attempts to import violence are on the rise.

### Safe so far

One of the reasons we have been relatively safe so far, according to Brian Jenkins, one of the top terrorism experts in the country today, is that it is physically easier to launch an attack in Europe. Jenkins, director of the Research Program on Sub-National Conflict, a program of the Rand Corporation, a nonprofit think tank, points out that borders in Europe are more open and there is more traffic from the Middle East, so terrorists are less conspicuous. Paris, Rome and the other large European cities are also more familiar to residents of the Middle East than are any U.S. cities. Another important factor is terror squads' need of local support—a cooperative community of sympathizers willing to help stockpile weapons, plan and execute actions, and organize a network of safe houses and places of refuge. The large communities of Middle Eastern émigrés in Europe have traditionally been more willing than communities in America to provide that cover.

Experts now agree, however, that this situation is changing. One reason is that terrorism has grown into a multinational industry, and its budgets have spiraled accordingly. Grant supportive countries to terror are measured today in the mill dollars. And because these grou quently compete for the same and recruits, each must distingu cause in order to win attention a port. The result is terror infla deadly one-upmanship that h cently resulted in the crossing thresholds. First, innocent Am travelers became targets. Then hijackers began to execute v something that had once been ta 1985, terrorists selected two American women from Egyptair 648 from Athens to Cairo an them in cold blood. (One woma vived, but the other, as well as two Israeli women also shot, die

### Hitting close to hom

With all the lethal technology av today, what sorts of attacks do U perts anticipate? To attract the tion they seek, terrorists are likely to stick to the same crude ods—bombings and shootings. " that they could come in, sei school buses, present ransom de and blow the children up," says S Patrick Leahy (D.-Vt.), vice-cha of the Senate Select Committee telligence. Other experts are con about bombings in busy public such as department stores, a city streets or stadiums.

One U.S. city that appears un to let down its guard against te is Washington, D.C. It bristles w defenses of a fort under siege. H facades are now protected by thi crete battlements, built to dete bombs. The Smithsonian Insti the country's most heavily tra museum, recently shut down its ground parking lot to prevent ings. The entrance to the White is flanked by barricades, and edly, antiaircraft missiles are gically placed on the grounds. State Department, visitors are a phalanx of guards and metal tors, and their parcels are thor searched. And in the Capitol, t mier symbol of our republic, pass through security checkpoi tablished after a bomb exploded the Senate floor three years ago

### The making of a terro

Just who are the chiefs of terr have declared unofficial war United States and its citizens? there exists a tangled web of causes and ideologies. Among th prominent leaders are Yassir Ar the PLO; Abu Nidal, of Leban Ayatollah Khomeini, of Iran. B Libya's leader, Colonel *(con*

# The best of the year FOOD

continued from page 68

floured surface knead 8 to 10 minutes, until smooth and elastic. Place in a greased bowl, turning to coat top. Cover and let rise in a warm place until doubled in bulk, about 40 minutes to 1 hour. Punch dough down. Knead lightly; set aside 10 minutes.

In small bowl combine remaining ¼ cup melted butter and vanilla. In another bowl combine remaining ¾ cup sugar and cinnamon. Grease a cookie sheet. Divide dough in half. Roll one half to a 21x15-inch rectangle. Brush on half the butter and sprinkle on half the cinnamon-sugar. Roll dough tight from short side, jelly-roll fashion. Pinch seam to seal. Trim ends; discard. Cut roll into seven 2-inch slices. Place cut side down 1 inch apart on prepared cookie sheet. Repeat with remaining dough. Cover; let rise 30 to 40 minutes.

Preheat oven to 350°F. Bake rolls 35 minutes or until lightly browned. Cool on wire racks 5 minutes. Drizzle on glaze. Makes 14 rolls, 415 calories each without glaze, 450 calories each with glaze.

*Glaze:* In small bowl combine all ingredients until smooth. **End**



# FREE portrait in their Sunday best from CENTRUM, JR.®

Children's Chewable Vitamin/Mineral Formula

## Free portrait at your *SEARS* Portrait Studio when you buy CENTRUM, JR.®

To get a free color photographic portrait of your family (regularly $15), take this form and proof of purchase (picture of children on package and cash register receipt with purchase circled) to your local ***SEARS*** Portrait Studio.

**OFFER DETAILS:**

1. Limit: One free 8x10 (traditional background) color photographic portrait per family (POSES ***SEARS*** SELECTION).
2. Children must be accompanied by person 18 years of age or older.
3. Groups with more than seven members, please call in advance.
4. Offer does not include picture frame.
5. Portrait Studios located in most larger ***SEARS*** retail stores.
6. Offer good until April 30, 1987.
7. Not combinable with other ***SEARS*** Portrait Studio offers.
8. Please allow three weeks for processing.
9. Offer is void where prohibited, taxed or licensed by law. Cash value is 1/20¢.

Name _____

Address _____

City _____

State _____ Zip _____







Lederle Laboratories, A Division of American Cyanamid Company, Wayne, New Jersey 07470 (50)

©1986, Lederle Laboratories 1009-6

# The worst of the year

continued

Muammar el-Qaddafi, whose name remains most synonymous with anti-American terror attacks. Despite our strike against Libya last spring, in retaliation for that country's reputed involvement in the Berlin nightclub bombing, Qaddafi reemerged in late summer, threatening to deploy an army around the world to "spread fire under the feet of America."

The individuals who make up these terror groups often remain anonymous or are obscured behind the identity of their faction. Studies have shown, however, that they are likely to be male and unmarried, often from the middle or even upper-middle class and motivated by intense nationalistic or religious fervor. Most see the world as being irreconcilably split between good and evil, and this allows them to justify anything for their cause—without regrets. Many begin their lives of violence at a much younger age than did their counterparts ten years ago; today, a sixteen-year-old veteran of terror tactics is no longer uncommon. A number have grown up in refugee camps or war-torn ghettos and have lived a childhood of hopelessness and brutality. To these children, the only adults who seem to have control over their destinies are terrorists, and joining these groups validates their view that power and violence are synonymous.

But some misconceptions persist about how terrorists operate. A common one is that suicide bombers are eager to sacrifice their lives for a cause. "That is a dangerous myth, the product of the terrorists' own publicity," says Gene Mastrangelo, a senior analyst for Risks International, an organization that tracks the movements of terrorists for companies that consider themselves potential targets. In fact, research by intelligence experts and interviews with surviving terrorists confirm that the young man who blew himself up in the truck bombing of the U.S. Marine barracks in Beirut—and others like him—may have been duped by his leaders or been the victim of a mission that went awry, leaving him no chance to escape.

### How prepared are we?

Many of us blithely assume that our government is equipped to handle any crisis, even a terrorist attack in the U.S. But not everyone is confident. "This country is full of facilities—from commercial to government to civilian—that are ideal targets for terrorist attacks," says Robert Kupperman, a senior adviser at Georgetown University's Center for Strategic and International Studies. The FBI, however, appears to be doing everything it can to close any gaps in our security. The agency now conducts antiterrorism exercises that involve as many as fifty agents and may last several days to several weeks. The drills teach techniques for handling crises such as kidnappings, chemical warfare and small-scale nuclear attacks. Likewise, the Washington, D.C., police department has coordinated Operation Whistle Stop, in which law-enforcement officers learn how to respond if an Amtrak train is stormed by terrorists.

For one's own safety when flying, here or abroad, there are guidelines that are useful to follow, according to experts. Avoid taking trips during times that may coincide with terrorist groups' religious or national festivals (consult the State Department traveler's advisory desk for potentially dangerous dates) or during periods when airports will be predictably crowded—the last week of December, for example. Also consider bypassing large, urban airports; instead, whenever possible use smaller, regional ones, since these tend to be less crowded and less accessible, and are therefore less attractive targets for attack.

Until a domestic attack actually takes place—if it ever does—the question of how prepared we are to respond remains debatable. It is comforting to know, however, that had the scenario at the opening of this article been real, the FBI's most comprehensive and efficient technology would have been activated immediately, and in the space of perhaps ten or twelve hours, a lot would have been accomplished. Psycholinguistic and acoustic studies examining the call could have shown the sex of the terrorist, his age and height, and where his dialect of Arabic was spoken. His inflections could have revealed his socioeconomic background, where he was raised and had lived, where he learned to speak English and his level of intelligence.

Experts could have analyzed background noises on the tape—such as an ambulance siren or static bursts from lightning storms—to help pinpoint the terrorist's location. By sharing this information with the CIA and the Secret Service, the FBI could have sufficiently narrowed down the identity of the suspect to move in for capture and arrest.

Experts concur that the greatest danger from terrorist attacks is not the bombs or bullets. It is the public reaction of panic and intimidation—what is called the psychosis of terror. Cautions Jenkins, "Terrorists can achieve their goal without firing a single shot if they succeed in keeping us in a perpetual state of fear." On that count, unfortunately, it could certainly be argued that terrorists—at least this year—have scored some real victories. **End**

# The best of the year 198



continued from page 74

noodles in it, either. He preached t straight gospel, and as he said, t gospel is meant to comfort the flicted and afflict the comfortable. certainly afflicted the Lutherans.

I heard his sermon one year, an liked it, being afflicted by Christm knowing how much I was about receive and how little I had to give was ten, my assets came to eig bucks, I had twelve people on my l and had already spent three dolla on one of them: my father, who wou receive a Swank toiletries kit wi Swank shaving lotion, Swank deod ant, Swank cologne, Swank bath so on a rope and Swank hair tonic—a inspired gift. I walked into Detwe er's Drugstore, and there it was, t exotic Swank aroma that would co plete his life and bring out t Charles Boyer in him. So I sai "Wrap it up" and was happy to bringing romance into his life, un the cash register rang and I realize had five bucks left and eleven peop to go, which came to forty-five cen apiece. Even back then forty-fi cents was small change.

I imagined a man walking up a giving me fifty dollars. He was fat a old and had a kind face. "Here," said, and he made me promise wouldn't tell anyone. I promised. H gave me two crisp new twenty-fiv dollar bills, a rarity in themselv and probably worth thousands. Brink's truck raced through town a hit a bump, and a bag fell out at m feet. I called the Brink's office, a they said, "Nope. No money missi here. Guess it's your lucky day, son.' won the "Name the Lake Home" co test, and could choose between t lake home or the cash equivalent.

But there's nothing like a serm against materialism to make a pers feel better about having less. G watches over us no less for knowi what we can't afford. I took the fi dollars and bought small bottles Swank lotion for the others, whic smelled as wonderful as his. If yo splashed a few drops on your face, yo left a trail through the house, a when you came to a room, they known you were coming. It a nounced you, like Milton Cross a nounced the opera. Dad was so move by his gift, he put it away for saf keeping, and thanks to careful ratio ing over the years, he still has mo of his Swank left. **En**

"I think I'm seeing double chocolate."

"You must be nuts!"

# Betty Crocker Brownies: double or nuttin'.

"We're the brownies loaded with extras! Hershey's syrup. Chocolate chips. Chocolate frosting.




And now, crunchy, chewy walnuts!

Betty Crocker

You Sure Can Bet

'shey's is a Reg. T.M. of Hershey Foods Corporation.

Good Mornings



Good mornings are the mornings you awaken rested, ready to look your best and do your best.

Good mornings are hard to come by if you've suffered through a restless night because of painful leg cramps.

Fortunately, there's Q-vel®, a specially-formulated muscle relaxant pain reliever, to prevent and provide relief from the discomforts of leg cramps, which can rob you of good mornings.

Q-vel®




works at night to make more mornings—
*Good Mornings*

© 1986, Bio Products, Inc., Norwalk, CT 06855


continued from page 123



## *Clara Hale*

**THE GIFT OF LIFE**

"The good Lord promised that His childr would be taken care of. But there are tim when mothers can't do it. So He put me here," explai Clara Hale, founder of Hale House, in the heart of Harle For the last seventeen years, Mother Hale, as she is kno to her many friends, has devoted herself to loving lit babies. But hers aren't just any babies. Each was born t drug-addicted mother and began life hooked on the cocai or heroin it absorbed in the womb.

In her four-story row house, Mother Hale and h helpers spend their days and nights rocking, feedi and diapering babies who are struggling with drug wi drawal. By the time a child leaves Hale House, after a ye to eighteen months, he or she has overcome the dea addiction and is back on the road to a healthy life.

This is not the first time Mother Hale's special work h come to national attention. In our July 1984 issue, *Lad Home Journal* chose her as one of the nation's heroines. A last year, President Reagan agreed with us. "Go to her hou some night," he said in his State of the Union address, "a maybe you'll see her as she walks the floor, talking soft soothing a child in her arms. She is an American hero."

So far, some six hundred babies—either brought by a dicted mothers or referred by hospitals—have been given second chance at life at Hale House. Mother Hale sees to that at nearby clinics these tiny, undernourished babi prone to severe cramps and susceptible to infections, ceive medical attention. But their real medicine is t kind she administers herself—constant nurturing and lo

Because these children need healthy families to return Mother Hale established a rule: Any addicted mother who child comes to Hale House has to agree to enroll in a str gent drug-rehabilitation program before she can be united with her child. "We always try to get families ba together," she says, and her record is impressive: Of t approximately six hundred children, all but fourteen ha rejoined their mothers.

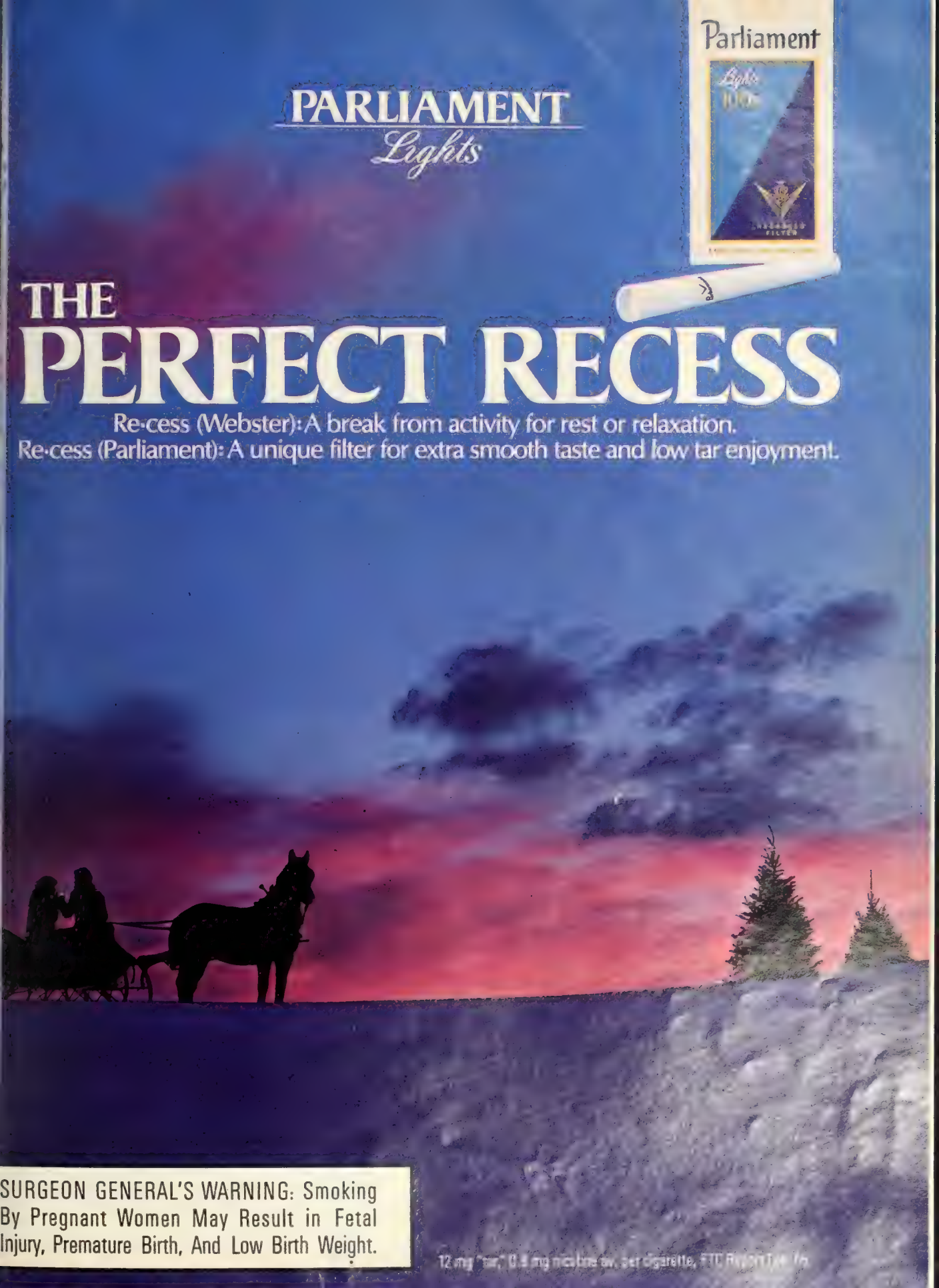
Today, however, there is the wildfire epidemic of crack highly addictive derivative of cocaine) to contend wi "Crack babies don't have a chance," Clara Hale says, sha ing her head. "In sixteen years, we had never lost one ba Then last year"—her voice falters—"three died in s months." To help Hale House save the most innocent liv the federal government has granted $2 million in fundi to buy and renovate two more Harlem houses, where mo ers can live with their children during the crucial fi month of reentry into a drug-free life.



## *Milton Petrie*

**THE GIFT OF MONEY**

If it is more blessed to give than to recei then Milton Petrie must surely be count among the most blessed of all. For more than half his li the eighty-three-year-old billionaire has made *(continue*


PARLIAMENT
Lights
Parliament
Lights
100's
THE
PERFECT RECESS
Re·cess (Webster): A break from activity for rest or relaxation.
Re·cess (Parliament): A unique filter for extra smooth taste and low tar enjoyment.
SURGEON GENERAL'S WARNING: Smoking By Pregnant Women May Result in Fetal Injury, Premature Birth, And Low Birth Weight.




# Introducing the brand new, wonderfully simple, up-to-the-minute Betty Crocker's Cookbook. Your mother would approve.

To your mother, Betty Crocker's Cookbook was like a best friend in the kitchen. With ready answers and proven recipes.

Our new Sixth Edition can be the same to you, because it's made for the way you cook today. With over 1400 simple, easy-to-read recipes, 250 color photographs.

Plus nutrition information, calorie counts, even microwave cooking instructions. All of which makes it the most complete, up-to-date cookbook ever published.

As a matter of fact, your mother would probably love one. GOLDEN®

## The new Betty Crocker's Cookbook

Betty Crocker is a registered trademark of General M

econd career out of giving his money ay to people who are in need.

One of those people is the twenty- ır-year-old model Marla Hanson, ıo, late last spring, needed 150 tches in her face to close up the dis- uring wounds inflicted by two men elding razors. "I wanted to do some- ing that would help her get through r ordeal," Petrie recalls. While still the hospital, Hanson learned she uld receive $20,000 a year for the st of her life—a million-dollar get- ll wish from a man she had never met.

Petrie, the son of Russian immi- ants, built an empire out of a nation- de chain of women's clothing stores. day his annual income is estimated more than $19 million, and his per- nal worth hovers around $1 billion. he Lord has been very good to me," trie says. "I'm just trying to return e favor as best I can." To that end, cording to his office's estimates, he s given away $30 million over the st two years—a portion of it to hospi- ls and cancer centers.

But much of the money is targeted to dividuals, especially families of po- e officers. (Petrie's father was an In- anapolis cop for twelve years.) The ew York City Police Department esti- ates that Petrie has given well over $1 illion to its members and their fam- es over the past few years. For exam- e, Anthony Venditti, a detective who as gunned down last January, left be- nd a thirty-four-year-old wife and ur small daughters. Petrie pledged 0,000 a year for life, paid off the ortgage on the family's house and es- blished a $100,000 trust fund so that e girls could go to college one day.

For the most part, Petrie is content to ay out of the limelight: He makes any of his gifts anonymously. He so- alizes in Manhattan with his wife, arroll, but mostly he continues to go his office, in Secaucus, New Jersey, tting in the six-day workweeks that ve gotten him where he is today. "I ve my business," Petrie admits. "The ce thing is, the harder I work, the ore I make. And the more I make, the ore I can give away."



*Pauline Waterman*

**THE GIFT OF JOY**

"I like making people happy, people who can't ford to do things for themselves," ys Pauline Waterman. *(continued)*



We pull out all the stops...



ROTO-ROOTER
SEWER-DRAIN SERVICE ®
There's only one.SM

Roto-Rooter "Razor-Kleens®" any drain, any time.

©1988, Hollywood Brands.

CAN YOU MAKE IT TO YOUR NEXT PAYDAY?

SOFT SENSE SKIN LOTION

Now with Vitamin E




Soft Sense Skin Lotion restores dry skin to a healthy softness. It absorbs fast. Conditions naturally. Now it has Vitamin E. Soft Sense. And suddenly everything is softer.

nety-eight pounds of bustling deter-
nation in a pair of worn nurse's
es, she prowls the streets of Pitts-
rgh seven days a week, on the lookout
good deeds to be done.

Pauline, at eighty-four, believes fer-
ıtly in the principle of redistribution
wealth. Does a local bakery have left-
r doughnuts and cookies? Pauline
ɔears five minutes before closing to
ıl two full shopping bags to the local
ıior center. Are there boxes of bal-
ns left over after a bank promotion?
ıline shows up, confers with the
nager and trots off with five hun-
d free balloons ("with *strings*!" she
ls) for disabled children across town.
But her real specialty is bargaining
h local impresarios for last-minute
sold tickets—to the circus, the zoo,
ice show, baseball games, boat
es, plays, concerts and movies. Then
's off to any number of places—
ercy Hospital, the Home for the Jew-
Elderly or the Rehabilitation In-
tute—to round up an appreciative
dience. "They call me the ticket
ly," she confides. "If I had my way,
ere wouldn't be an empty seat in all
Pittsburgh."

Pauline came by her skills naturally.
ıen she was younger, she made her
ing as an events organizer, promot-
g everything from trade shows to a
ɔking school. "I had such a fascinat-
g life, traveling all over the country,
eting famous people. When I retired,
ıgured that I ought to do something
share all the good times I've had."
ıce her sole source of income is a
ager Social Security check, there's
tle money left over for philanthropy.
ɔ I decided to do things I can promote
rself," she explains.

Pauline's typical day starts early. Her
st stop is at the Civic Arena to pick up
kets she'll give to a group of nuns.
en she's headed to a church shelter to
ɔp off tickets for a boat ride, along
th free bus passes from the transit
thority. Next she stops at the Humane
ciety to leave food for the animals—
veral bags of chicken parts salvaged
ɔm a nearby restaurant. On her way
me for the night, she passes a center
rehabilitated criminals and stops off
arrange a free trip to the ice show.

Of all her charges, paraplegic chil-
en—a group of whom she recently
ɔk to the circus herself—are closest
her heart. "It saddens me to think of
ose poor children, going through life
wheelchairs. It's only through some
racle that you and I weren't born
at way. I'm lucky to be strong and
althy at my age, so I have to do some-
ing for people who are sick."

Thanks to Pauline, thousands of underprivileged people in Pittsburgh have something to look forward to. "I'm not much of a believer in heaven and hell," she confides. "What matters is what we do while we're here."



UPI/Bettmann Newsphotos

## *Eugene Lang*

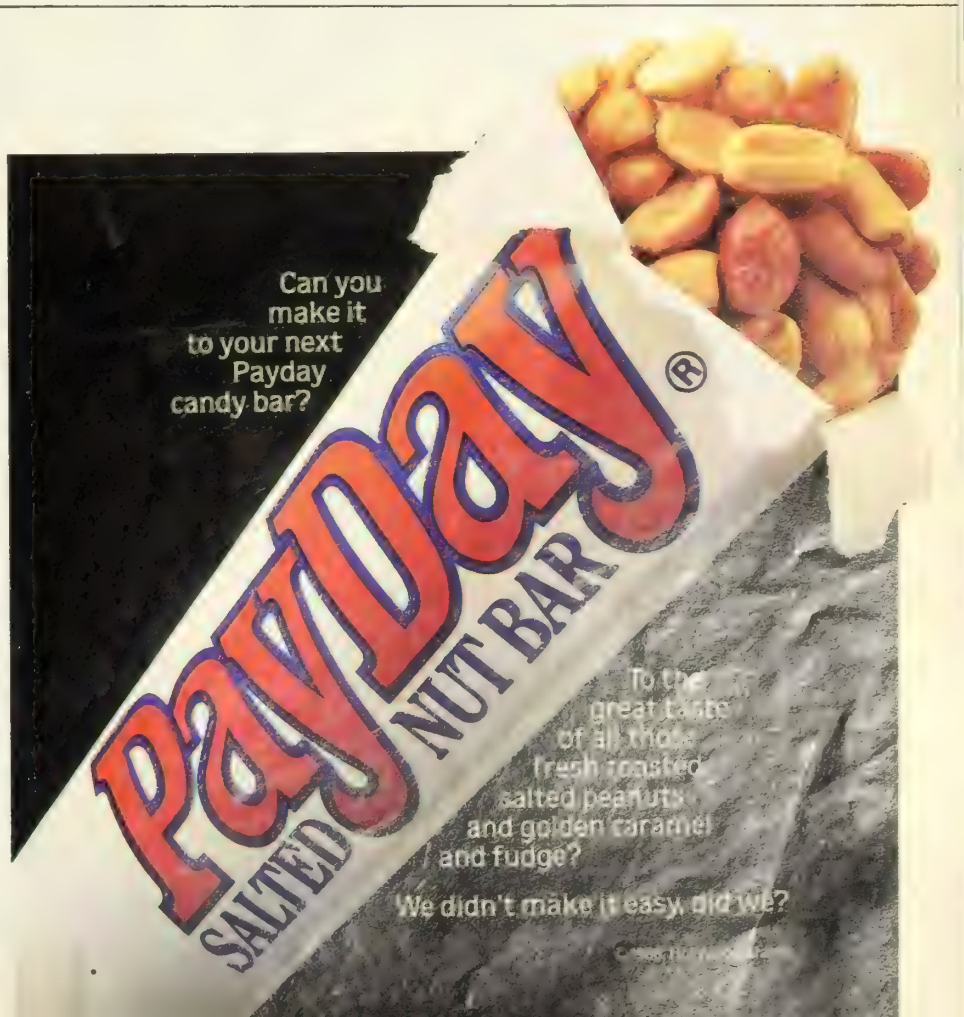
### THE GIFT OF KNOWLEDGE

On June 25, 1981, Eugene Lang was waiting his turn to speak before the graduating sixth-grade class at P.S. 121 in New York City. Fifty-three years earlier, Lang, the son of a poor immigrant machinist, had graduated from the same East Harlem school. Since then, things had changed: The students at his alma mater today are black and Hispanic, and Lang is a multimillionaire (the company he founded, REFAC Technology Development Corporation, operates in forty-five countries). The school's principal thought Lang would deliver an inspiring graduation speech.

"Standing behind the podium," Lang says now, "I suddenly realized that the usual graduation platitudes were completely irrelevant. I panicked." But just as suddenly, he recalled Martin Luther King's moving "I Have a Dream" speech and decided that he had the means to offer these young students the chance to realize their dreams. He leaned forward and told the students that if they worked hard and made it through junior high and high school, he would give them college scholarships.

To anyone who knew the statistics, as Lang did, the offer was particularly meaningful: The dropout rate for students like those at P.S. 121 is sometimes as high as 90 percent before the end of high school. Yet today, five years later, Lang's class has beaten the odds: Fifty of his students are nearing graduation from high school. Allowing for ten families who moved from New York, that number represents a dropout rate of a mere 2 percent. The New York City Board of Education has dubbed the "I Have a Dream" program a miracle.

The miracles are felt most by the individual student dreamers. José is just one example. His father is dead, his mother is on welfare and his four older brothers and sisters are all high school dropouts. Before José had heard Lang's offer that fateful June day, his only aspiration was to become a boxer. Today José is on the honor roll at his high school and has set his sights on going to medical school. *(continued)*



America's favorite family get together.™




UNO®
AND
BEYOND




UNO was just the beginning.
Now there's VANTAGE,™ an unpredictable card game that matches your skill against opponents as you try to match cards.
And LUCK PLUS™ adds the luck of the draw to the roll of the dice; match your cards with numbers on the dice to win.

There's a lot of UNO in every game we make.

™

© 1985 International Games, Inc.



Lang loves to hear stories like José's. "The whole pur of education is to fulfill dreams," he says. To help trans those dreams into reality, Lang counsels his young dre ers in his Manhattan offices. He frequently stretches workweek to twelve-hour days, seven days a week, t in appointments with them.

Lang's program has inspired others. Today, in New City alone, there are five hundred "I Have a Dream" dents, many funded by other philanthropists who proached Lang wanting to know how to sponsor cla And Lang has established the "I Have a Dream" Fou tion, which is helping twenty-five other cities start grams of their own. "Nothing I have ever done has bee rewarding," Lang says. "Here's this little speck of s thing good in the world, and I've been a part of it."



## *Chester Kolmodin*

### THE GIFT OF JUSTICE

By now, Chester Kolmodin is used to b known as Santa Claus. Each Christma the past forty years, he has been in demand to don a re and cap—either for a benefit for disabled children, local church function or for his daughter's ballet Kolmodin is always the first-choice stand-in for St. Nicl just because of his ample red cheeks or his ready chu but because his friends know there's nothing he likes b than helping people out.

For even when he's not in a Santa suit, Kolmodin's puts him in almost daily contact with children. Since ing ten years ago from his job at U.S. Gypsum, whe was a trademark attorney, Kolmodin has volunteere time as an attorney to Association House, in Chicago. he provides free legal services for thousands of Chi neediest residents—Hispanic and Polish immigrants, of whom don't speak English, and all of whom subsis below the poverty line. Many of his clients are forc bring their children along to their counseling session Kolmodin keeps plenty of candy, toys and crayons on The walls of his small basement office are covered scores of children's crayon drawings.

"It bothers me to see poor people in court, paying dreds of dollars for attorney's services, when they could gotten them free by coming to me," says *(conti*

## *Merry Christmas*
### . . . from the Jour

A gift of $1,000 from *Ladies' Home Journal* goes to of the following organizations:

- Hale House, in Harlem, to help Clara Hale cont her work with drug-addicted babies
- The Patrolmen's Benevolent Association of New City, in Milton Petrie's honor, for the families of off killed or seriously injured in the line of duty
- The Allegheny Valley School, a physical-rehabilita center in Pittsburgh, in Pauline Waterman's honor new equipment to aid the handicapped
- Eugene Lang's "I Have a Dream" Foundation, fo education of underprivileged youth across the count
- Association House, in Chester Kolmodin's hono provide legal services for Chicago's poor.

# Perfect choices for the twelve days of Christmas.




This Christmas, give all the men on your list OLD SPICE. It's the clean, fresh, masculine scent they'll love.

And they'll love you for giving. With 45 gifts to choose from, you can find the perfect gift to make any man merry.

Old Spice

©86 Shulton, Inc.

# Classic to the last detail.



Our new Cathedral is a perfect example of our perfectionism. The multi-colored accent panel has a hand-painted quality. The embossing is rich in detail. And the select cowhide is soft and supple.

It's available as a zipper clutch, a secretariat and as the featured French purse.

And the price? Another small detail.

AMITY®

Giving you more for the money.™

CRAFTED WITH PRIDE IN U.S.A.

LININGS CONTAIN DUPONT NYLON

©1986 Amity Leather Products Company, West Bend, WI 53095


## SANTA CLAUS AWARDS

continued

Kolmodin. It also bothers him to see people trying to build a family and finding the legal system a hindrance instead of a help. That's why Kolmodin's favorite cases are adoptions—most of which, in his practice, take place when a couple is embarking on a second marriage and one partner wants to adopt the other's children. "With so many families being pulled apart these days, the opportunity to bring them together is wonderful," he says.

Kolmodin, who is a family man at heart (he's been married for thirty-five years and has two children and three grandchildren), finds divorce cases the least enjoyable aspect of his job. "I always ask if there isn't some way they can save the marriage," he says. And sometimes, it pays off. "Every now and then, a client calls up and says, 'Drop my case, we're gonna try to make it work.' Boy," says Kolmodin, "does that feel good."

In fact, to Kolmodin the rewards in his work are mostly intangible. "For too many people, retirement is just burdensome leisure," he says. "I was lucky to find something worthwhile to do, to feel deep down that I've done something to merit the space I take up on earth." **End**

## A CHANUKAH LOVE STORY

continued from page 41

this. I'd say, "I'm about to turn right," and Michael would assure me that he didn't need a warning. I'd apologize. With a sharp left coming up, I kept my mouth shut, made the turn, and promptly ran over Michael's toe. The whole thing struck us as hilarious; we laughed all the way home.

### A special courtship

While we were dating, Michael was always very romantic. On our second date, he came over with a picnic lunch—it was snowing hard, and staying home was easier than trying to meet at a restaurant. He brought along a tape and introduced me to the most beautiful Israeli music I'd ever heard. Another time I made him dinner, and he gave me a pink rose, explaining that it represented our relationship—red for passion and white for purity.

Over the weeks, I learned more about him. He told me that he had lost his vision because as a premature baby born in the fifties, when the technology was not yet perfected, he had been given too much oxygen in the incubator. His retinal blood vessels and retinas were damaged. Being self-reliant had always been very important to him, and he had walked to school alone using only a cane, from the time he was in grammar school. He had earned a master's degree from Columbia University and had been ordained as a rabbi. (Today Michael works as a coordinator in a program that helps people with handicaps be more independent.)

I know that people who did not have disabilities must have thought we made an unusual-looking pair waiting on line to see a movie or a Broadway show, but Michael and I never for a moment considered that. Michael, in fact, is not much concerned with externals. He was far more interested in my voice, and I think to this day he is still the most enthusiastic fan of my singing. To me, it was pretty clear: We were discovering what was most beautiful about each other.

Finally I got up the nerve to ask him why he never called that first night. He told me that he remembered saying only that he'd call soon, not necessarily that night. It took him five weeks, he said, because he'd wanted to impress me and had been waiting for something very special to invite me to.

Michael and I realized we were in love on the third day of Chanukah; we were on the phone, and I told him that my room was cold. He said, "Oh, I wish I could be there to tuck you in. I'd make

spital corners." I just melted. During many stays at the hospital, I had iced it took a lot of strength and ll on the part of the nurses to make spital corners. I thought, I can't ke hospital corners, he can; he can't d the mail, I can. Maybe we can take e of each other.

Many Christian couples get engaged ring the Christmas season and find it the end-of-the-year holiday excitent adds to their joy. Similarly, for chael and me, having fallen in love ring Chanukah was extra special. iat's more, the Chanukah story is out light, and Michael's Hebrew me (Meir) means to illuminate d give light. Chanukah com- morates the discovery by the iccabees, more than two thousand ars ago, that the Temple altar had en desecrated by their enemies. To ledicate the altar, they needed to re- idle the menorah with sacred oil. ey saw that they had enough oil to ep the menorah lighted only for one y. Clearly, the realistic thing was to y, Look, it's not going to work. But e miraculous part is that even with e small amount of oil, the flame ayed lighted for *eight* days. To us, ere is a real parallel between the ory of Chanukah and our lives. Peo- e had always told Michael and me, s, you're bright, but it's not enough, u're not going to make it. But that is before our private miracle.

Michael proposed to me on May 10. e went to see *Casablanca* and came ck to my place for dinner and Bible udy. He presented me with a poem he d written in both Hebrew and En- ish. It told the story of our relation- ip. The twelfth line read, "Be my fe." I had never known such joy!

### A life of adventure

fter our wedding, on August 14, 1983, ichael moved into my apartment. We ve as many other two-career couples : Michael commutes to his full-time b in Brooklyn, and I work as a commu- ications consultant in Manhattan. here are differences, however: Michael nd I have adventures that would be ightmares if we weren't there for each her. There was the morning Michael nknowingly set a dish towel on fire hen it dangled into a lighted burner on ne stove. He extinguished the blaze by llowing instructions I gave him from ne other room when I spotted his predi- ament. Then there was the night a cir- uit blew, extinguishing all our apart- ent lights. I froze en route from the itchen to the living room, terrified of hat would happen if I bumped into omething and fell. Michael, for whom bsolutely nothing had changed, began icking the switches until our apart- ment was once again suffused with light.

Our happiest moments together are spent at home, listening to music, playing Scrabble (we have a Braille edition), entertaining guests and just plain talking. And of course, lighting the Chanukah candles together is special each year, a time when I remember that nearly everyone told us it wasn't realistic to think we would find someone to share our lives with. Reflecting on my life with Michael, I feel blessed.

There is one more thing Michael and I very much want to do together, and that's start a family. My handicap shouldn't stand in the way of my having children, although during pregnancy I may experience some difficulty breathing and require more bed rest than most women. Also, without some special device, I probably won't be able to hold a baby, because my arms are too weak, but Michael will always be there to help.

I think perhaps our handicaps have meant that more than most couples, we have had to get to know each other completely, for better or worse, in strength and in weakness. And that knowledge of each other has brought us closer together. Above all, we've learned that what makes or breaks a marriage doesn't have anything to do with whether you have a disability. Our marriage works because our personalities complement each other, because we communicate with each other and because we love each other. To me, our life together—in the spirit of Chanukah—has been one long, ongoing miracle. **End**




©1985 Liggett Group Inc.

continued from page 88

*cradle.* In fact, she doesn't really know what to call it.

"Oh, you mean the Baby Jesus set," Linnie says, enlightened. "So what about it?"

"I thought we might look for one for Daddy. To go with the old stable Grandma is going to give us."

"Oh, yeah!" Linnie replies, her upturned face brightening in several colors under the garish Christmas lights. "Great idea, Mom!" Then her face falls. "But where are we going to find one?"

"Just follow me," Sara says to Linnie, and off they march, to a little shop around the corner that inexplicably stocks both a line of clothes for mature women in the half-size range and an assortment of various religious items, usually displayed side by side behind the plate-glass window. "Angels We Have Heard on High!" the loudspeakers announce, and in this holiday season, the store devotes its whole window space to a full case of Christmas figures. Sara's heart lifts with relief.

"Oh, Mommy," Linnie gasps, clapping her hands. "You found some!"

Savoring her daughter's excitement, Sara opens the door, and they go inside. The religious items, being seasonal, are all over the store, on counters and shelves, as well as a special display rack that has been set up for the occasion. This is it.

"Do you have just the figures?" Sara asks the sweetly smiling woman who offers to assist her. "We already have the stable part."

"Oh, yes, right here," the woman replies eagerly, pointing to a tall open case resting against the back wall. Her hand continues around to a high shelf, chockablock with figures of every size. Sara realizes right away there's going to be a problem in choosing. The figures come in all styles, from cartoon cute to graceful gothic, in a variety of materials and—here's the real problem—a wide range of sizes.

"Lin, do you remember how big Grandma's stable is?"

Linnie looks perplexed. "Gee, no, I don't. Does it matter?"

Sara gestures to the row of figures, Mary and Joseph, and Baby Jesus—looking extremely mature for a newborn, hands spread wide to bless, fat toddler legs dangling over the manger. The figures measure three inches, five inches and up.

"This big?" Linnie offers helpfully, holding her hands about a foot apart. It's clear she's just guessing. The woman stands patiently, hands folded in front of her skirt.

"You do want them to fit," she says. "It should look right." She stands and waits, while Sara desperately tries to picture the old set in her mind. She studies the figures on the shelves, thinking the five-inch ones look about right. She picks up a Mary, turns her upside down. The figure is hollow—a real plaster saint, Sara thinks—made in Taiwan. The features are blurred, the expression more simpering than beatific. Sara replaces Mary and looks at the others. All the figures are molded plaster, painted on the assembly line—characterless, identical, only a little bigger or smaller. No, she thinks, not these.

"I was thinking of something in wood," she says now. She imagines carved El Greco figures, austere, attenuated, like Phil himself.

The woman shakes her head. "Nothing in wood in the separate figures," she says. "Perhaps you would consider one of these sets. They're simulated wood, really very nice. This is one of our most popular ones," she says, pointing to a moss-covered, rustic-looking stable with several levels. The shepherds are down below, the Holy Family in the center, and the Three Kings on a small round platform like a theater box. She gives the tallest king a little tweak, and the platform begins to revolve to the tune of "We Three Kings of Orient Are." Sara watches the Three Kings go round and round, wondering what Phil would think of that. Of course she already knows the answer. "This one plays 'O Little Town of Bethlehem,'" the woman is explaining, as she starts up another, "and this one . . . "

> *She should have thought of it before, when there was more time. Too late now, and no next year.*

"That's all right," Sara says quickly as she heads for the door. "I think I'll go home and measure the stable."

"Hey, Mom," Linnie says outside. "You sure left in a hurry. Didn't you like any of them?"

"Did you?"

"Um, not really. They were—you know—not exactly tacky, but not ri for Dad."

"What did you have in mind?" S asks, curious about Linnie's idea what is right for Dad. She takes daughter's hand, but as usual Lin twists her cold fingers away with exasperated "Oh, Mom" and marc on ahead. Sara realizes with a st that Linnie's fingers are as big as, if bigger than, her own. Growing up f she thinks, but still so young. Te sting Sara's eyes, and she wond whether this is worth going on with

"Hey, Mom! Can't you walk a faster?"

But it's the last laugh of the eveni An hour later, exhausted, discourag Linnie complains, "I'm starvin They've looked in every store on street, seen more plaster, pewter, pla and papier mâché crèche sets, and eve handcrafted ceramic one. "Too bad didn't think of this before. You could h made one yourself," Linnie had co mented. "Maybe you still could."

Sara, who had already thought this, says simply, "There isn't time, a even if there were, Daddy will be in t house, so I couldn't work on it witho his knowing what I was doing." time now, she thinks, and now th never will be. In another half hour t stores will be closing. "Come on," s says wearily to Linnie. "Let's go to t deli and have something to eat."

"Gee, Mom, there must be somethi else we can get him," Linnie persi over her hot ham and cheese turnov "For the boat? Maybe new skis? I mea there's always next year for the ma ger." Sara shakes her head, squints h eyes against the access of tears a stares past Linnie at the window. Li nie looks at her suspiciously. "Mo Are you okay?"

Sara nods, feeling Linnie's anxie her disappointment. "Oh, well, it was nice idea. You're right, maybe ne year," she says, and smiles. "Finish e ing your sandwich, and then we'll wait for David."

She follows a drooping Linnie out t door, down the street toward the car. was a mistake, she knows, to ha made so much of this, the special tr while Dad's away, the perfect surpri present at last, something to comfo all of them; mere self-indulgence. S should have thought of it before, wh there was time, and now she curs herself for not paying more attention all those catalogs of special gifts th have inundated them since midsu mer. It's too late now. And no next ye

"Mom." Linnie, no longer adroop, yanking on her sleeve with one han The other is pointing at the window of jewelry store. Sara peers *(continue*




# LET US FIGHT THE WAR ON GRIME.

It's time you won your freedom from cleaning the bathroom.

That's why you should let the Scrubbing Bubbles in Dow Bathroom Cleaner do your dirty work.

Just spray on tile, porcelain or chrome and watch the bubbles attack dirt and scum without ever leaving a scratch.

Plus, they disinfect and leave the bathroom smelling fresh and clean.

So put the Scrubbing Bubbles on your side in the war on grime.

We do the fighting, so you don't have to.



# Life is complicated enough at 7am.




Brewing a perfect cup of coffee should be simple. Very simple.

So of course, we designed the Braun Aromaster to provide optimum brewing time and temperature for consistently perfect coffee.

But we didn't stop there. Our swing-out filter is so convenient you can practically use it in your sleep. Our double-grip handle compensates for early morning unsteadiness. And an automatic drip-stop makes sure coffee drips only into the carafe, never on the hotplate, counter or floor.

Because at Braun, we realize a coffeemaker should be designed to make perfect coffee, under what are often less than perfect circumstances.

BRAUN

Designed to perform better.

ough the glass, past the confused lections of Christmas lights. In the ner, near the top, barely visible in shadows, is what appears to be a all chalet or cuckoo clock. They ve closer, and Sara sees what Linnie s seen, the small figures clustered nd in the unmistakable configura- n of a crèche. Sara grabs Linnie's nd without a word, and they go in- le the store.

'Oh, the little carved nativity?" the veler says. *Nativity*—of course, that's at they're called, that's just right, ra thinks as the jeweler climbs a step ol, takes down the little figures one by e, and then the stable. The roughly ingled roof is dusty; he blows on it, en wipes it with his sleeve. "Sorry out that. We've had this one around a long time." Carefully he positions e figures in their places—Mary, seph and the infant, the ox and the s—on the little wooden platform. In an ove there is actually a stall with a te, on one side a bent, leafless tree d a fence; the weathered eaves hang wn protectively over the huddled mily, while a cherub looks down hap- y, perched on a shingle with his ban- r stretched wide, "Gloria."

Linnie, her eyes glowing, clutches ra's arm with both hands in a spasm delight. "Oh, Mom," she says. "Oh, om. It's perfect, isn't it?"

Sara is studying the little Mary, not uch bigger than her index finger, the lds of her shawl and gown so meticu- usly rendered, her features delicate t clear, the colors so soft, so subtle.

"Everything in this line is hand- rved individually by master Euro- an craftsmen from original designs," ys the jeweler. He reaches under the unter and brings up a thick color cat- og, begins to flip through the pages. There's yours," he says, pointing to the age, turning around the catalog so ey can see. "We thought it was the icest, and quite reasonable." The jew- er is beaming happily, joining in their nthusiasm.

Sara stares down at the catalog. Not nly the nativity is pictured; along ith it is a whole array of other fig- res—adoring shepherds, supplicating ings, skeptical innkeepers, amazed heep, snooty camels, even a barking og. "Wow! We can add a new piece very year!" Linnie says, hopping up nd down, beseeching. "Mom, can we et it? It's perfect!"

It is perfect. The small family shel- ered in the rustic stall, perfect for this ear. And more figures for Christmases o come, a new one each year, on nd on; there must be twenty figures on the page. It *is* perfect—neither a reminder nor a reproach.

"I can give you a real deal on it," the jeweler says, getting down to business. "But I have to tell you why." He picks up the Joseph and turns him upside down. "The Joseph was broken . . ." Linnie wails in disappointment. Sara's heart sinks; not perfect at all. ". . . but he's been mended." He points to a line across the base of the figure, nearly invisible, a shiny film of glue over it. Again he looks apologetic. "I can order you a new Joseph, but it will take some time. If you still want it..."

"Yes, we'll take it the way it is," Sara says quickly. Linnie claps her hands. "Would you mind wrapping each piece separately? It's for my husband, and we want it to be a surprise."

"Be glad to. It will take a little while, so if you have other errands—"

Outside, Sara and Linnie squeal and hug each other, then dance down the street toward nowhere in particular. Later, when they've picked up the packages, six small ones and one big, all wrapped in different holiday paper, they head back toward the car. The wind has died down, and it's begun to snow, small flakes drifting down, dusting the ice along the pavement like cornmeal. Sara turns on the heat, the defroster, the radio, while *(continued)*



# "Christmas is for children."



"Christmas is a time when together we share warm feelings of love and joy with our families and friends. And it's such a special time for children.

"But many places in this world, there are children for whom Christmas is just another day. Full of pain and hunger and helplessness. This is what breaks my heart. And the fact that these children might have never known the excitement and love of Christmas may be hard for you to believe. But it's true.

"Through Christian Children's Fund, you can help change that. I have. I've been a sponsor since 1975. Now I have two little boys to care for, ten-year-old Damiano in Uganda and David who is eleven and lives in Bolivia. I know just how much my love and support are doing to help both of these beautiful children.

"If you'll reach out to at least one child, you, too, can know the joy and satisfaction of being needed. For only $18 a month, you can help provide a child with clothing, medical care, nourishing meals, the chance to go to school, or whatever the child needs most.

"You don't have to send any money right away but please mail in the coupon. Christian Children's Fund will send you a child's photograph and family background. We'll let you know how the child will be helped and how you can write and receive letters in return. The language barrier is no problem, because the field office in the child's country will translate all correspondence.

"Please send in the coupon today. Won't you share your Christmas with a needy child and watch the miracle of love unfold?"




## SEND YOUR LOVE AROUND THE WORLD.

Dr. James MacCracken, Executive Director, CCF, Box 26511, Richmond, VA 23261

☐ I want to sponsor a child now. Enclosed is my first monthly gift of $18. Please send photo and Sponsor Kit.

☐ I want to learn more about the child assigned to me. If I accept the child, I'll send my first $18 monthly gift within 10 days. Or I'll return the material so someone else can help.

☐ I can't sponsor a child now, but I'll give $_____ to help the Growth Fund. (Provides expansion of services in a hungry world.)

I prefer to sponsor a ☐ boy ☐ girl ☐ either

Check the country you prefer:

☐ Wherever the need is greatest ☐ Brazil
☐ Colombia ☐ Ecuador ☐ The Gambia
☐ Guatemala ☐ Honduras ☐ India
☐ Indonesia ☐ Kenya ☐ Mexico
☐ Philippines ☐ Thailand ☐ Togo
☐ Uganda ☐ U.S.A. ☐ Zambia

(To sponsor more than one child, please specify the number in box[es] of yor choice.)

OLHJD0

Mr. Mrs.
Miss Ms._____

Address_____

City_____ State_____ Zip_____

U.S.: CCF, Box 26511, Richmond, VA 23261, CANADA: 1027 McNicoll Avenue East, Scarborough, Ontario M1W 3X2. Gifts are tax deductible. Statement of income and expenses available on request.

## Christian Children's Fund, Inc.




they wait for the car to warm up. Lin is silent now, and Sara looks at profile, outlined against the steam up window of the car, and is surpr to see a tear roll out down the slightly baby-rounded cheek.

"Linnie, what's wrong?" She reac over, but Linnie shakes her head.

"I'm afraid he won't like it. Aft found it everything was so wonder You said it was perfect, and I felt so g but then there was the part about Joseph being broken, and I got all v ried . . . I just want it to be the b Christmas ever, and now it seems spoiled . . . oh, Mom, I'm just so sca What will it be like?" And Linnie plu mets toward her, head on Sara's shoul and begins to sob. Sara cuddles her a moment, then wipes the soft, wet h lows under Linnie's eyes with her b fingers, first one cheek, then the oth

"Oh, Linnie, honey, don't be scar I'll tell you what it will be like. We'll get up on Christmas morning, just l always. Daddy will have been looki at the boxes, and wondering what's them and shaking them and poki them the way he always does, but t time he won't be able to guess. H want to open them right away, but w tell him he has to save them until la right?" A nod and a sniff from Linni

"And after we've opened all the oth presents, then we'll put the packag on Daddy's lap, and he'll start to op them . . ."

"Which one first?"

"I don't know, because I don't kn which is which, but I think that prob bly it will be the Joseph, and th Daddy will know what the whole pre ent is, and he may even cry a litt because he's so happy, and we'll a gather around him, and he'll put h arms around us and say, 'This is ju what I always wanted, and it's the be present ever, and the best Christm ever. . .'" Sara stops and takes a breat "And that's what it will be like."

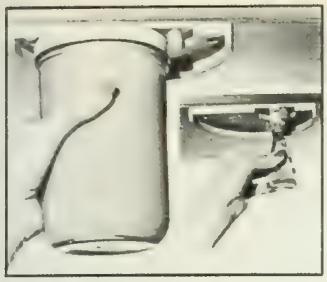
"Are you sure?" Linnie hiccups, b her eyes are dry, and she is smiling.

"Darn right, I'm sure." Sara star the engine of the car. All down th street, lights are going out, stores clo ing. Even the strings of colored ligh blink off, and then everything look dull. But as she pulls out, the radi begins to play the soft strain of Christmas hymn she recognizes as on of Phil's favorites. Overhead the traff light flashes red, yellow, green. Th snow has melted into droplets on th windshield, and now the wipers flic back and forth, flashing all the colo across their faces, and suddenly the ca seems filled with Christmas. **En**

# JOURNAL STORE

**y Sheryl Kraft**

1



2



3



4



**o here for convenient shopping with this wide selection of merchandise. lose your personal check or money order; allow 4 to 6 weeks for delivery!**

**pen lids easily** No more twisted wrists! No more istration! Just slip your jar into the UN-RU until it wedges, then turn the jar . . . quick, one-nd operation for lids ranging in size from ½" to 5" de. Made of plastic with a steel "gripper." A wonder-kitchen aid. Send $7.50 plus $1 p&h; save on 2 for 4.50 plus $1.45 p&h. HOLST, INC., P.O. Box 370, ept. LHO-1286, 1118 W. Lake, Tawas City, MI 48764.

**hristmas Decor Chest**. Stores 92 ornaments ree different sizes), 8 sets of lights, and room for nder-tree items, too. Easy hand holes for carrying. ttach lid-assembles in a jiffy! Ships flat. 27" x 17" x ". $16.50, 2 for $31.95 plus $1.50 for shipping and andling. Bruce Bolind, LHJ-12 Bolind Bldg., P.O. ox 9751, Boulder, co 80301

**ree Original Teddy Bear-for you** with the pur-hase of any JAN STUART Toiletries for HIM. Sig-ture Cologne 1.7 oz. splash $17.50, 3.4 oz. spray 26.00 or select Entrepreneur 1.7 oz. splash $18.00 4 oz. spray $28.50. A 6 item Grooming Gift Set for ormal/dry or normal/oily skin types $17.50. CALL 800-852-5000 ext 88 or send check or M.O. to JAN STUART CORP. 521 Fifth Ave. New York, N.Y. 10022 include $3.00 for each order for p&h.

4. **Decorator Brass Sleigh**. Add the charm of an old-fashioned sleigh to your home decor. Ideal for Holiday greenery, fresh fruit, dried arrangements or fill with goodies for a great gift idea. Gleaming, tarnish-resistant brass plating that will always look beautiful. The size of the sleigh is 17 ¾" x 8 ¼" x 5 ¼". Perfect size for table, mantle or anywhere you choose. Order one for yourself, and several more for a perfect, long-lasting gift. The price is $21.95 (Texas residents all 6% sales tax) plus $3.75 for postage and handling. Send check of money order to : JRD Brass Specialty Company, 151 Regal Row, Dallas, TX 75247, or call 1-800-423-8769 and charge your VISA, MC or AMEX.


**igh School at Home**
DIPLOMA AWARDED

out obligation, get free info on low cost e study method, accreditation, Diploma. alesman will call on you.
merican School, Dept 204
0 E. 58th St.
icago, IL 60637

CALL FREE ANYTIME
**1-800-228-5600**

**COLOR PHOTOS $1.75**



YOUR CHOICE
- 24 Wallet Photos 2⅛x3⅛"
- Three 5x7" Enlargements
- One 8x10" Enlargement

Send any photo. 8x10 or smaller (returned). Add 65¢ per selection for post./handl. and an add'l. 50¢ ea. for 1st class mail. Money back guarantee
**COLOR LAB**
P.O. Box 230A, Irvington, NJ 07111

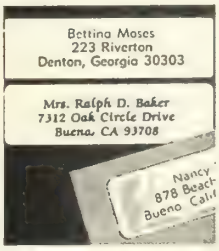
REAT COLOR WALLETS and ENLARGEMENTS
**XPRESS PHOTO SERVICE** ONLY $2.50



FULL COLOR • BORDERLESS
FIVE CHOICES only $2.50 each!
- ★ 40 Wallets
- ★ 32 Wallets & One 5"x 7"
- ★ 8 Wallets & Four 5"x 7"s
- ★ 2 Custom 8" x 10"s
- ★ 20 Jumbo Wallets

perience vibrant copies on KODAK paper. Send any instant nt or photo up to 8 X 10 (returned). Add 75¢ each set for handling d postage. For Rush Express Photo Service add $2.00 per order nclose check or M.O. with return address, send to:
**RELIANCE COLOR LABS, INC.**
UDIO E-852-12 BOX 159 STAMFORD, CT 06904

SATISFACTION GUARANTEED OR YOUR MONEY BACK




**EXCLUSIVE SELF-ADHESIVE LABEL SELECTION**

Select from seven COLORS: White, Gold, Silver, Transparent, Blue, Pink, or Yellow. Select your favorite TYPE STYLE: Block, #PR or Calligraphy #CPR. Select from two QUANTITIES: 450 or 1,000 labels. Printed with black ink. Adheres to almost any surface to identify your possessions and correspondance. 1 ¾" x ½". Up to 26 letters and spaces per line. 3 or 4 lines. Packed in plastic sleeve with pull bar. 450 white, gold or silver (alike) for $7.95; 1,000 white, gold or silver (alike) for $12.50. Transparent, Blue, Pink or Yellow labels are $8.95 for 450, $13.50 for 1,000. Add 75/$ to each order for postage and handling. Useful 80-P. Gift Catalog, $1.00. BRUCE BOLIND 31-CPR Bolind Bldg., P.O. Box 9751, Boulder CO 80301. (Since 1956, thanks to you!)

**Want more mail?**

We're the 2,600 mail order catalogers, publishers, retailers, and service companies that make up the DMMA (Direct Mail Marketing Association), and we think you have the right to decide how much and what kind of advertising you receive in the mail.

So if you like to shop by mail, and you want more mail, check "Yes." Then tell us what kind of mail you prefer.

If you don't like advertising mail, and you want less, check "No." We'll try and stop as much of your national advertising mail as we can.

Mail this coupon to DMMA's Mail Preference Service, 6 East 43rd St., New York, NY, 10017.

You'll see a big change in your mail.

Name

Address

City

State Zip LHJ



☐ **Yes.**

I'd love more mail. Especially on the subjects I've circled below.

A Books & Educational Materials
B Clothing
C Collectibles
D Crafts
E Food & Sundries
F Gardening
G Gifts
H Hardware & Tools
I Health & Beauty
J Home Furnishings or Housewares
K Records & Musical Instruments
L Sporting Goods

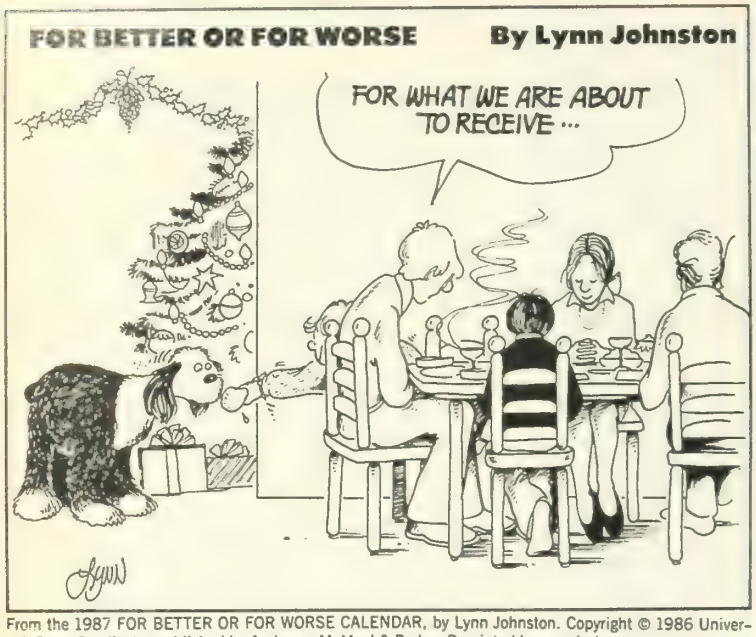


☐ **No.**

I want less mail. Please remove my name and addr... national direct mail advertisers' mailing lists as possible. Here are the names of others at my address who also want less mail, or variations of my own name by which I receive mail:

**DMMA**
Direct Mail Marketing Association
We think your mail matters.

# LAST LAUGHS




From the 1987 FOR BETTER OR FOR WORSE CALENDAR, by Lynn Johnston. Copyright © 1986 Universal Press Syndicate, published by Andrews, McMeel & Parker. Reprinted by permission.

## PERFECT PRESENTS FOR THE STARS

**(Things we're sure they don't already have)**

Linda Evans . . . . . a blouse without shoulder pads
Barbra Streisand . . . . . active-length nails
Sylvester Stallone . . . . . speech lessons
Joan Collins . . . . . a Laura Ashley dress
Princess Diana . . . . . a pair of four-inch heels
Don Johnson . . . . . socks and a razor
Phil Donahue . . . . . tickets to a wrestling match
Vanna White . . . . . the complete works of Shakespeare

## OUT OF THE MOUTHS OF BABES

After listening to a record of "Rudolph, the Red-Nosed Reindeer," my five-year-old grandson asked his mother about the reindeer named Olive. When she tried to explain that there was no such reindeer, he said, "But the song says, 'Olive, the other reindeer, used to laugh and call him names'!"

*—Jean Miller, Randall, MN*

My little granddaughter tearfully insisted that the only pair of boots left in the first-grade classroom closet weren't hers. When her teacher asked how she was sure, she explained, "Mine had snow on them!" *—Irene V. Boring, Portsmouth, OH*

My two young daughters watched intently as I made a batch of cookies to send to my sister. When I set some out to cool, the youngest looked at them longingly and said, "Couldn't we just send Aunt Edith the recipe?" *—Helen Livingston, Lancaster, CA*

As I was teaching my four-year-old day-care students how to interpret road signs, I held up a children-crossing sign and explained that it meant "Be careful, children crossing." Then I held up a deer-crossing sign and asked what it meant. One of the boys quickly responded, "Be careful, Santa is coming!"

*—Karen Newman, Urbana, IL*

One day, while I was waiting on a customer at work, my colleague asked the customer's little boy how old he was. "I can't tell you," the child replied. "I have my mittens on!"

*—Dorothy Cook, Chillicothe, OH*

### COLD-WEATHER BLUES

**By the time he's suited,**
**And scarved and booted,**
**And mittened and capped**
**And zipped and snapped,**
**And tucked and belted,**
**The snow has melted.**

***—Helen Livingston***

# COMING ATTRACTIONS

**January**

**Start 1987 right with the *Journal*'s super New Year issue!**

### THE PERFECT WARDROBE

With just ten pieces, you'll have everything you need to look spectacular all winter long!

### ARE YOU AN UNDERBURNER?

From the book by Dr. Barbara Edelstein, the best-ever diet for women tells you how to lose weight and never gain it back

### CLEAN UP THAT MESS!

Don't wait for spring cleaning to tackle the clutter around your house. Here are space-saving ways to tidy up the bathroom, kitchen and even the kids' room

### THE PRINCE OF TIDES

The most highly praised book of the year, a blockbuster novel from Pat Conroy, the author of *The Great Santini*. Definitely not to be missed

### THE NUMBER-ONE BEAUTY ENEMY

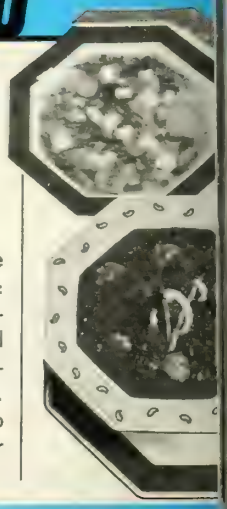
Find out how to eliminate everyday stress so you can feel and see a beautiful difference in your hair, skin and shape

### THE SEX TEST

An important quiz for you and your mate: Find out how much you know about sex and sensuality. It just might improve your lovelife

### A MONTH OF MENUS

Dozens of recipes for the way you eat today: menus for casual entertaining and weekend cooking, plus thirty-minute meals for busy days. You won't even have to think about what's for dinner!



**Plus the diary of a divorce, how to get the best job, and lots more! On sale December 16**